

Yoga- 10 week course

class #1

Before class:

- attendance (including referral)/ baggage to side of room/ location of toilet /extra mats
- intro talk

Class itself:

1. Relaxation – “let go of your thinking, and come into the present moment instead”
2. Yoga mudra – first prep (support under ankles?)
3. Standing head-knee - first 90 degrees only (hands clasped behind back)
 - then 90 degrees only (arms outstretched)
 - then full position
4. Cosmic prayer
5. Balancing scales (don't lock knee)
6. Headstand (high blood pressure comment) (careful! re: neck) (omit?)
7. Shoulderstand (“if you have difficulty raising your hips off the floor ... “
8. Plough (careful! re: upper back) (“if you have difficulty raising ...”)
9. Half bridge
10. Head-knee - first one leg variation (if there's time)
 - then full position
11. Slanted plane (not necessary to drop head)
12. Half moon - first legs only (squeeze shoulder blades together)
 - then grow upward only
13. Side-lying triangle (if there's time)
14. Bow
15. Lying twist (grab sock?)
16. Indian prayer
17. Toe-sitting (if there's time)
18. St. Andrew's cross (no time?)
19. Triangle
20. Relaxation

Handout: Letting go & beginning anew (in folder, incl. course flyer, reg. form, and HIL info)

- End talk:
- return the handout if you don't want to keep it/only 1 per household
 - bring a blanket/sitting support"? / where to purchase yoga mat
 - exact start time
 - registration procedure (see description- pens and reg. forms at front)
 - drop-in fees?
 - print name and tel on paper after class (if not called in attendance)

End: Sit up straight and be in the present moment for some seconds (alternative sitting position?)

- After class:
- adjust attendance for late-comers
 - remove signs posted before class /lock bathroom

- Next class:
- correct a particular student?

Yoga- 10 week course

class #2

Before class:

- attendance (including referral)
- intro talk again? (at least: work carefully and consciously)

Class itself:

1. Relaxation- “let go of your thinking and come into the present moment instead”
2. Yoga mudra – first prep (straighten back/fill lungs completely during in-breath)
3. Standing head-knee – first 90 degrees only
4. Cosmic prayer
5. Balancing scales (don’t lock knee)
6. Headstand – “If you can do the headstand ... “ (HBP comment) (careful! re: neck)
7. Shoulderstand (“if you have difficulty raising your hips ...”)
8. Plough (careful! re: upper back)
9. Half-bridge
10. Head-knee- first one leg only (if there’s time) / first 45 degrees only?
11. Slanted plane (not nec. to drop head)
12. Half-moon - first legs only (squeeze shoulder blades together)
- then grow upward only
13. Side-lying triangle
14. Bow
15. Lying twist (grab sock?)
16. Indian prayer – with arm movements
17. Toe-sitting
18. Tree (if time)
19. St. Andrew’s cross (if time)
20. Triangle
21. Relaxation

Handout- Balancing scales

- End talk:
- return the handout if you don’t want to keep it/only 1 per household
 - request missing handouts at end of class (or photocopy a friend’s)
 - bring a blanket/sitting support”?/where to purchase yoga mat
 - registration (pens and reg forms at front / collect reg. forms from new students)
 - exact start time (not acceptable to be habitually late)
 - mention next handout (sequence) will enable home practice
 - if you arrive late, go into relaxation position

End: Sit up straight and be in the present moment for some seconds

After class: - adjust attendance

Next class:

- correct a particular student?

Yoga- 10 week course

class #3

Before class:

- attendance (including referral)
- did anybody read the handout?
- comments re: work carefully and consciously

Class itself:

1. Relaxation- “let go of your thinking and come into the present moment instead”
3. Yoga mudra – first prep (surrender to the given rhythm/keep ego out of the practise)
4. Standing head-knee
5. Cosmic prayer
5. Balancing scales – 1x upright only, 1x full position
6. Headstand – “If you can do the headstand ... “ (careful! re: neck)
7. Shoulderstand
8. Plough (careful! re: upper back)
9. Half-bridge
10. Head-knee- preliminary variation if time? (45 degrees only?)
11. Slanted plane (not nec. to drop head)

12. Half-moon - grow upward (and a little bit backward for advanced only)
13. Side-lying triangle
14. Bow
15. Lying twist
16. Indian prayer – with arm movements and mantra
17. Toe-sitting
18. Tree
19. St. Andrew’s cross (sure)
20. Triangle
21. Relaxation – with mantra?

