



Yoga 101 – Fun-damentals

What is Yoga? What is Vinyasa?

Yoga: The word "yoga" comes from the Sanskrit root yuj, which means "to join" or "to yoke"; union; to connect.

In addition, yoga is defined as a system of exercises for mental and physical well-being; a science; and a Hindu philosophy that teaches a person to experience inner peace by controlling the body and mind.

Yoga is not a religion but rather an ancient art that is based on finding harmony with the body, mind, and spirit. Yoga is also said to be the uniting of the individual consciousness or soul with the Universal Consciousness or Spirit.

Another definition from "Big Shakti": *"Yoga is any method that allows us to wake up to who or what we really are and to what life is all about. Anything that allows us to be more aware of ourselves and to feel connected to ourselves and life is a form of yoga."*

- Yoga is about quieting the mind, breathing consciously, finding flow and building a healthy body (mind-body connection).
- Yoga will help you cultivate patience, improve focus, and gratitude and living compassionately in order to serve others.
- Yoga can be an important source of healing and a catalyst for transformation and self-discovery.
- Yoga is about living a more mindful and intentional life, as well as a balanced life.

Patanjali, the Eight (8) Limbs of Yoga and the Yoga Sutras: ~ 2000 years ago (200-300 CE), the sage Patanjali is said to have written the Yoga Sutras. The word "sutra" – and in the context of the Yoga Sutras -- is a thread of words that convey meaning – in an abbreviated form. The Sutras were written in Sanskrit, an ancient language used for religious and scholastic purposes. (The English word "suture" is related to the Sanskrit word "Sutra"). The sutras convey the principles and basic teachings of yoga. Patanjali is considered to have been a Sanskrit scholar, teacher and physician who codified the wisdom of yoga into 196 Sutras divided into four (4) chapters, each on a specific topic. Within the Yoga Sutras, Patanjali speaks about the eight (8) limb yoga system which is a guide, when followed leads to alchemical transformation and contentment. The eight limbs contain the asana practice (postures), the Yama's and Niyama's (ethical and moral guidelines), breath control, concentration, meditation, withdrawal of the senses and, ultimately, enlightenment.

Sutra 1:1 Atha yoga anusasanam - Now begins the practice (an explanation) of yoga.

- **Yama** – Social behavior, how you treat others and the world around you. Moral constraints or principles including: Ahimsa – Nonviolence, truth & honesty, non-stealing, right use of energy (moderation) & non-possessiveness
- **Niyama** – Inner personal discipline and responsibility; how we treat ourselves; keeping clean, being content, self-discipline, self-study, surrendering to a higher source
- **Asana** – The postures – Yoga poses (three mentions of asana in the Yoga Sutras)
- **Pranayama** – Breath Control/Breath Extension; Prana is the life force or energy that exists everywhere & flows through each of us through the breath
- **Pratyahara** – Withdrawal of the senses
- **Dharana** – Concentration; Teaching the mind to focus on one point or image
- **Dhyana** – Meditation; Uninterrupted meditation without an object
- **Samadhi** – Absolute bliss; The ultimate goal of the 8-Limb Path; Enlightenment; Union with the Divine

Pranayama - 'Prana' means life force or vital energy and 'ayama' means to suspend, restrain or to control. **Pranayama** is also defined where 'prana' means "lengthening of the prana or breath" and 'ayama' means "to increase, prolong, lengthen or extend". The Yoga Sutras of Patanjali define pranayama as regulating the breath or controlling the breath. Hence pranayama is often translated as the control of the life force (prana). By controlling the breath, people can better control their thoughts. By

regulating the breath, the mind is able to clear itself of negative thoughts and negative thought patterns. Thus controlling the breath helps to bring stillness and peace.

