

October 2022



HOT POWER YOGA PROGRAM

by Natura Yogui





WHAT DOES HOT POWER YOGA MEAN

Hot Power yoga combines aspects of two popular modern types of yoga classes – Hot yoga and Power yoga – but the term encompasses a wide range of class structures and yoga styles.

Like Hot yoga, Hot Power yoga is practiced in a heated room to loosen muscles and encourage sweating.

The room temperature is usually between:

85 and 100 degrees Fahrenheit

A bit lower than some other styles of Hot yoga.

Like Power yoga, Hot Power yoga is a fitness-focused style that includes vinyasa linked with the breath and elements of Ashtanga yoga.



KEEP MUSCLES WARM
AND MORE FLEXIBLE &
REMOVES TOXINS.

There's no particular structure or guidelines for a Hot Power yoga class. The practice varies from one yoga studio or instructor to another.

In addition to being heated, the room may also have an elevated level of humidity. In Hot Power yoga classes, as with other hot forms of yoga, the heated room is designed to keep muscles warm and more flexible, while the sweating removes toxins.

Hot Power yoga has these additional benefits:

- Builds strength
- Improves physical and mental balance and flexibility
- Promotes weight loss
- Relieves stress
- Improve the lymphatic system
- Increases circulation



THE SEEKERS PURPOSE TO ACHIEVE HOT POWER YOGA



THE PROPOSE OF HOT POWER YOGA

The purpose of hot power yoga is to encourage sweating, which is believed to detoxify the body, as well as improve flexibility, boost stamina, improve overall fitness, burn calories, relieve stress and increase circulation.



"Power Yoga is directed at creating the highest level of energy, vitality, and freedom. The only way to do this is to work with yourself, not against yourself. By working hard sensitively, we create an environment that's healing and that honors each individual, an environment that respects our boundaries and works within him or her. In this way, we create an atmosphere conducive to natural expansion and growth. We're not interested in pushing past our edge to get to a place where we've been brainwashed into thinking we need to be in order to have happiness!"

Bryan Kest



YOGA IS NOT COMPETITIVE, NOT EVEN WITH YOURSELF.

We live in a competitive world, we are taught we need to compete to survive and to thrive, from school grades to getting that perfect job. Without some competitiveness would we even get out of bed?

Often, we don't compete with others but have our own standards and desires which we work hard to reach.

in yoga, is that the difficulty is meant to challenge you, not dare you to compete.

The difficulty is meant to interrupt your normal patterns so that you can grow.



YOGA IS A
PLACE
WHERE
YOU CAN
JUST BE
AND BE
ACCEPTED
FOR WHAT
YOU ARE
AND
ACCEPT
YOURSELF
WHERE
YOU ARE.



NOTICE IT, DON'T FEED IT

To be here and now is to accept things as they are right now & it can't be learnt it has to be discovered.

Don't judge it as good or bad. Accept it as it is, just a passing thought.

Yoga is that process of transformation occurring in our consciousness when we are aware of the wonderful world present: here and now, Aswell when we let go of control:

we surrendered to the magic of all possibilities happening at the same breath.



ALWAYS ARE YOU
PRACTICING WELL.

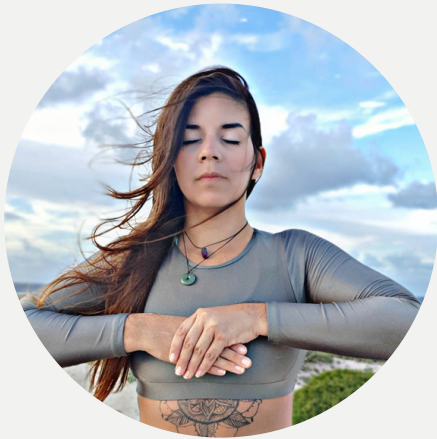
Your body is how you interact with the world, and it makes sense to take care of it.

Everything you do; you're doing it right.

It is about surrendering to the thought of Perfection or Comparison with others; with someone else, and to live in the freedom of being who we are from acceptance to self-love.

Thus, we understand that we are the asana (the position), it is about flowing and recognizing the fluid movement without changing anything in any way.





ABOUT NATURA YOGUI

Known as natura yogi, Janine Valecillos Digier, is an International Yoga teacher, with more than 6 years of teaching experience, with studies in Ashia Yoga, Ashtanga Vinyasa Yoga and Power Yoga. She owes her name as Guardian of the earth, after receiving the rites of Munay Ki.

She is also a Psychosocial Therapist specializing in holistic therapies and a Professional Coach in transformation and wellness with the support of Golbal Coaching Federation.

Her work has been focused on the development of psychosocial programs for communities at high social risk, starting his journey with the SMPNNA (Municipal System for the Protection of Children and Adolescents), & working more recently in this way with international organizations such as HIAS.

Her experience with yoga for ten years has led her to transmit this practice, inspired by the knowledge of the Andean vision, Janine seeks to create spaces of conscious movement and exploration of emotions through nature itself.

October 2022



LEVEL ONE HOT POWER YOGA PROGRAM

by Natura Yogui





LEVEL ONE

This particular **Hot Power Yoga** program has the main objective of leading you to personal transformation.

As I told you in our first class, it is important that you define the following question:

What do you want to achieve, here and now?

This questioning is not about material things, it goes beyond that, to meet deeply with your **AUTHENTIC SELF**, and ask yourself again and again:

What do I want to achieve here and now?

Until the full knowledge is revealed before you, you will keep your personal journal where you will write down the details of your personal practice, which, from now on, will be every day.

Every aspect of your life is your personal practice.



Create your Own Journal EXAMPLE

DATE:

5 Things I am Grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

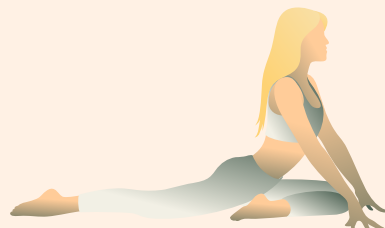
What do I want to achieve here and now?



AM Practice



PM Practice




October
2022

LEVEL ONE

HOT POWER YOGA PROGRAM

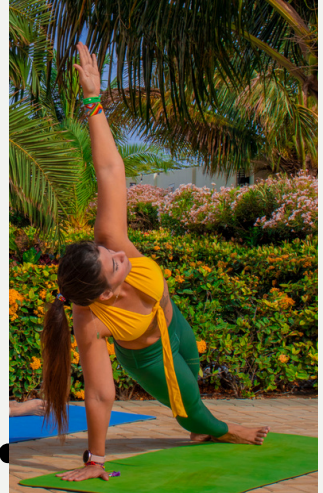
by Natura Yogui

A woman in black athletic wear is performing a handstand in a field of purple flowers. The background shows a coastline with rocks and a blue sky with clouds. The text is overlaid on the image.

**This is How our
Transformation Process
will Begin.**



The strength of every yogi comes from his CORE.



We will work on strengthening the core. We will study this area of the body in depth in our second month.

We will learn how to take root in the present



we will use the strength of our largest muscle to root ourselves to our purpose through the sole of our foot.



Pranayama



WHAT IS THE CORE?



