

Revisiting the basics in Iyengar yoga

Thematic classes
by Prashantji
in February 2021.

12th - 19th February, 2021
6pm-8pm IST



Ramāmañi Iyengar Memorial Yoga Institute

Eligibility: 2 years in Iyengar yoga and a curiosity to understand Iyengar yoga

* The classes are held continuously from February 12-February 19 to maintain continuity and flow. We understand that it may be difficult for participants to take out time during weekdays.

However, to enable better comprehension for those who can make it, we have decided to hold the classes on these dates.

For those who are going to attend the recorded sessions, it is recommended that you do not leave a big gap between any 2 classes.





February 12
to
February 14

Asanas

- as postures
 - as exercises to burn calories
 - to enhance flexibility
 - to tone the body
 - to strengthen the body
 - to recuperate
-

Physiological status of anatomical parts

For e.g.

Can one be depressed with sternum down?

Can one be vigilant with drooped shoulders?

Can one be elated with dropped floating ribs?

‘What to do’ vs ‘How to do’

Unravelling therapy in yoga

For e.g. Consider chair Viparita Dandasana...

- during diarrhoea and during constipation?
- to overcome stiffness and to overcome fatigue?
- to address stiffness in backbending and to culminate backbending practice?



February 15
to
February 17

Asanas

- ✓ as postures
 - ✓ as exercises to burn calories
 - ✓ to counter stiffness
 - ✓ to tone the body
 - ✓ to strengthen the body
 - ✓ to recuperate
- to get acquainted with the breath
 - breath related to body in asana
 - Intensity of breath corresponding to degree of action
 - Pace of breath corresponding to pace of action
 - Props to aid breath observation skills

Staying and maintaining

- Staying in Janu Sirsasana
 - Maintaining my Janu Sirsasana
- Are they the same?

Techniques

- to work on surface anatomy
- What about techniques to work on the organ systems in the body?

Sirsasana

Parshva Sirsasana

Parivritta Eka Pada Sirsasana

Eka Pada Sirsasana

Parshva Eka Pada Sirsasana

- Sirsasana variations
 - Sirsasana cycle
- Are they the same?

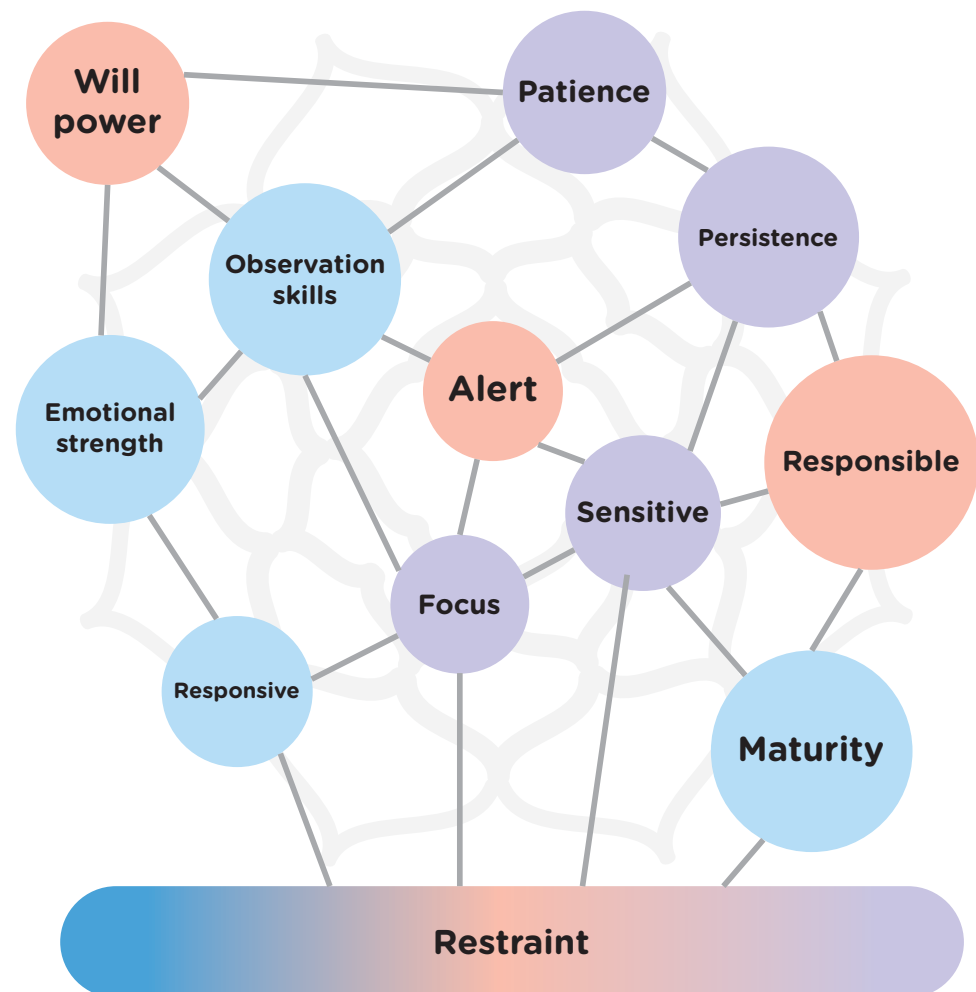
February 18
to
February 19

A class is meant for learning, rather than doing.

We know how to get prepared to do. But how would you get ready to learn?

- What should the mind do to get ready?

Techniques for asanas to work on the mind



Click on the link below for Registration

<https://rimyi-online-classes.as.me/February2021>