Surya Namaskar A – A Salute to the Sun

A sequence of seven (7) postures, often performed in the morning to greet the day~



- Mountain Pose (Tadasana) 1
- Extended Mountain Pose / Upward Salute (Utthita Tadasana or Urdhva Hastasana) 2 (Inhale)
- Standing Forward Fold (Uttanasana) 3 (Exhale)
- Half Forward Fold (Ardha Uttanasana) 4 (Inhale)
- Plank to Four-Limbed Staff Pose (Chaturanga Dandasana) 5 & 6 (Exhale)
- Upward Facing Dog or Cobra (Urdhva Mukha Svanasana or Bhujangasana) 7 (Inhale)
- Downward Facing Dog (Adha Mukha Svanasana) 8 (Exhale)
- Half Forward Fold (Ardha Uttanasana) (Inhale)
- Standing Forward Fold (Uttanasana) (Exhale)
- Extended Mountain Pose (Utthita Tadasana or Urdhva Hastasana) (Inhale)
- Mountain Pose (Tadasana) (Exhale)

Vinyasa: The Sanskrit definition of Vinyasa is: To place -- in a special way. Vi = “in a special way”. Nyasa = “to place”.

Vinyasa has also come to have many definitions, including:

- To describe a certain style of yoga practice
- One breath, one movement
- The linking of body movement with breath
- A specific sequence of breath-synchronized movements used to transition between sustained postures

Definition of Anjali Mudra: Anjali is a Sanskrit term which means, “divine offering”, “to offer” or “to salute”. Another definition is ‘hands in prayer’. The term mudra means “seal”. This gesture is said to symbolize that we are “honoring and celebrating this moment” – Self Seal. This mudra is also known as the Namaste Mudra or Prayer mudra as it is most often performed with hands at heart center – representing the balance and harmony between the right and left side – reuniting all in center and preparing for meditation / contemplation.

Namaste: *Nama* means bow, *as* means I, and *te* means you. Therefore, namaste literally means "bow me you" or "I bow to you." The light within me recognizes and salutes the light within you.

YOGA-MOJO AWAKENING POSES



Easy Seated Pose

Sukhasana



Easy Seated Pose – Arms Reach Up



Easy Seated Pose – Side Bends



Easy Seated Pose - Twist



Table Top Pose

Bharmanasana



**Table Top Pose
on Forearms**



Cow Pose

Bitilasana



Cat Pose

Marjaryasana



**Table Top Pose with one arm
Opposite leg lifted**

Dandayamana Bharmanasa

STANDING POSES



Mountain Pose
Tadasana



Standing Forward Fold
Uttanasana



Half Standing Forward Fold
Ardha Uttanasana



Low Plank Pose
Chaturanga Dandasana



Low Plank on Knees
Chaturanga Dandasana



Cobra Pose
Bhujangasana



Upward Facing Dog Pose
Urdhva Mukha Svanasana



Downward Facing Dog
Adho Mukha Svanasana

Standing Poses – Warrior Poses



Warrior I
Virabhadrasana I



Crescent Warrior
Ashta Chandrasana



Warrior II
Virabhadrasana II



Reverse Warrior
Viparita Virabhadrasana



Side Angle Pose
Parsvakonasana



Side Angle Pose with Block



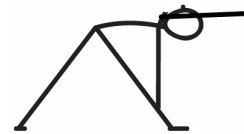
Extended Side Angle Pose
Utthita Parsvakonasana



