

Version: 06 February 2018



- [Ashtanga](#)
- [Flying & bandhas](#)
- [Mysore](#)
- [Strength and Agility](#)
- [Patricia Walden/Iyengar](#)
- [Power yoga](#)
- [Vini yoga](#)
- [Bikram yoga](#)



- Yoga mats: • D2, beside Mita Hall
- amazon.com.jp

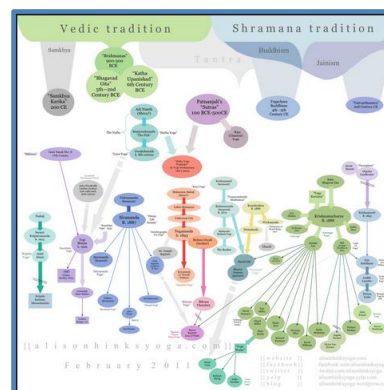
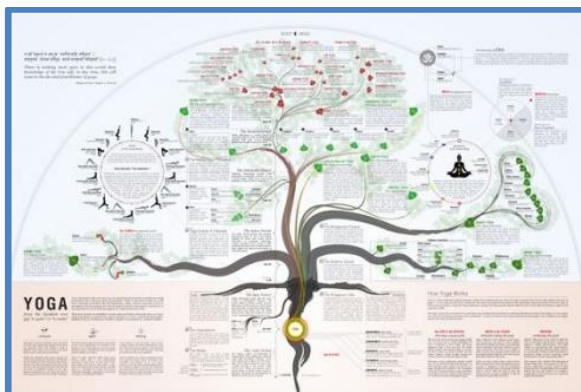
Yoga Class Notes

[Yoga is a very ancient practice](#), going back to the [Indus Valley civilization](#) (Google [search](#)) in India perhaps about (*at least*)

3,000 - 5,000 years ago. See clips to the right:

Below are charts that try to outline the history of 'yoga' as well as how and why there is such many 'schools of yoga' today. Click on these charts for more detailed explanations.


- **'History of Yoga' DVD:** YouTube [trailer](#); Buy at amazon.com;



Consider yoga to be **an amazing early science, psychology**. Many experiments & data. But because not institutionalized huge variety of persons and groups. Some highly sophisticated, others absurd (see below).

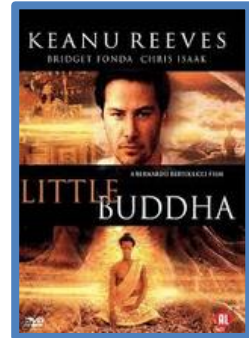
Kings with Straw Mats - Yogis and Sadhus of the Kumbh Mela Festival

Many yogis come from the mountains and forests, wherever, to join the 'Kumbh Mela Festival'. At any given place, the Kumbh Mela is held once in 12 years. It is Hindu pilgrimage of faith in which Hindu yogis gather to bathe in a sacred or holy river.

The Buddha - A Documentary About Siddhartha
 Metatron I AM HEALING · 48K views · 3 years ago
 2010 Film **The Buddha** is a 2010 PBS **documentary** directed by David Grubin and narrated by Richard Gere. The film follows the ...

Gautama Buddha (about 500 BCE)



'Middle path' – '8-Fold Way': right view, intentions, speech, action, livelihood, effort, concentration, mindfulness. **Biggest curse; ATTACHMENT**

Patanjali (between 300 BCE and 300 CE); Yoga Sutra:



Krishnamacharia

1888-1989

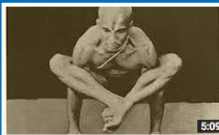
Founder of three forms of 'modern yoga':

- **lyengar yoga • Ashtanga yoga • Viniyoga**




Yogananda 1893-1952


- **Kriya Secrets Revealed**
-

T Krishnamacharya Vinyasa Yoga Sequence
 Yoga Meditation Healing
 1 year ago · 4,648 views
 Sri Tirumalai Krishnamacharya: Known as The 'Father of Modern day Yoga' was based in Mysore, India. He passed on his ...



Sri Tirumalai Krishnamacharya
 Robert Byrnes
 4 years ago · 177,785 views
 Sri Tirumalai Krishnamacharya, the father of modern yoga, demonstrating the practices of yoga in 1938 at the age of 50. Hanuman ...



Krishnamacharya & B.K.S. Iyengar in 1938 with Yoga Sutras, Part 1 of 6
 Tom Martin
 7 years ago · 395,752 views
 Tirumalai Krishnamacharya was 50 when this film was made and is arguably the most influential yogi in establishing what yoga ...



