

# YOGA

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**We open with a practice**

Find a comfortable seated position...

# Overview

- ↓ What is Yoga?
- ↓ A Brief History of Yoga
- ↓ Classical Yoga - an ancient practice to what we practice today
- ↓ Common types of yoga classes
- ↓ Why practice Yoga?
- ↓ Finding a teacher and a class that's right for you
- ↓ What to expect in a yoga class
- ↓ Questions

# What is Yoga?

Yoga is a set of theories and practices with origins in ancient India. Literally, the word yoga comes from Sanskrit, meaning “to yoke” or “to unite.” It focuses on unifying the mind, body, and spirit, and fostering a greater feeling of connection between the individual and his/her surroundings. Yoga has spiritual roots, with the main goal of helping individuals realize true happiness, freedom, or enlightenment. Beyond this, however, yoga has several secondary goals, such as improving health and enhancing mental well-being and emotional balance.

# History - An ancient practice

- ↓ Yoga practice began In India 5-10 thousand years ago, appearing in Hindu sacred texts such as the Bhaghavagita (500 BCE).
- ↓ 200-150 BCE The Classical Period. Patanjali creates a collection of Sutras, establishing the 8 limbs of yoga.
- ↓ Early practice focused on the 'subtle' or spiritual practices, rather than the 'gross' or physical practices we associate with yoga today

## How yoga became what we know today

- ↓ Late 1800's interest in physical fitness spread across Europe and North America
- ↓ 1893 Yoga at the Chicago World's Fair
- ↓ 1918 Yoga Institute of Mumbai opened
- ↓ 1924 Hatha school of Yoga opened
- ↓ 1946 First Hollywood Yoga studio opened
- ↓ 1960's the Beatles embraced yoga

# Components of Classical Yoga

The yoga sutras of Patanjali

- ↓ The eight limbs of Yoga
- ↓ Chakras
- ↓ Ayurveda
- ↓ Mudras
- ↓ Gunas
- ↓ Bandas
- ↓ Koshas

# The Yoga Sutras of Patanjali

Patanjali - circa 200-150 BCE

196 aphorisms in four chapters

↓ Samadhi

↓ Sadhana

↓ Vibhuti

↓ Kaivalya



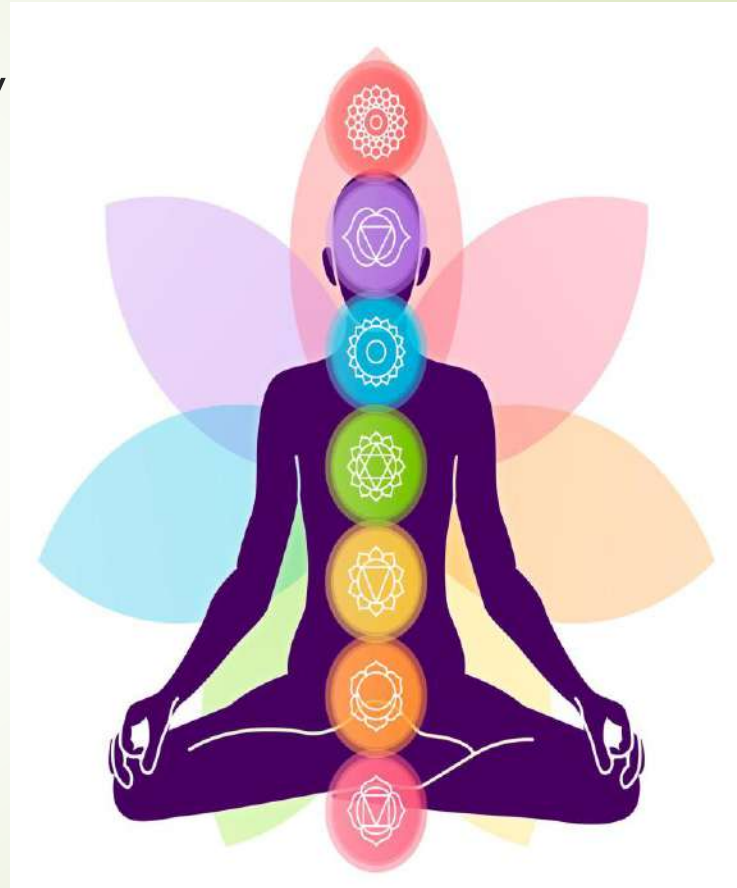
# The Eight Limbs of Yoga

1. *Yama*- Moral observances and restraints - how you treat others
2. *Niyama*- Duties & personal observances - how you treat yourself
3. *Asana*- Physical practices
4. *Pranayama*- Breath control (Prana = breath = life)
5. *Pratyaharn*- Withdrawal of the senses
6. *Dhrana* - Concentration
7. *Dhyana*- Meditation
8. *Samadhi*- Enlightenment

# Chakras

The main energy points of the body that run along the spine.