Contrary to popular belief, the core is a complex series of muscles that includes much more than your abs. Your core consists of every muscle in your body that is not part of your arms and legs. Here is one of the most widely accepted definitions of the core:

“The core is a 3-dimensional space with muscular boundaries: diaphragm (superior), abdominal and oblique muscles (anterior-lateral), paraspinal and gluteal muscles (posterior), and pelvic floor and hip girdle (inferior).” (Anderson & Huxel Bliven, 2013)



WHAT IS THE CORE?

Almost every movement that you carry out involves your core. Your core muscles deliver the following functions:

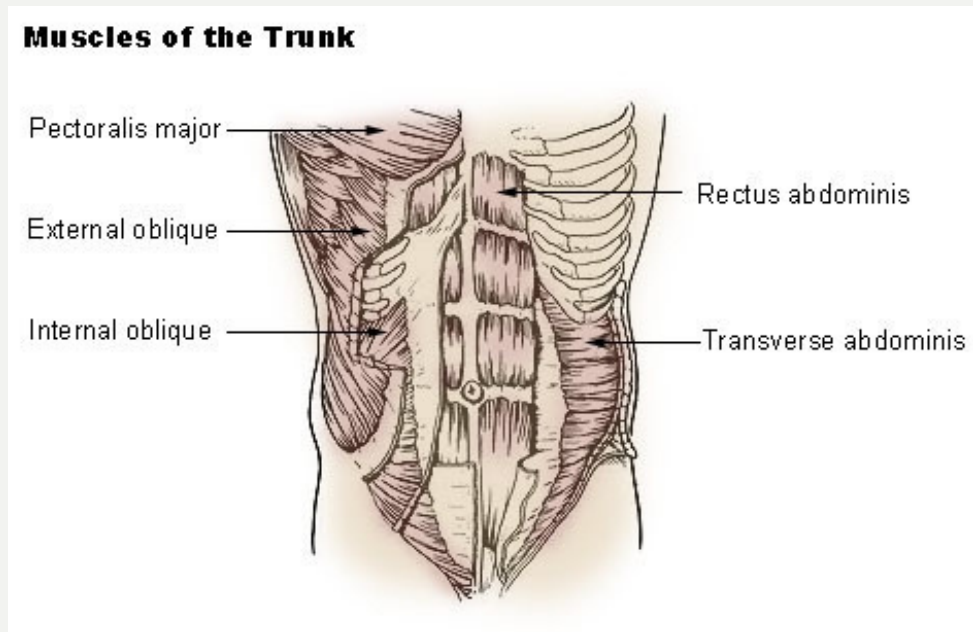
- They act as an isometric or dynamic stabilizer when you move your body,
- They can initiate movement, and
- They can transfer force from one extremity to another.



Your core has three-dimensional functionality and is movable in all three planes of motion. While many people typically only train the exterior muscles, the core also consists of the deeper muscles that, among others, include the transverse abdominals, diaphragm, pelvic floor, and multifidus.



The core is primarily a stabilizer during movement and force transfer center and, to a lesser extent, a prime mover.



Why is the Core so Important?

There is a lot of emphasis on building a relationship with the core, especially in yoga practice. This is primarily because your core muscles stabilize your entire body.

Also, your abdomen is a pretty specialized area of your body. It's the only part of your body that receives no protection or support from your skeleton. Your abdominal muscles keep you upright, provide enough space for your organs to do their work, and counteract your back muscles.

Your core muscles are, therefore, pivotal when it comes to posture, balance, and spinal stability. Another reason why your core is essential is that it harmonizes the movements of the upper and lower body, allowing you to carry out the different yoga poses with steadiness and grace.



NATURA SEQUENCE

Core strengthening with asanas:

1.



Virabhadrasana I

3.



Navasasana

2.



Phalakasana



NATURA SEQUENCE

Surya Namaskar A



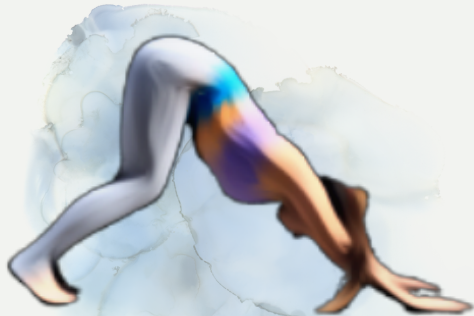
Inhale



Exhale



Inhale



Exhale



Exhale



Exhale



Inhale

Exhale hands to the chest



Core strengthening with asanas:

Consider **Warrior 1** a yoga position that is a symbol of focus and strength to carry you through the most challenging moments of the practice.

The back leg is extended and to some degree adducted (in comparison to warrior II, where the back leg is extended and abducted).



Back leg be organized from the spiral of the foot upward, and that the bones of the foreleg, thigh, and pelvis orient themselves to create a clear pathway from foot to spine. If the back leg is organized in this way, the amount of internal or external rotation in the hip joint varies from person to person, but the joint spaces can be balanced and the back leg is a strong support for the weight of the torso.



Variation *Anjaneyasana

If you feel unstable in Warrior 1 pose, or if you simply want to modify this yoga position, let your back knee rest on the ground for **Mini Warrior** (*Anjaneyasana*). This pose is easier accessible especially if practiced in the context of Sun Salutations (*Surya Namaskar*).



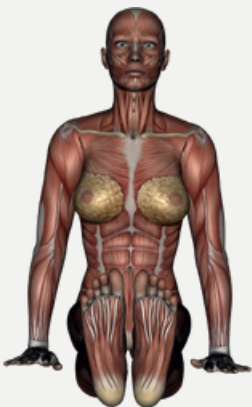
Core strengthening with asanas:

Half-boat pose - Ardha Navasana (core strength).

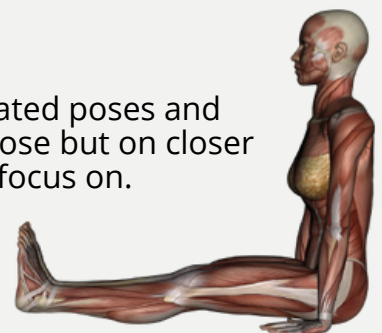
Activate the belly, breathe deeply and evenly 10 breaths or more.



The weight in this pose is distributed between the sitting bones and the tailbone. All the weight should not be borne on the sacrum. If **dandasana*** is a challenge because of shortness in the backs of the legs, that same shortness makes it impossible to support navasana correctly with the legs straight. In this case, bending the knees so that the spine can remain neutral is a good option.



*Dandasana is the foundation of all the seated poses and twists. Initially it appears to be a very simple pose but on closer inspection there are many aspects to focus on.





Core strengthening with asanas:

Phalakasana works the entire body effectively in one static position. Hold this asana for 30 seconds a few times a day, and you will strengthen your abdominals, hands, wrists, arms, shoulders, back, **core**, glutes and leg



When you first try doing this pose, the hips tend to hike upward or sag down. Try to keep them in a straight line between the shoulders and the heels. If that's impossible, lower your knees and aim for that long line from the knee to the shoulders through the neck and crown of the head.