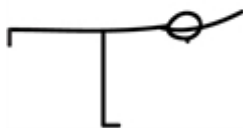
Triangle Pose
Trikonasana



Triangle Pose with Block



Extended Triangle Pose
Utthita Trikonasana

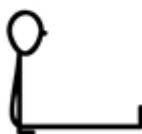


Warrior III
Virabhadrasana III

Seated Poses



Easy Seated Pose
Sukhasana



Seated Staff Pose
Dandasana



Seated Forward Fold Pose
Paschimottanasana

Supine Poses



Knees to Chest Pose
Apanasana



Bridge Pose
Setu Bhandasana



Bridge Pose with Block



Supine Abdominal Twist
Jathartha Parivartanasana



Savasana
Corpse Pose



1. **Easy Pose** • Sukhasana



2. **Easy Pose Block** • Sukhasana
Block



3. **Easy Pose Legs Close Up** •
Sukhasana Legs Close Up



4. **Easy Pose Block Knee Close
Up** • Sukhasana Block Janu Close
Up



5. **Thunderbolt Pose** •
Vajrasana



6. **Hero Pose On Block** •
Virasana On Block

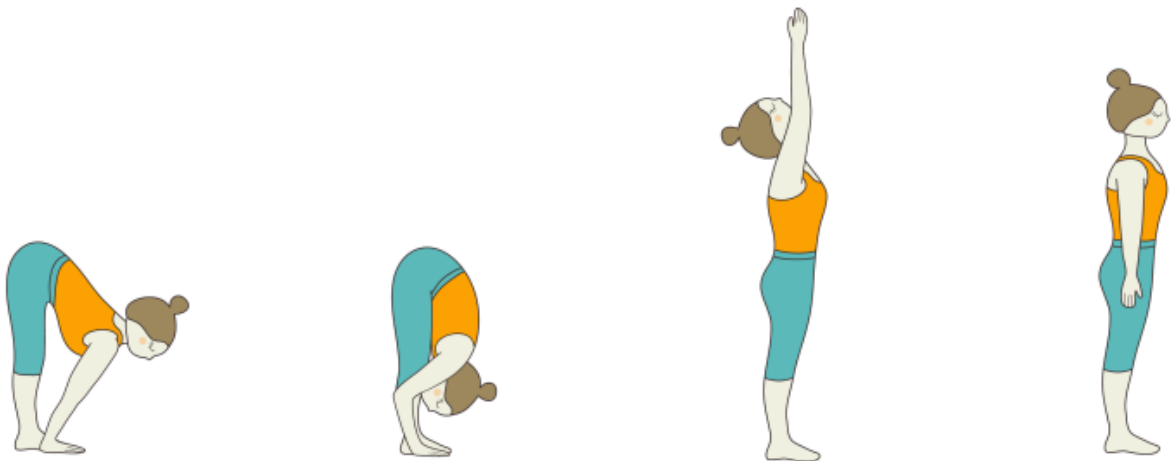
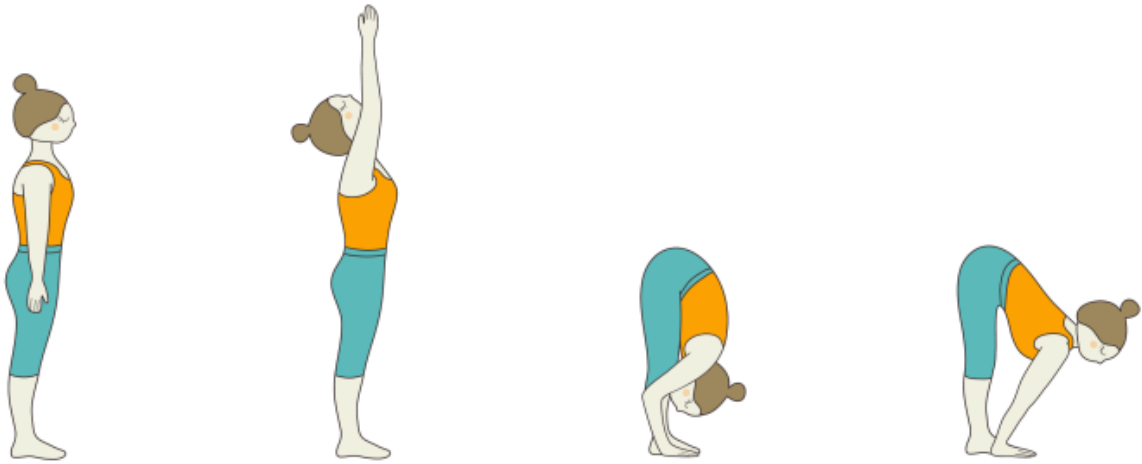


7. **Half Lotus Pose Close Up** •
Ardha Padmasana Close Up



8. **Lotus Pose Close Up** •
Padmasana Close Up

Sun Salutation A



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Sun Salutation B



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