

Integral Yoga® Hatha Yoga Level I—Basic Class



Opening Chakra
One One One (Om symbol)
Chakra with its symbol
Mean One or Unity, Unity



Vertical Movements



Horizontal Movements



Diagonal Movements
From Right to Left



Diagonal Movements
From Left to Right



Clockwise &
Counter-clockwise
Full Circular Movements



Position 1



Position 2



Sirsa Namaskarasana, The Sun Salutation or Sun Salutation
Position 3



Position 4



Position 5



Position 6



Position 7



Position 8



Sirsa Namaskarasana, The Sun Salutation or Sun Salutation (Cont.)
Position 9



Position 10



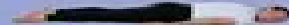
Position 11



Position 12



Kardarasana
Cobra Pose



Ardha Dhanurasana
Half Bow Pose



Bhujangasana
Cobra Pose



Ardha Sirsa Namaskarasana
Half Sun Salutation



Sirsa Namaskarasana
Sun Salutation



Dhanurasana
Bow Pose



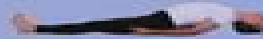
Muktasirsa Namaskarasana
Head-to-Knee Pose



Paschimotthanasana
Full Forward Bend



Sirsa Namaskarasana
Sun Salutation



Matsyasana
Fish Pose



Ardha Matsyendrasana
Half Spinal Twist
(The Twister)



Ardha Matsyendrasana
Half Spinal Twist
(Advanced)



Vajrasana
Vajra Seal



Vajrasana
Deep Relaxation



Dhyana Yamasana
Deep Meditation



Kapalabhati
Skull-Shining Breath



Nadi Suddhi
Nerve-Cleansing Breath



Closing Chakra
Anjali Mudra and Anjali
Lokh Namah (Salutation)
Jai Sri Suddhaya Mahadevi Ki

Yoga Integral

**C. Alexander Simpkins, Ph.D., Annellen
M. Simpkins, Ph.D.**

Yoga Integral:

Pick Your Yoga Practice Meagan McCrary, 2013-11-15 On the surface it may appear that yoga is yoga is yoga but take a closer look and you will discover myriad different yoga systems and lineages There are dozens of yoga styles to choose from and while yoga is for everyone not every style is the perfect fit for every person But how do you choose between mysterious sounding names such as Ashtanga Kundalini Bikram and Kripalu As Meagan McCrary discovered when she began exploring different classes finding the right style is essential for establishing a steady yoga practice *Pick Your Yoga Practice* is the first book to describe the most prominent yoga styles in depth including teaching methodology elements of practice philosophical and spiritual underpinnings class structure physical exertion and personal attention Those new to yoga will discover they have options and can confidently attend a class of their choosing while experienced practitioners will expand their understanding of the vast world of modern yoga and perhaps find themselves venturing into new territory *Yoga Basics* C. Alexander Simpkins, Ph.D., Annellen M. Simpkins, Ph.D., 2012-05-15 With this yoga guide you can delve into a sport as good for your mind as it is for your body and become a part of the vast and continually growing yoga community in the US and beyond Dating back to the 11th century Vedic Indian tradition the practice of yoga didn't gain prominence in the Western world until the 20th century Fast forward to the present day and yoga communities are huge and still showing steady growth Yoga is as good for the mind as it is for the body and its benefits include flexibility weight loss stress reduction pain relief and spiritual growth This yoga book for beginners covers the origins of yoga including its philosophy history and the various styles of yoga schools as they apply to Hinduism Buddhism and Jainism The Simpkins neuroscience professionals with over 40 years teaching experience address the curiosities and concerns of the beginning student such as Where do I begin How do I find a teacher How do I prepare for my first class What do the unfamiliar terms mean And much much more *Yoga Basics* focuses on the yoga essentials of breathing balance and the yoga poses themselves Meditation and relaxation techniques are also discussed to complement your yoga exercises or yoga workouts This accessible and comprehensive introduction is everything you need to learn yoga with confidence and success **Yoga Journal**, 1976-11 For more than 30 years *Yoga Journal* has been helping readers achieve the balance and well being they seek in their everyday lives With every issue *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Yoga for Men* Thomas Claire, 2003-10-08 A comprehensive introduction to yoga geared to men of all ages and backgrounds whether they're athletic or sedentary young or old devotees of yoga seek new information to enhance their existing practices or neophytes just starting out of their yoga journals **Yoga Journal's Yoga Basics** Mara Carrico, 1997-09-15 Welcome to the world of yoga *Yoga Journal's Yoga Basics* offers the first truly comprehensive introduction to the practice of this popular ancient healing art Produced by a teacher of yoga for over 25 years and the

editors of Yoga Journal it offers all the inspiration and instruction you ll need to develop your own at home yoga practice Beginning with an exploration of the roots of yoga the book goes on to describe a variety of hatha yoga styles Iyengar Ashtanga Kundalini and others so you can choose the method that s appropriate for you Featuring easy to follow instructions and 140 black and white photographs to illustrate the postures Yoga Basics provides a thorough understanding not only of the mechanics of technique but of all the important elements that make yoga so much more than a fitness regime In this unique book you ll find Tips on the use of the breath in yoga practice and breath awareness exercises Guidelines for regular practice including health and safety considerations Dozens of illustrated postures standing seated supine and prone with their benefits described Sample Yoga routines that can be done in as little as 15 minutes per day Instruction on the practice and power of meditation

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- Chapter 1: Introduction to Yoga Integral
- Chapter 2: Essential Elements of Yoga Integral
- Chapter 3: Yoga Integral in Everyday Life
- Chapter 4: Yoga Integral in Specific Contexts
- Chapter 5: Conclusion

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