

YOGA INTRO

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5 LAYERS TO MY BODY

MOVE IN POSES AS WELL AS HOLDING THEM

WORK WITH INDIVIDUALS AT TIMES OF DAY, BODY TYPES AND STAGES OF LIFE

5 VESTURES OR WRAPPERS OF THE SOUL - YOGA OFFERS TOOLS + TECHNIQUES FOR EACH

कोशः kośaḥ = vesture, sheath, case, wrapper, treasury, womb, testicle, vessel, store room, closed flower - bud, cover, pod, ordeal, house, cloud

(1) Physical अन्नमयकोशः annamaya kośaḥ - consisting or made of food. the gross material body, the outermost wrapper

- healed through movement and bodywork therapy, right diet, climate, lifestyle
- per week, how often do I practice yoga, t'ai chi, pilates, swim, receive bodywork, "health garden",
- what is my body type? what is my diet?

(2) Energetic/Metabolic प्राणमयकोशः prāṇamaya kośaḥ - living, breathing, the vesture of the vital airs, how the body's physical systems relate to each other

- healed through breathing techniques, subtle bodywork, proper diet and lifestyle
- how often do I do breathwork, hike or sit in nature - preferably forest/water/mountain for good air
- do I receive acupuncture, craniosacral therapy, acupressure, take baths?
- should I fast monthly?

(3) Mental Relational Emotional मनोमयकोशः manomaya kośaḥ - the "heart-mind" (one word is used in the Eastern gardening systems, in the West we know the brain + heart were once organ embryologically)

- understanding, perception, instrument by which the senses affect the soul, faculty of discrimination/judgement, thought, idea, fancy, imagination, will, wish, desire, inclination, disposition, temper, mood, desire, longing, to fix the heart or affection upon
- healed through mantraḥ chanting and devotion to a particular spiritual path, a particular aspect of the Divine to whom we feel close
- how often do I sing, communication classes, counseling, 12 step meetings, emotional release work
- 12 step meetings - codependence, al-anon, behavioral (alcohol, narcotics, gambling, sex, adrenaline)
- NVC non-violent (compassionate) communication, tools for identifying 4 steps: neutral observations (not evaluations), feelings (not interpretations), needs (basic to all) and requests (not demands)
- the juice for the spiritual path!!! the little kid energy

(4) Mental Discerning विज्ञानमयकोशः vijñānamaya kośaḥ = full of intelligence, the intelligence sheath, knowledge, wisdom, intelligence, discrimination, discernment, skill, proficiency, worldly or profane knowledge, business, employment, music, the organ of knowledge, information, knowledge

beyond the cognizance of the senses

- how often do I play music, learn a new language (like sanskrit!), try a new activity
- what kind of cup are you?
 - dirty cup - colored by previous experience
 - leaky cup - difficulty retaining
 - tilted cup - open at certain angles, predisposed to certain angles - will lose content as filled
 - upside down cup - not open
 - empty cup = how to be, the "child's mind"
- what is the nature of the window through which I look at the world? How can I become omniscient?
- what is my guiding philosophy as to who I am, why I am here, what to do, and where my soul will go?
- Ken Wilber and the Integral Institute offer a great overview

(5) Bliss/Spiritual आनन्दमयकोशः ānandamaya kośaḥ - full of joy, bliss, made up of happiness, the innermost wrapper or vesture of the body healed through meditation and uplifting activities which bring absorption

- how often do I chant, meditate, pray, dance to God, become absorbed (not doing and overlooking)
- transcendence, oneness

yoga postures are tools. they can be used in different ways for different effects.

7 spinal movements -

- (1) flexion - forward bends
- (2) extension - backbends
- (3) lateral flexion to the right - side bends
- (4) lateral flexion to the left - side bends
- (5) rotation clockwise - spinal twists
- (6) rotation counter-clockwise - spinal twists
- (7) inverted - inversions

warm ups

- knees to chest, arms over head, cat cow, child cow, cat cow extending opposite limbs
- cobra with legs in different positions, grasshopper moving legs and/or arms

dynamic warm ups

- sun salutations with push ups, jumping, handstands, lunges

bilateral leg strengthening - chair in different varieties, moving with breath in extension/flexion, at the wall, on toe tips

warrior I class of poses - square to front foot, front/back of legs thighs/hams, internal rotation

warrior 2 class of poses - square to back foot - inner/outer legs - external rotation

warrior 3 class of poses - balancing - not to become flexible. stability is key. adjustments offer stability

different classes for time of day

morning - activate and prepare for day - emphasizing the inhale = more standing poses, balancing poses, backbends to open nervous system, shorter faster more dynamic

evening - release and prepare for night - emphasizing the exhale = more floor poses, forward bends, twists, inversions

different approach for different body types

vaata - don't wear out, slow, warm, sweat without overexerting, consistency

pitta - don't try too hard, relax, change it up

kapha - try! keep going, sweat

different classes for different age groups

sunrise - growing - planted tree/seedling - age 8-30 - acquire strength and flexibility, faster moving, able to overcome genetic patterning, longer classes possible, 90 minutes for example = sports practices

mid-day - sustaining - grown tree - age 30 - 70 - don't make anything worse! find balance, time length that fits into life, more breathing and meditating, keep body fit for deeper practices, too late to greatly change genetic patterning or deep injuries - instead accept and learn to enjoy; 45 minutes = after work workout

sunset - dissolving - withdrawing - can be steep or gradual - 70 - 100 - simple postures, the foundations, the basics, fewer postures with longer breaks between, mostly meditation

structure group yoga classes to fit levels and time of day

drop-in yoga classes are more challenging, enrollment based yoga classes give more control and consistency

MULTILEVEL GROUP YOGA CLASSES are the hardest to teach and require structure (learned flows) with options either given or understood:

level 1 = cobra no hands figure 4 hip opener downward dog

level 2 = cobra foot to bicep half handstand at wall

level 3 = up-dog foot behind head handstand