Variation *Chaturanga Dandasana

To create proper alignment in Chaturanga, you need to activate muscles from the front to the back of your body, and tighten your elbows close to your ribs, rather than letting them splay outward. This allows your chest to stay up in a hover. You also need to energize your legs and arms and activate your abdominals and shoulders to stay stable in the pose.



October 2022

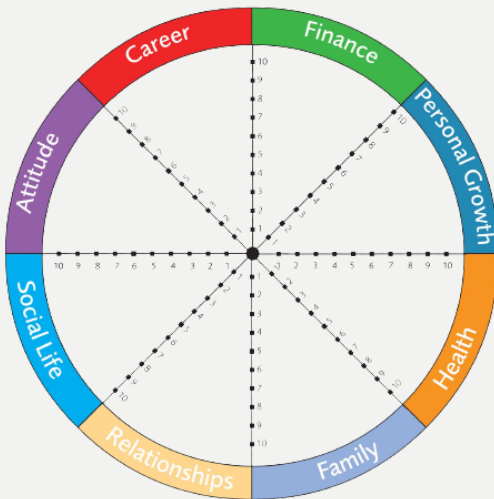


LEVEL TWO
HOT POWER YOGA
PROGRAM

by Natura Yogui



WHEEL OF LIFE



The Wheel of Life is a flexible coaching tool that offers a 360-degree view of your current life situation. It quickly identifies areas of imbalance and helps you to create goals and set priorities based on your life vision. This means to know what you want in life, and I mean really know.

1. For each segment ask yourself, "On a scale from 1-10 (with 10 being the ideal), how satisfied am I with this area of my life?" Don't over-think it, just 'go with your gut'.
2. Rate each segment until you have a second 'inner' wheel. Ask, "If I had to travel far with these wheels, how would the ride be?"
3. Choose the segment you feel to be most out of balance.
4. Consider all the small successes that make up this score i.e., "What is working well?"
5. If anything were possible, what would your ideal satisfaction score be? This is your life vision for one area of your life.
6. Compare your 2 lists: 'What I have' & 'What I Want'. What do you notice?
7. Take a moment to 'live' your ideal score for this segment; Feel what it is like, visualize your ideal day, week, month, year. The more detail, the better!
8. What could you do to move up one point between your score today and your ideal?
9. Decide on an achievable action step to bring you one step closer to your target.

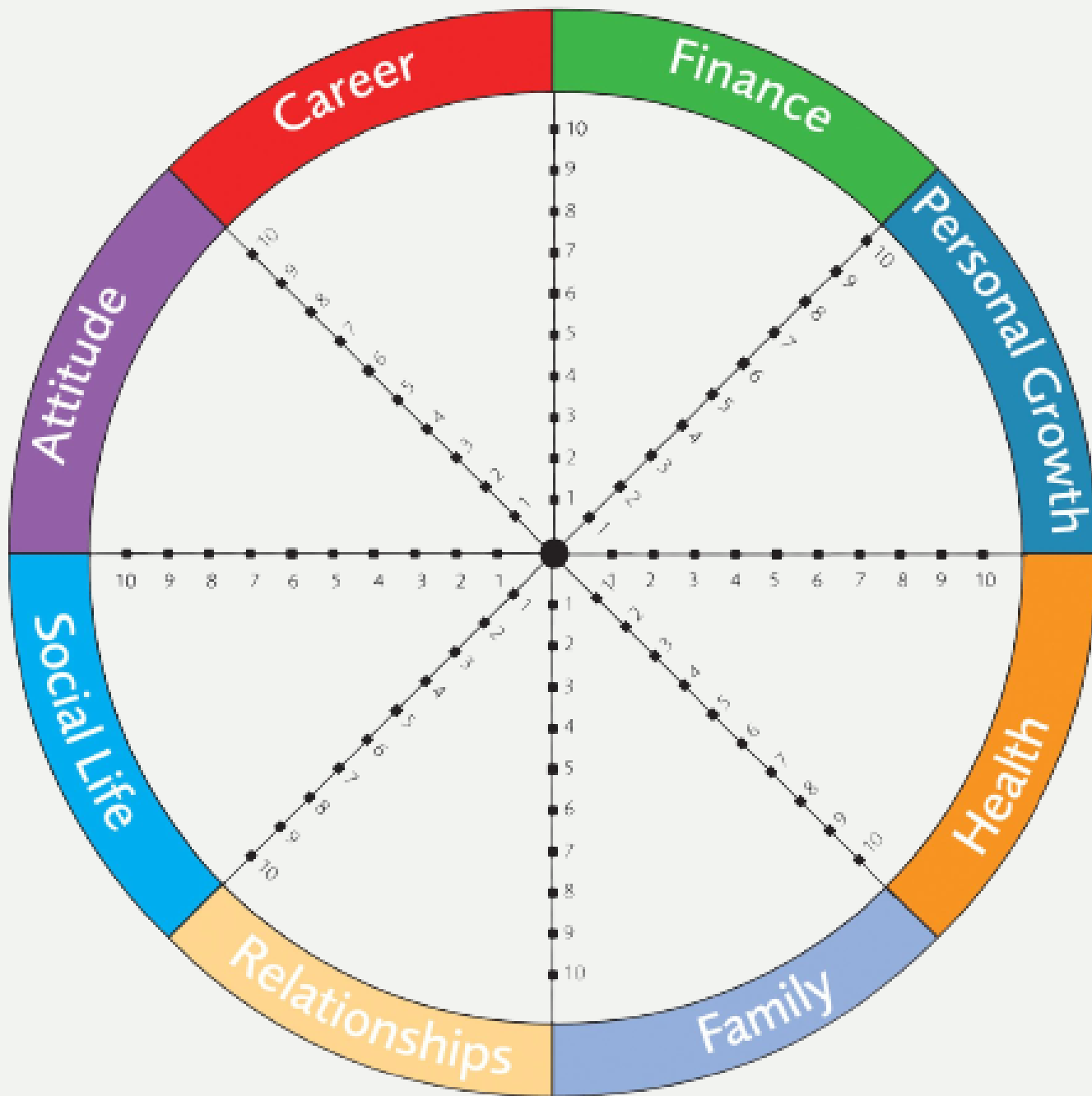


WHEEL OF LIFE

- What do I already have in my life?
- What do I need more of in my life?
- What do I need less of in my life?
- Why do I want this?
- Who else will this affect? How?
- What will I do about it?
- What resources do I need?
- Who can help me?
- When will I do it?
- When will I know I'm there? What concrete evidence will I experience?
- How will I keep myself accountable & motivated?

HOT POWER YOGA PROGRAM

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DRAW A PICTURE OF YOU.

Observing your breath and scanning your body.

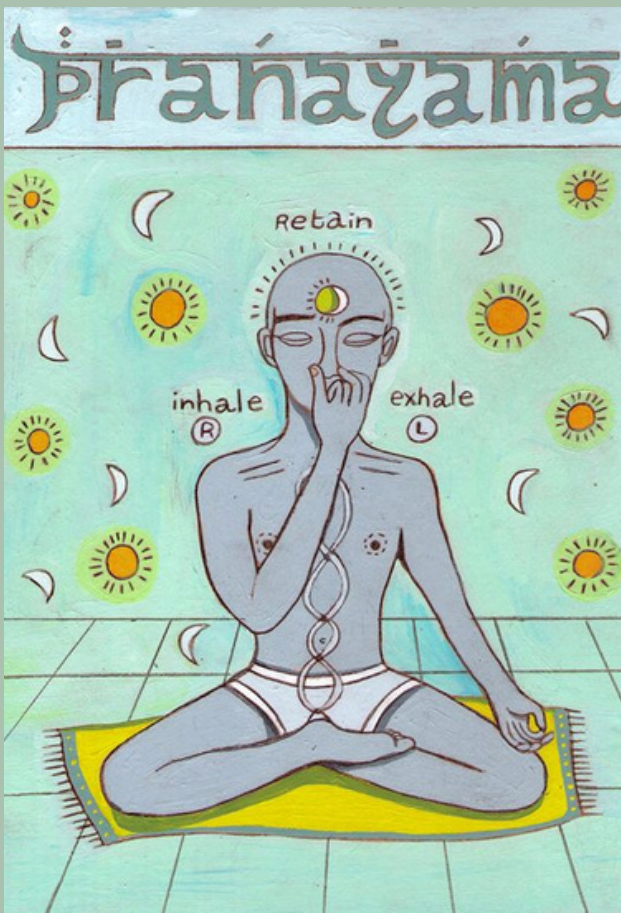


PRANAYAMA



BREATH & YOGA

Pranayama



Breath is to yoga what water is to a fish—essential for movement and to life force. Consider this **Sanskrit** proverb: “For breath is life, and if you breathe well you will live long on earth.”

Yet pranayama, the fourth of the Eight Limbs of Yoga, often gets short shrift on the yoga mat. Because it happens unconsciously, we don't have to think about the breath. By bringing attention to the breath, you can balance the mental, physical, and subtle bodies, and open up a whole new realm of possibility and discovery in your yoga practice.



BREATH & YOGA

Pranayama

Deep breathing is one of the best antidotes to stress there is. It counteracts stress by triggering the relaxation response. Deep breathing pulls back the reins on the body's physical stress response including increased heart rate, fast breathing, and high blood pressure. Breathe deeply, and the body receives a message from the brain that all is well—it's safe to relax. Couple deep breathing with asana (or guided imagery, mantra meditation, or therapeutic massage), and you've given your body and mind one of the most effective relaxation techniques there is

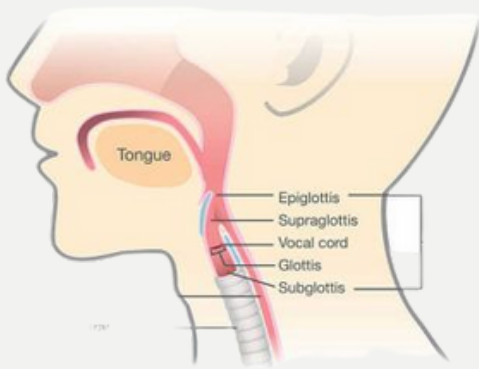
Some other benefits of yogic breathing include:

- Reduced stress, anxiety, and depression
- Increased calm and relaxation
- Lowers cortisol in the body
- Stabilizes and lowers blood pressure
- Aids with insomnia and sleeplessness
- Improves core strength
- Expels carbon dioxide and increases oxygen
- Helps manage irritable bowel syndrome



BREATH & YOGA

Ujjayi Pranayama



Ujjayi pranayama, or “victorious breath,” sounds a little bit like the ocean. It is practiced by inhaling deeply through the nose, contracting the back of the throat slightly, and exhaling through the nose. The throat should not feel tight.

The steadiness of ujjayi breath, practiced throughout the flow of asana in a yoga class, anchors body, mind, and spirit to the present moment.

If you're having trouble getting the right sound for your breath, try this:

- With your mouth open, try exhaling the sound “HAAAAH”—it’s similar to the sound you make when you’re trying to fog up a mirror. Get comfortable with this sound to get the hang of the practice.
- Close your mouth and attempt a similar sound, feeling the outflow of air through your nasal passages. Once you have mastered this on the outflow, use the same method for the in-flow breath, gently constricting the back of your throat as you inhale.

If you're doing this correctly, you should sound like waves in the ocean—the inhales can be compared to the sound the ocean makes as the water is gathering up to form the wave, the exhales can be compared to the sound of the waves crashing to the shore. Some people compare Ujjayi breathing to Darth Vader from Star Wars, if that's helpful.



WHAT IS THE DIAPHRAGM?

The diaphragm is the primary muscle that controls breathing. It's a large dome-shaped muscle located between lungs and your belly, just below the ribcage. It moves up and down when you breathe, allowing air to pass through into your lungs. The intercostal muscles between ribs are considered separate accessory breathing muscles. These are activated during chest breathing and require more effort and energy than using the diaphragm.

In diaphragmatic breathing, you consciously breathe only with the diaphragm—the intercostal muscles remain relaxed. Thus, the belly rises and falls with the inhalation and exhalation while the rib cage has little or no movement. Breathing exercises have been used since ancient times to improve health and well-being.

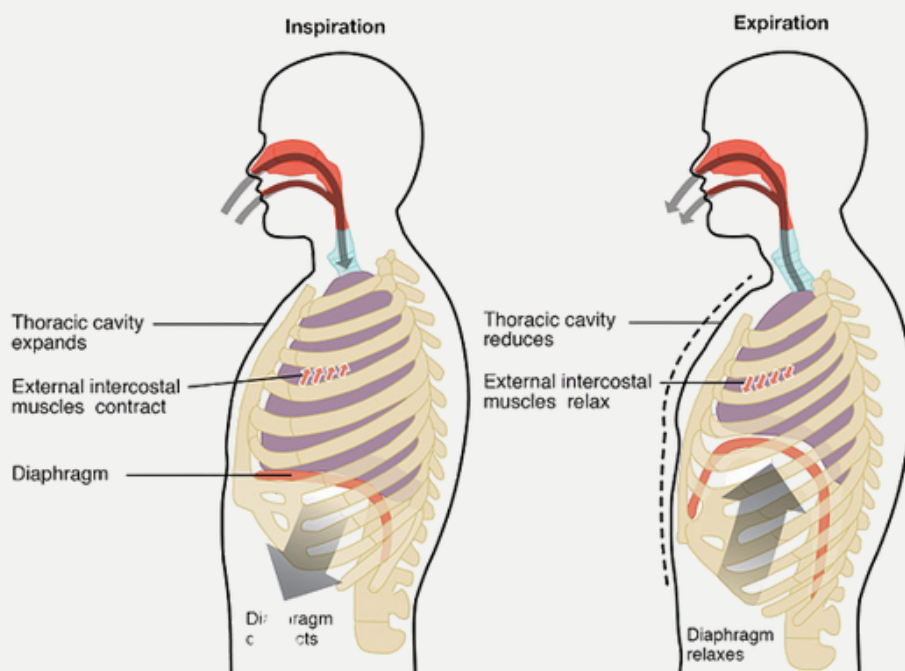


There are seven major benefits associated with belly breathing that help strengthen and support a yoga practice. When you breathe through your belly, you're not only reducing stress and anxiety from getting in the way of your practice, you are also creating a stronger connection between the mind, body and breath. Learning and using this breath in your practice will ultimately help you reach your full potential.



BENEFITS OF DIAPHRAGMATIC BREATHING?

- 1.Reduces stress and keeps you calm
- 2.Yoga breathing helps us release stress by activating the relaxation response, reducing cortisol levels, and increasing blood circulation throughout our bodies. This increases oxygen levels in our bloodstream, which allows our brains to function better and stimulates endorphins, which make us feel happy and relaxed.
- 3.Increases energy levels
- 4.When you breathe through your belly, you slow your breathing rate and heart rate and increasing the efficiency of your heart and lungs. You also are not spending energy by activating your chest muscles. This frees up more energy for other activities and reduces feelings of fatigue.





ALIGNMENT

Part One

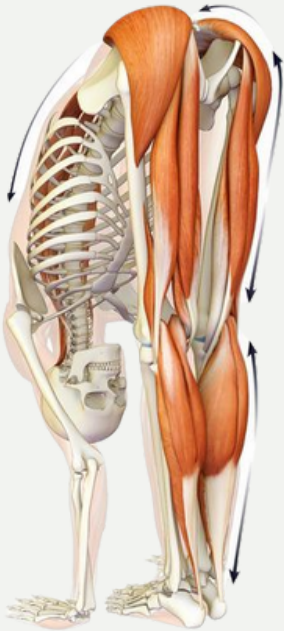


ALIGNMENT

Uttanasana

Things in nature tend to follow the path of least resistance. This means that when we stretch a muscle in which a region has been injured, the stretch tends to focus in that region and aggravate the injury—a bit like a bald spot on a tire.

In order to heal the sore area of the muscle, it is necessary to temporarily alter the method of stretching in order to distribute the stretch to a healthy region of the muscle and give the injured part an opportunity to heal.



The following movements aid in distributing the stretch along the length of the hamstrings:

- Bending the knees releases the hamstrings at their insertions on the lower legs.
- Activating the psoas muscles tilts the pelvis forward and stabilizes the origin of the hamstrings. This action draws the torso towards the thighs.
- Maintaining the pelvis tilting forward and gently contracting the quadriceps to gradually straighten the knees focuses the stretch on the distal regions of the hamstrings and away from the overstretched area at the origin. Contracting the quadriceps also results in reciprocal inhibition of the hamstrings and causes them to relax into the stretch.





It is best to build this new method of stretching over time. If pain occurs in the hamstrings, one should back off on the stretch by slightly bending the knees.

If you are new to integrating anatomy into your practice, remember that it is not necessary to memorize this technique on your first pass. Begin by enjoying the beautiful images of the body in yoga. This alone will awaken your brain's awareness of the anatomy during your practice.

Return at a later date for a closer look, and then gently go through the motions illustrated above as you practice. Then leave it. Your unconscious mind will create new circuitry while you rest. Enjoy this process, and when you return to the mat, you will be surprised at how easily you access this technique.

In order to heal the sore area of the muscle, it is necessary to temporarily alter the method of stretching in order to distribute the stretch to a healthy region of the muscle and give the injured part an opportunity to heal.



ALIGNMENT

Chaturanga Dandasana

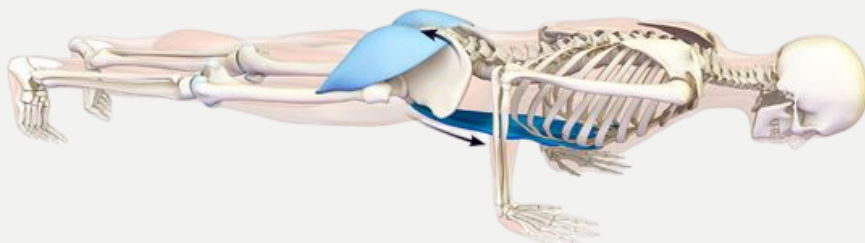
The most common and dangerous mistake made in Chaturanga is lowering the shoulders too far and lifting the bottom too high. Chaturanga Dandasana Variation benefits the following muscles and hence can be included in yoga sequences with the corresponding muscle(s) focus:

- Arms and Shoulders
- Biceps and Triceps
- Core (Abs)
- Gluteus
- Knees
- Pelvic

Chaturanga Dandasana Variation yoga sequences

Chaturanga Dandasana Variation is commonly found in the following types of yoga sequences:

- Core yoga sequences





ALIGNMENT

Chaturanga Dandasana

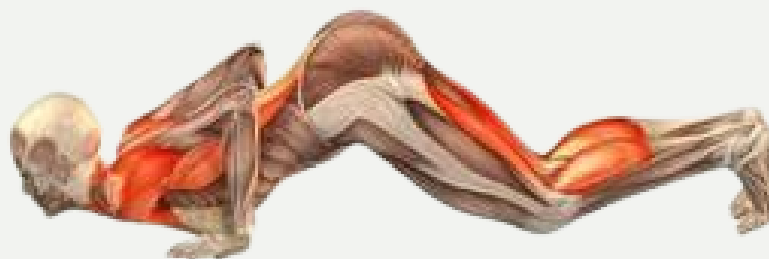
The rectus abdominis extends from the pubis to the cartilage of the fifth, sixth, and seventh ribs and the sternum. It draws the symphysis pubis upward, flexes the trunk of the body, and acts as an accessory muscle of expiration. The gluteus maximus originates on the back surface of the sacrum and ilium and the thoracolumbar fascia; it inserts onto the iliotibial band and the gluteal tuberosity of the femur. This muscle extends and externally rotates the femur, and it tilts the pelvis back and downward. Tilting the pelvis back and down relieves hyperextension of the lumbar through joint coupling. This is known as “lumbo-pelvic rhythm,” wherein tilting the pelvis forward or back extends or flexes the lumbar, respectively.



VARIATION

Eight Limbed Pose / Ashtangasana

Ashtangasana is also called Ashtanga Namaskar by certain teachers. It was not mentioned in the Hatha yoga books but became a part of Pant Pratinidhi's 1929 Surya Namaskar (Sun Salutation). This pose acts as a transition pose, forming a part of the Surya Namaskar (Sun Salutation), before coming into Bhujangasana (Cobra Pose). It's the sixth pose in Surya Namaskar (Sun Salutation) after Plank Pose (Phalakasana). In Sanskrit ashta means eight, and anga means part. Hence in Ashtanga Namaskar, the body is in contact with the floor (as a mark of respect) at eight points, which are; the two feet, the two knees, the two hands, chest, and chin. Acting as a transition pose, the body is balanced and grounded on the chest, chin, palms, knees, and feet.





ALIGNMENT

Utkatasana

Chair pose is a symmetrical standing pose, in which your knees are bent, and your weight is distributed evenly in your feet. Your spine is lifted, and your arms are extended overhead. As suggested by its name, the pose is a challenging one, as it engages your full body, particularly your leg muscles and spinal extensors. With practice, the challenge is to bring your thighs parallel with the ground and your back upright—as if seated in a chair. Well-distributed muscle and joint action is needed in this pose. If you feel the intensity of this pose collecting in just a few places, this indicates the need for a deeper connection to your breath—making the breathing long and smooth will create support for the pose.