Handout- Long sequence of asanas/ Short cycles (preliminary version)

- End talk:
- explain sequence handout/ encourage home practise
 - request missing handouts at end of class (or photocopy a friend’s)
 - exact start time
 - consistent attendance is important (strive to attend every class)
 - if you arrive late, go into relaxation position

End: Sit up straight and be in the present moment for some seconds

After class: - adjust attendance

Next class:

- correct a particular student?

Yoga- 10 week course class #4

Before class:

- attendance
- comments: Who tried to practice at home? (list positions in advance)

Class itself:

Relaxation “let go of your thinking “
Sun salutation (intro ... free breathing)
Dev. Cons. Sensitivity of Movement (1x, standing 2 feet)
Sun salutation
Dev. Cons. Sensitivity of Movement (1x, standing 2 feet)
Sun salutation (optional)
Headstand “if you can do the headstand ...” (show off lotus)
Shoulderstand
Plough
Half bridge
Head-knee
Slanted plane
Half moon -
Side-lying triangle – after one side, demonstrate sinking/turning hips
Bow
Lying twist
Indian prayer – with mantra
Toe-sitting
St. Andrew’s cross
Triangle
Relaxation – with mantra

Handout- Shoulderstand

- End talk:
- request missing handouts at end of class (or photocopy a friend’s)
 - how to read the handouts (ie. non-intellectual way, non-judgmental way, just allow the words to enter into the consciousness)
 - explain mantra/AUM
 - give homework?

End: chant AUM

After class: - adjust attendance

Next class:

- correct a particular student?

Yoga- 10 week course class #5

Before class:

- attendance
- comments/"Who did homework?"

Class itself:

Relaxation "let go of your thinking

Sun salutation (free breathing) – first standing position (arms raised, growing upward)

Dev. Cons. Sensitivity of Movement (1x, standing 2 feet)

Sun salutation (with the breathing)

Dev. Cons. Sensitivity of Movement (standing 1 foot, both sides)

Sun salutation (optional)

Balancing Scales

Headstand "if you can do the headstand ..."

Shoulderstand

Plough

Fish – beginner entry only

Head-knee

Slanted plane

Half moon -

Boat

Lying twist

Circle of the Heart

Toe-sitting

St. Andrew's cross – become aware of the peace within you

Triangle

Relaxation

Handout- Dev. Consc. Sensitivity of Movement

End talk: - Explain mantra/AUM again

End: Chant Aum

After class: - adjust attendance

Next class:

Yoga- 10 week course class #6

Before class:

- attendance
- comments

Class itself:

Relaxation “let go of your thinking “
Sun salutation (free breathing)
Dev. Cons. Sensitivity of Movement (1x, standing 2 feet)
Sun salutation (with the breathing)
Dev. Cons. Sensitivity of Movement (standing 1 foot, both sides)
Sun salutation (with the breathing/ fast pace)
Headstand “if you can do the headstand ...”
Shoulderstand
Plough - breath out while raising legs
Fish – 1x beginner entry, 1x advanced entry
Head-knee
Slanted plane
Half moon - squeeze shoulder blades together
Boat – 2x (2nd time explosive)
Locust – one leg at a time (observing), then full
Sitting twist (3 stage entry ... bottom leg straight or bent))
Circle of the Heart (hold the circle)
Toe-sitting
Tree (if time)
Triangle – first prep
Relaxation – observe breathing like waves at the seashore

Handout- Circle of the Heart

End talk:

End: AUM

After class: - adjust attendance

Next class:

Yoga- 10 week course

class #7

Before class:

- attendance
- comments

Class itself:

Relaxation “let go of your thinking “
Pranayama – 2x alternate nostril breathing (6:12) (what to do between sets?)
Standing head-knee
Cosmic prayer
Balancing Scales – show-off side balance?
Headstand “if you can do the headstand ...” (try mini?)
Shoulderstand – one foot to floor variation? (if advanced)
Plough
Fish – 1x beginner entry, 1x advanced entry
Head-knee
Slanted plane
Half moon - alternative entry (sweeping fingertips to carve out an arc)
Boat
Locust – one leg at a time (observing), one leg at a time (prop-up), then full
Sitting balance ?
Sitting twist
Cow’s face
Toe-sitting
Tree
Triangle – first prep
Relaxation

