

Introductory course to the knowledge and practice of Yoga

Duration: Three months.

Frequency: Three times a week.

Directed to: All public.

Purpose:

- Provide tools of the Science of Yoga for the general well-being of the participants, likewise, provide the theoretical foundations of said practices, for their better understanding.
- Encourage participants to incorporate the principles of Yoga in everyday life, and with the incorporation of these principles, perceptions, interactions, mind, feelings, sensations, actions and behaviors improve the quality of life.

The course will have a specific focus on three major areas:

- Purification techniques and physical practices (asana).
- Breathing techniques and energy management (pranayama).
- Meditation techniques (pratyahara).

These approaches are to be distributed as follows:

- First class of each week: focus on Purification Techniques and physical practices.
- Second class of each week: focus on Breathing Techniques.
- Third class of each week: focus on Meditation Techniques.

The course consists of:

- Theoretical foundation of the practices.
- Historical origin.
- Purpose of each one of them.
- The practices themselves.

Classes program:

First month:

Introduction to asana, practice and theoretical foundation.

Knowledge of asana, preparatory techniques: Pawanmuktasana I, II and III

Pranayama awareness: Breath awareness, complete breath, nadi shodhana pranayama, brahmari pranayama.

Knowledge and practice of meditation: Satyananda Yoga Nidra.

Second month:

Development of introductory asana practices. Main asanas.

Development of breathing practices: Nadi shodhana, brahmari pranayama, bhastrika pranayama.

Development of meditation practices: Kaya Stairway. (stillness of the body). Antar Mouna (inner silence)

Third month:

Deepening of asana practices. Main asanas.

Deepening of pranayama practices: Nadi shodhana, brhamari, bhastrika, kapalabhati.

Deepening Meditation Practices: Ajapa Japa Techniques.