Your knees in this position are in flexion, so the musculature on both sides of your leg will need to be quite active in resisting the downward pull of gravity. Ensure that your weight is evenly distributed in both feet so you can find a clear downward pathway for your body's weight, which will open an upward pathway into your body for the support of the earth.

Gravity, rather than muscles working against each other, should be the main source of resistance in the pose, making this an interesting asana in which to explore a balance between effort and release.



SELF CARE



SELF CARE.

Self-care is the most important aspect of your health and well-being, but sometimes making time for yourself can be difficult, especially since it can feel selfish and indulgent to do things that make us feel good.

Yoga is an amazing self-care tool as it can improve and promote **kindness**, **compassion** and **love** to give ourselves permission to take care of our needs. Yoga can provide the awareness, contemplation, & introspection to uncover your genuine needs. A consistent practice can also give insight on how to creatively and effectively address these needs.

YOGA TOOLS FOR SELF-CARE.

There are several simple ways that you can use yoga to enhance your mental, physical, spiritual, and social wellbeing. The power of yoga for self-care is that it creates an easy and sustainable habit, is holistic and balanced approach to wellness, and strengthens our emotional resilience so that we can easily deal with difficult circumstances to prevent stress and burnout.



THE POWER OF YOGA FOR SELF-CARE

A 2015 US study reaffirmed **the power of yoga for self-care**, with yoga participants reporting “significantly higher self-care as well as less emotional exhaustion and depersonalization upon completion of an 8-week yoga intervention” while the control group showed no change. The yoga group showed a significant improvement in their scores for self-care, mindfulness, emotional exhaustion, and depersonalization after their classes.

Reduce stress to promote wellness: Multiple studies have linked stress with many health problems, including heart disease, high blood pressure, depression, insomnia, weight gain, and more. Stress reduction techniques, like breathing exercises, guided imagery, mindfulness practices, and yoga, all work together to lower stress in our bodies. Practicing these methods regularly is the most effective way to feel calmer and happier.

Boost physical health and immunity Regular practice of asana and pranayama builds muscular strength and increases your immune system’s ability to fight off colds and flu viruses. Regular exercise improves cardiovascular function, muscle tone, bone density, flexibility, strength, coordination, posture, and endurance. All of this leads to improved quality of sleep, reduced risk of injury, and increased energy levels.

A yogic lifestyle also promotes a healthy diet, which includes plenty of fruits and vegetables, along with whole grains, lean protein sources, and low-fat dairy products. This way of eating supports optimal digestion and absorption of nutrients into the body.



THE POWER OF YOGA FOR SELF-CARE

Create emotional balance. Yoga and meditation teach us the importance of being present and mindful during stressful situations. When practicing this form of meditation, we learn to focus only on the here and now without getting caught up in past experiences or future worries. We become aware of our thoughts and emotions and begin to understand them instead of reacting to them. By becoming conscious of our feelings, we can choose which ones to act upon and which ones to let go of.

In addition, by focusing on our breath, we develop an awareness of our body and its sensations. This helps us recognize where tension exists within our muscles, allowing us to release any built-up energy. Regular asana practice improves cardiovascular function and circulation, reduces fatigue, builds muscle tone, and burns calories. All of this contributes to improved mood and increased vitality.

Strengthen social connections Practicing self-care doesn't have to mean sitting alone in silence. Your well-being depends on deep connections and healthy relationships with others. Regularly attending a yoga class is an easy way to put time and energy into building new and maintaining established relationships. Being a regular at a yoga studio also gives you the opportunity to connect with a like-minded social community.



THE POWER OF YOGA FOR SELF-CARE

Find spiritual connection and higher purpose Practice yoga asana and pranayama to connect with yourself spiritually through meditation. Meditation involves sitting quietly and concentrating on one thing, such as your breath or mantra. You may find inspiration in nature when meditating outside. If you're not comfortable doing this alone, consider joining a group practice.

Ability to fight off colds and flu viruses. Regular exercise improves cardiovascular function, muscle tone, bone density, flexibility, strength, coordination, posture, and endurance. All of this leads to improved quality of sleep, reduced risk of injury, and increased energy levels.

"A yogic lifestyle also promotes a healthy diet, which includes plenty of fruits and vegetables, along with whole grains, lean protein sources, and low-fat dairy products. This way of eating supports optimal digestion and absorption of nutrients into the body"