Handout- Relaxation Position and Deep Breathing

End talk: - AUM, relationship to Amen, Oma, Amma
- handout flyer for next course (third last class):
 (“put it in your daytimer”/credit system/posting version)

End: AUM

After class: - adjust attendance

Next class:

Yoga- 10 week course

class #8

Before class:

- attendance
- comments – strength and flexibility develop in a balanced way thro’ perseverance, repetition, and humility

Class itself:

Relaxation “let go of your thinking “

Sitting position (discuss/correct – lotus is 13th category of asanas, like JC)

Pranayama – 1x alternate nostril breathing (6:12)

- 1x with breath retention (6: 12:6)

Standing head-knee ? (if time)

Cosmic prayer (optional)

Balancing Scales – 1x regular (1x swallow?)

Headstand ? (if time) / show-off scorpion?

Scorpion ?

Shoulderstand – one leg to floor variation? (prep for combo next class)

Plough ? (if time) (knees to ears?)

Fish

Head-knee (butterfly variation?)

Slanted plane - long hold (contest)

Camel – first grow up only each side, then full

Locust ? (if time)

Sitting twist

Cow’s face

Toe-sitting

Tree

Triangle – hand to foot variation?

Relaxation – the breath is a gift from a higher source, you don’t own it, so try not to control it, but rather accept it with appreciation

Handout- Med. Thoughts for Deepening the Understanding, “Read these spiritually- inspired words in a non-intellectual non-judging way ... dedicated, repeated, contemplative reading leads to realization of the truths contained in the words”

- End talk:
- copy of Harmony in Breathing?
 - A-U-M uses the entire speaking/verbal system (relate to the universal sound)
 - next course info

End: AUM

After class: - adjust attendance

Next class:

Yoga- 10 week course class #9

Before class:

- attendance
- comments

Class itself:

Relaxation “let go of your thinking “

Pranayama – 1x alternate nostril breathing (6:12)

- 1x with breath retention (6: 12:6)

Balancing Scales - 1x regular, 1x consciousness on back foot (don't worry about falling)

Headstand – show-off scorpion?

Shoulderstand – “be like a flower with no ego” (when ego recedes, then remaining is a lightness and a purity, so the position has an aesthetic quality ... artistic”) (student demo?)

Plough - knees to ears?

Half bridge

COMBO (shoulderstand, plough, bridge)

Head-knee

Slanted plane – 3x quickly

Half moon ? (if time)

Become aware of your lower back muscles

Camel

Locust – 1x regular/ 1x prop-up/ show-off/ 1x explosive

Sitting twist

Indian prayer – with mantra

Toe-sitting – show-off one foot

Dancer

Triangle

Relaxation – reading from Meditative Thoughts (eg. para 6, 9, 11)

Handout- Long Sequence II / Short cycles II

End talk: - Lecture on forming sequences/ home practise
 - next course info/ mention credits for missed classes

End: AUM

After class: - adjust attendance

Next class:

Yoga- 10 week course

class #10

Before class:

- attendance
- JC pic ? / flowers to those who attended all the classes
- comments (#29)

Class itself:

Relaxation

Yoga mudra (“let go of your personality completely, and surrender to the given rhythm)

Standing head-knee

Cosmic prayer – 1x regular, 1x try not to create ideas/drama ... let go of the thinking (part of the personality), so the movement has a quality of lightness (ie. not weighed down by the human thinking)

Balancing scales

Headstand

Shoulderstand

Plough - like it's the first time you ever tried it

Half bridge

Head-knee

Slanted plane – Joke: raise right foot, then left foot, then both feet

Half moon

Side-lying triangle

Bow

Lying twist

Indian prayer – with mantra

Toe-sitting

Dancer

St. Andrew's cross (if time)

Triangle

Relaxation

Handout- Right Reading

- End talk:
- “What is Yoga” lecture (end with Shivananda quote)
 - individual credits for missed classes (adjusted price for next course)

End: AUM

After class: - adjust attendance

Next class: