

Indian Cultural Centre, Suva / Lautoka

Yoga

BEGINNERS CLASS:

- Progression from simple practices.
- Seva (selfless service) should be practiced with total awareness as and when need arises.
- Each week practice of one Yama and one Niyama as per Pantanjali.

Practice of short relaxation

Asanas:

Tadasana

Tiryaka Tadasana

Utthanasana

Loosening up Asanas – Butterfly, rocking up spine, dynamic spinal twist.

Sit in Vajrasana – Marjariasana, Vyaghrasana, Shashankasana, Sumeruasana, Simhasana, Padadirasana.

Pranayama:

Bhastrika

Nadi Shodhana

Relaxation:

During the course introduce: Mantra awareness – Om and So Ham – Spinal column awareness.

YOGA WORKSHOP:

Stage 1: Yogasana

Stage 2: Pranayama

Stage 3: Bandhas and Mudras

Stage 4: Recitations and Meditations