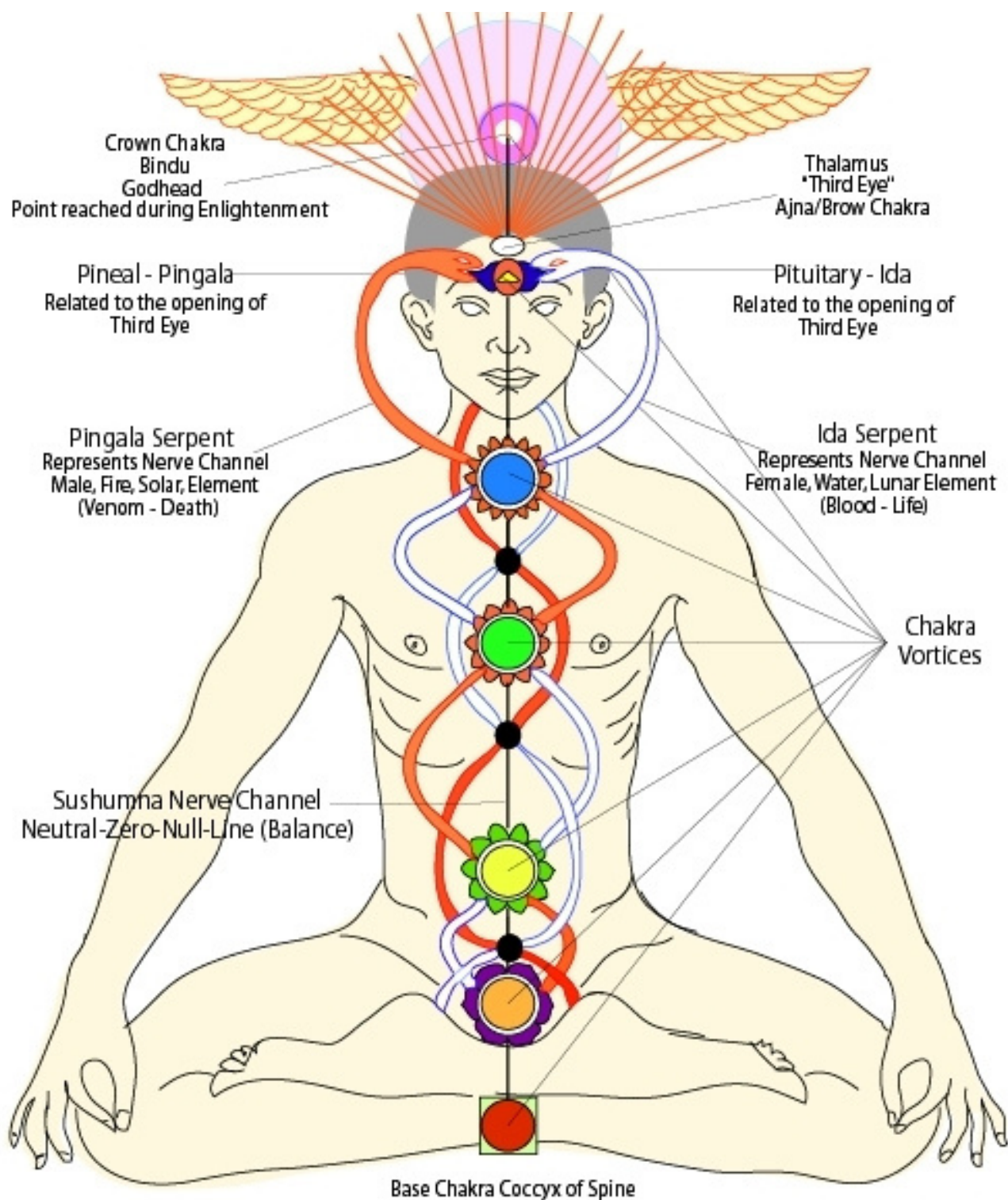


YOGA & INNER HEALTH

Hence the central aim of the physical efforts of yoga is to generate a spacial capacity and flow of life energy, known as prana, within the body and aura. This energy is both increased in quantity and quality. It is then directed into a natural pattern of circulation and flow that releases the **healing powers of the body's** natural intelligence and the discerning functions of the mind. In this state of **inner health** and clarity, the sense of being and spirit awakens.

"Hatha" has a symbolic meaning derived from it's sanskrit translation of Ha, 'sun', and tha, 'moon', symbolising opposites - passive and active, female and male energy - coming together in balance.

Prana, the energy that flows into the body and aura, and apana, the energy that flows out of the body for cleansing, are the generative and eliminative qualities of energy. If both of these qualities exist in sufficient amounts, and blended together, a new phenomenon is created. The yogis described this as the opening of the flow of energy into the sushumna, the central channel up the spine to the brain (see image).





BANDHAS

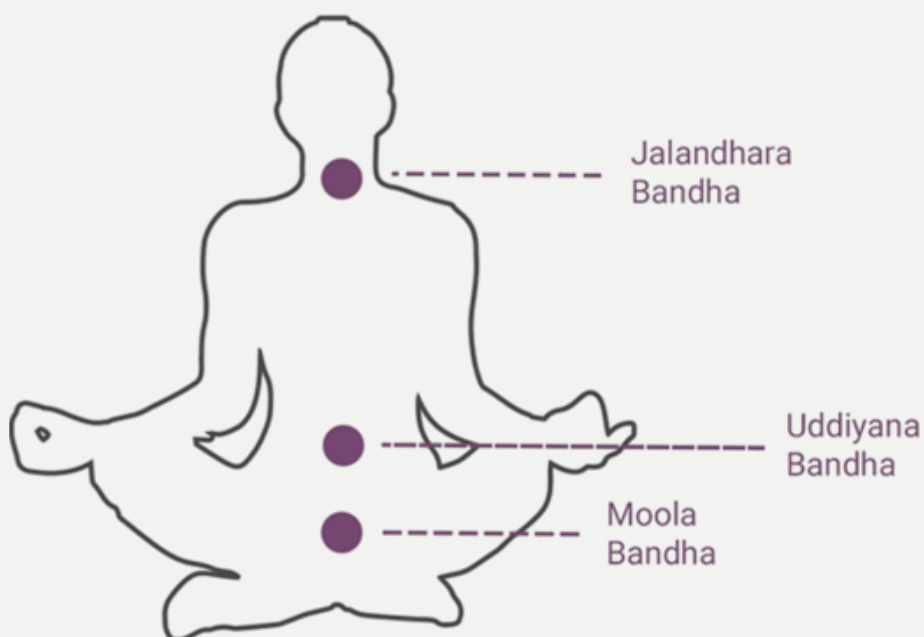
Carl G. Jung the eminent Swiss psychologist, described yoga as 'one of the greatest things the human mind has ever created.' Yoga sutra consists of two words only: yogash chitta-critti-nirodah, which may be translated as: "Yoga is the cessation of agitation of the consciousness."



YOGA & INNER HEALTH: BANDHAS

Practically, a fundamental aspect of one's yoga practice is to be aware of the three inner locks known as Bandhas. These are special bodily maneuvers that are designed to confine the prana (life force energy) within the trunk and thereby stimulate it.

The combination of opposing muscles forms these “locks”, stimulating nerve conduction, illuminating the chakras and initiating the opening of the energy channels (Nadis) that distribute vitality around the whole body.

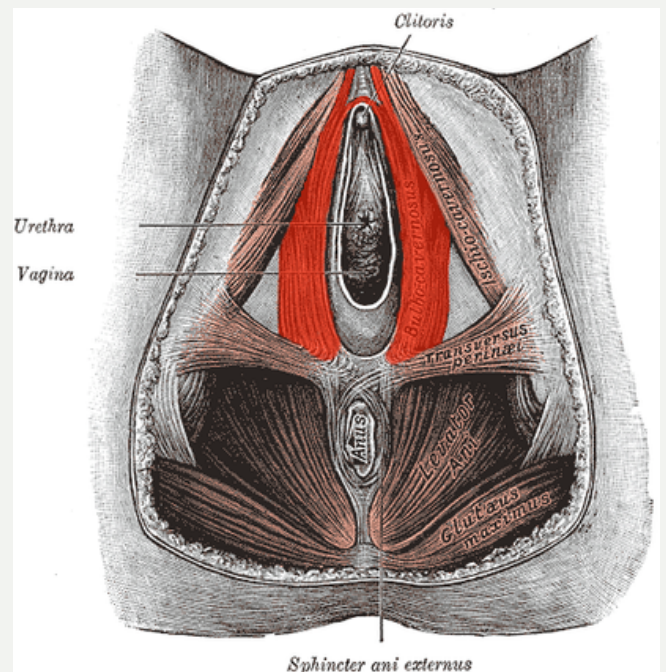
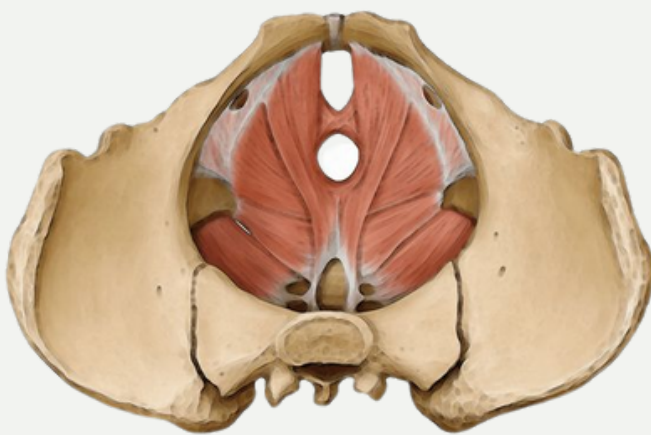




YOGA & INNER HEALTH: BANDHAS

Moola bandha / Root Lock

This is the most complex of the three locks. It is like a hydraulic lock at the base of the spine. It coordinates, stimulates and balances the energies involved with the rectum, sex organs and Navel point. It redirects sexual energy into creativity and bodily repair. Moola bandha contracts the muscles of the pelvic floor lifting and toning the organs of the pelvis including the bladder and genitalia. The pelvic floor muscles are recruited and awakened by contracting associated muscles such as the iliopsoas. This focuses the mind on the first chakra at the base of the spine and stimulates the proper flow of spinal fluid.