- ↓ Muladara- Root Chakra- Base of the spine
- ↓ Svadhisthana- Sacral- just below the naval
- ↓ Manipu- Solarplexus- upper abdomen
- ↓ Anahata—Heart Chakra- Center of the Chest
- ↓ Vishuddha- Throat Chakra
- ↓ Ajna- Third Eye- Brow Chakra
- ↓ Sahastrara- Crown Chakra



- ↓ Ayurveda- a whole-body approach to health
- ↓ Mudras- symbolic or ritual gesture
- ↓ Gunas- energetic forces that weave together to form the universe and everything in it
- ↓ Bandhas- energy locks in the body

Mula Bandhas

Jalandhara Bandha

Uddiyana Bandha

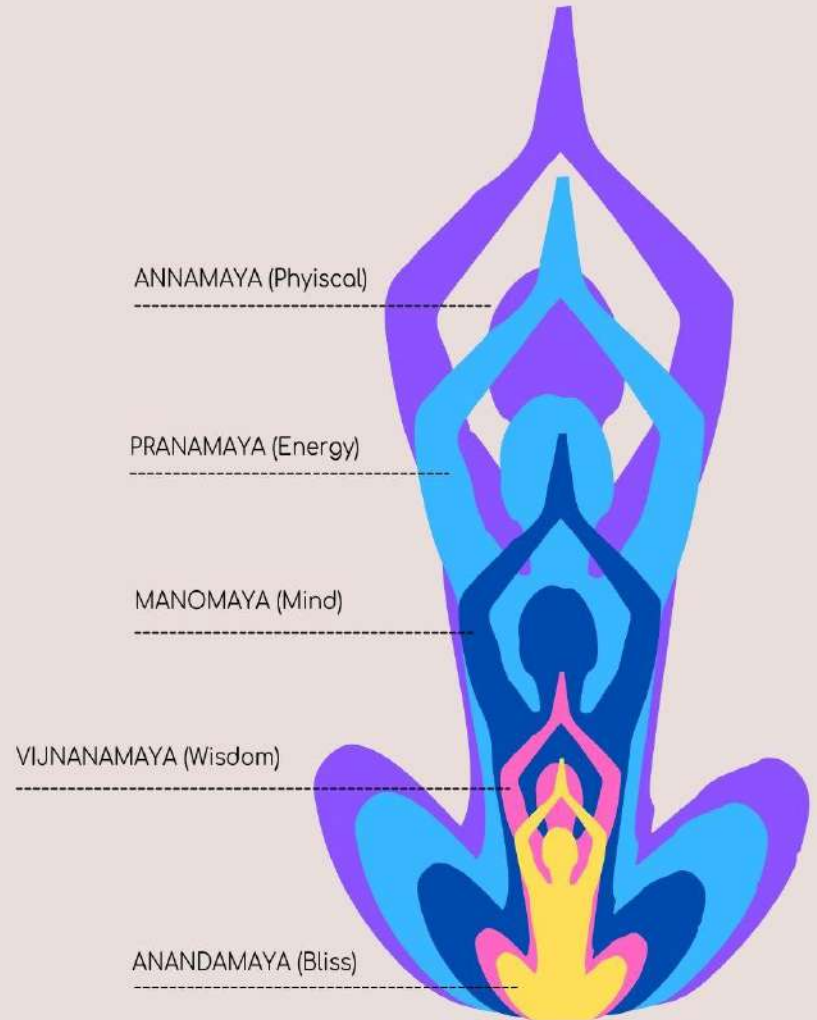
Hasta Bandha

Masha Bandha

# Koshas

The energetic layers of your body that surround your soul

- ↓ Annamaya
- ↓ Pranamaya
- ↓ Manomaya
- ↓ Vijnanamaya
- ↓ Anadamaya



## Main styles/types of a yoga practice/class

- ↓ Hatha
- ↓ Vinyasa
- ↓ Yin
- ↓ Power
- ↓ Gentle
- ↓ Chair
- ↓ Restorative

- Ashtanga
- Iyengar
- Bikram/Hot
- Kundalini
- Yoga Nidra
- Goat, Cat, Beer, etc.

# Why Practice Yoga?

Yoga offers a multitude of benefits for both physical and mental well-being, making it a worthwhile practice for many. It can improve flexibility, strength, and balance while also reducing stress, improving sleep, and enhancing mental clarity.

# What yoga does for your mind and body

- ↓ Improved mindfulness/mind-body connection
- ↓ Breath awareness and control - Fight or Flight response
- ↓ Flexibility and Mobility
- ↓ Balance
- ↓ Strength
- ↓ Heart Health
- ↓ Reduced risk of injury
- ↓ Reduce stress
- ↓ Encourages a healthy and mindful philosophy of life

# A note about yoga and osteoporosis

Limited Studies have shown that yoga is beneficial for people who have osteoporosis or are at risk for developing it.

Improved balance leads to fewer falls

Stronger muscles lead to stronger bodies



# Finding a yoga teacher/yoga class

The Yoga Alliance - provides standardization and certification

Places to find classes

- ↓ Gyms
- ↓ Yoga Studios
- ↓ Communities

# What to expect at a Yoga class

- ↓ What to bring and what to wear
- ↓ Likely class structure
- ↓ Using props
- ↓ Modifications



**NAMASTE**

Q&A

**Questions?**