

ASHTANGA YOGA 4 WEEK BEGINNERS INTENSIVE

Presented by Rob Leadley – Senior Teacher Yoga Alliance

Sahasra Shirasam Shvetam
Pranamami Patanjalin
Om.

Surya Namaskara A x 5



Surya Namaskara B x 5



Ashtanga Yoga is a unique yoga system that links full rhythmic breathing with powerful postures. Deep internal heat purifies the body whilst enhanced levels of concentration relax the mind. Internal energy locks strengthen the nervous system.

Week 1

Sun Salutation A

The postures sequences of the salutations are gradually building strength, flexibility and stamina. With a regular daily practice, you will notice that your body feels stronger, lighter and more open. As you develop your practice you will become more proficient at synchronising the breath with movement. We introduce the bandhas in session 1 and we will continue to clarify them over the duration of the course.

Week 2

Sun Salutation B

A development of the A, Surya Namaskara B further cultivates your fitness, strength, alignment and flexibility. Weaving two new poses – Fierce posture and Warrior 1 – into the sequence also helps you locate your centre of gravity in the pelvis.

Week 3

Standing Postures

In the standing sequence our balance is challenged and the understanding of how to work with the forces of gravity is developed. In all Asanas there is a point of equality of opposition in which we may find the greatest sense of stability and comfort. This point may be discovered in the simultaneous rooting and rising energies within the body.

Week 4

Balance Postures

The three essential elements of balance are alignment, strength, and attention. Alignment of the body with gravity is crucial; it makes balance physically possible. Strength gives us the power to create, hold, and adjust alignment. And attention continually monitors alignment so we know how to correct it from one moment to the next.

FOR FURTHER INFORMATION VISIT THE WEBSITE BELOW OR email me at CITYYOGA@YAHOO.COM

www.YogaYork.com