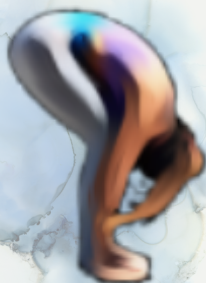
NATURA SEQUENCE



Inhale



Inhale



Exhale



Exhale



inhale



Exhale

x3



NATURA SEQUENCE



Exhale



old breath



Inhale



Exhale



Inhale



Exhale

x3



Exhale



breath



NATURA SEQUENCE

Surya Namaskar A



Inhale



Exhale



Inhale

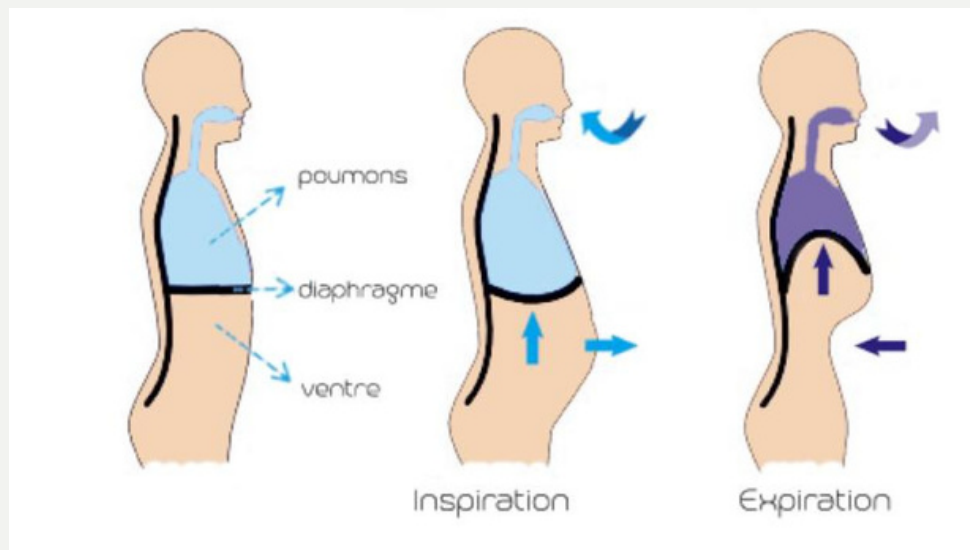
Exhale step at the beginning of the mat hands together at the chest



YOGA & INNER HEALTH: BANDHAS

Uddiyana bandha / Stomach Lock

On an empty stomach uddiyana bandha is pleasurable and invigorating. It is the safest form of breath retention because it creates a vacuum in the chest instead of additional pressure. The vacuum in the chest also improves circulation to the abdominal organs because it draws blood from the abdominal cavity into the chest and back to the heart. Decreased pressure in the capillary beds and veins of the abdominal organs will facilitate more blood flow through those organs as well as more efficient fluid exchange with their tissues.





YOGA & INNER HEALTH: BANDHAS

Uddiyana bandha / Stomach Lock

The Sanskrit word Uddiyana means to “rise up” or “to fly upward”. This Bandha, or lock, causes the diaphragm to rise toward the chest. It is often called “the stomach lift”. Routine practice of this lock results in the redirection of Prana to the Sushumna Nadi so that it flows toward the Sahasrara or Crown chakra. It is known that the Crown Chakra is what maintains the contact between the Individual Consciousness and the All-pervading Cosmic Consciousness.



Uddiyana bandha

To hold the impurities close to the fire to burn them, and evaporate amrta to replenish the “lake of the mind”.

Uddiyana bandha is the only practice in hatha yoga that stretches the respiratory diaphragm, which spans the junction between the chest and abdomen and attaches to the base of the rib cage and lumbar spine. Exhaling as much as possible will push the dome of the diaphragm to the highest possible position that can be accomplished with the abdominal muscles. Performing uddiyana bandha at that time pulls the dome of the diaphragm from above to an even higher position, stretching its muscle fibers and connective tissue. Practiced regularly, uddiyana bandha will enable you to exhale more completely and breathe more comfortably and efficiently.



YOGA & INNER HEALTH: BANDHAS

Uddiyana bandha / Stomach Lock

The Uddiyana Bandha Technique:

This Bandha can be performed in the standing or sitting positions:

Standing:

- Stand erect with your feet about a foot apart.
- Bend forward at your waist and expel all the air through your mouth.
- Attempt to elongate your spine and slightly bend your knees.
- Place the palms of your hands on your thighs just above the knees with the fingers pointing down. Arms should be straight.
- When we bend forward at the waist there is already a slight contraction of the abdominal muscles. Bend the head toward the chest.
- Expand your chest without breathing in.
- Pull your entire abdomen upward and inward toward your spine.
- Hold this position for a comfortable length of time.
- Slowly release the abdominal lock and relax your chest.
- Take a few deep breaths.
- Expand the chest again without sucking air in.
- Pull your abdomen upward and inward toward your spine.
- When you have had your abdomen in for as long as you can, slowly relax your abdomen and chest and take a few deep breaths.



YOGA & INNER HEALTH: BANDHAS

Uddiyana bandha / Stomach Lock

Sitting:

- Sit on a block or rolled towel so that your back is erect and your knees are touching the floor.
- Go through a process of relaxing your entire body.
- Place your hands on your knees
- Inhale long and deep.
- Exhale through your nostrils strongly until you feel you have emptied your lungs.
- Hold your breath.
- Raise your shoulders, straighten your arms and perform Jalandhara bandha, bring your chin down to your chest.
- Now contract your abdominal muscles upward and inward.
- Hold your breath out in this position for as long as you comfortably can.
- Release the abdominal lock, bend your elbows and lower your shoulders.
- Raise your head and inhale slowly.
- Remain relaxed in this position until your breath has normalized.
- Do another round.

Always remember that the straightening of the spine, bending of the head and sucking in of the abdomen should happen with the breath held out.



Build Your own Flow

Bring your own sequence to class this Tuesday and share it with us!

Here is some information so you can be prepared.

You can print this sheet, draw your sequence and bring it to class.

Theme

This can be very specific like attracting abundance, or as simple as hip opening.

Having this idea in mind helps to create a cohesive and inspiring you.

Poses

What poses you choose to use in your sequence depends on your theme. If you're working on hip opening, you'll want to focus on poses that address the hips. If you're thinking about abundance, you'll incorporate heart opening poses that open you heart up to the universe.

Flow to it

Make the poses to weave together intuitively. It would be strange to go from seated poses straight to a Tree. Instead, think about working your way up from low to high poses. Maybe do Low Lunges before Warriors. Use Cat/Cow to transition from seated poses to Down Dog.