Yogis Of Tibet - The Tibetan Book of the Dead
 DTake VideoFilm
 51,341 views



Taught to **Pattabhi Jois** (1915-2009) by Krishnamacharia: Mysore (south India) style class



- **Full primary series**
- **Full intermediate series**
- **Advanced series**



Manju Pattabhi Jois (son of Pattabhi; global teacher); [Home site](#)



Ashtanga Yoga Canada Primary Series Sequence

Suryanamaskara A & B (5 times)

With humble thanks and eternal reverence to our teacher Sri K. Pattabhi Jois of Mysore, India. Om Sri Gurubhyo Namah.

With humble thanks and eternal reverence to our teacher Sri K. Pattabhi Jois of Mysore, India. Om Sri Gurubhyo Namah.

Primary Series Postures Continued

Primary Series Postures

Fundamental Asanas

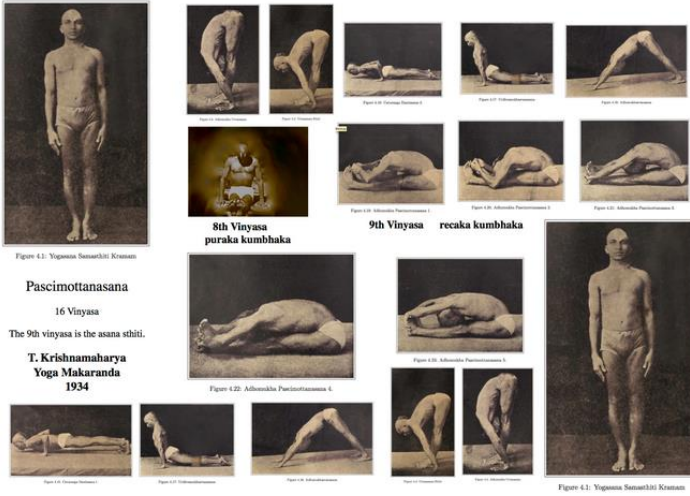
Closing Sequence

Final Closing Postures

“99% Practice, 1% Theory!”
“You take practice, you think God!”
Sri K. Pattabhi Jois

Yoga Mula, Pranam, Uprahita

www.ashtanga-yoga-canada.com



← Krishnamacharia
Pattabhi Jois
↓



[Why invocation \(Richard Freeman\)](#)

[Comment by Iyengar](#)

वन्दे गुरुणां चरणारविन्दे सन्दर्शित स्वात्म सुखावबोधे ।
निःश्रेयसे जाङ्गलिकायमाने संसार हालाहल मोहशांत्यै ॥
आबाहु पुरुषाकारं शंखचक्रासि धारिणम् ।
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

vande gurūṇāṃ caṇarāvīnde sandarśita svātma sukhāvabodhe ।
niḥśreyase jāṅgalikāyamāne saṃsāra hālāhala mohaśāntyai ॥

ābahu puruṣākāraṃ śaṅkhacakraṣi dhāriṇam ।
sahasra śirasāṃ śvetaṃ praṇamāmi patañjaliṃ ॥

I bow to the lotus feet of the Gurus
The awakening happiness of one's own Self revealed,
Beyond better, acting like the Jungle physician,
Pacifying delusion, the poison of Samsara.

Taking the form of a man to the shoulders,
Holding a conch, a discus, and a sword,
One thousand heads white,
To Patanjali, I salute.

Below is a GLOBAL schedule of Ashtanga workshops



Richard Freeman Ashtanga studio (Boulder, Colorado)



• Yoga Workshop: [Home page](#)

• [Facebook page](#)

- ['Yoga ruins your life'](#)
- [Philosophy of practicing Ashtanga yoga](#)
- [Interview](#) about this__

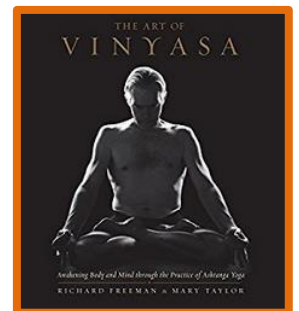


- **Ujjayi** breathing:
 - [1](#), Kino yoga
 - [2](#), Kripalu yoga



Surya Namaskara (Sun Salutation)

- [Surya Namaskara A](#) (sun salutation A) with [Richard Freeman](#)



- [Surya Namaskara B](#) (sun salutation B) with John Scott



Resources:



Good **FREE** Internet **CLIPS** for practicing **Primary Series**:

- David Swenson: Primary Series: [30-minute version](#)
: [45-minute version](#)
: [full 90 min; start at 25:00](#)
- Kino McGregor: [Primary Series \(first half, 26 min.\)](#)

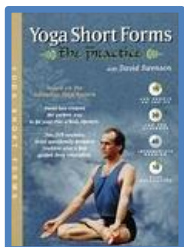
[Intermediate \(2nd\) series](#)

Home [site](#); [biography](#) ; [Mysore](#); [search](#)
- Flightmaster: Primary Series: [Intro](#) (1 h); [Full](#) (1.5 h); [home](#)
- PV Ashtanga: Primary Series: [Half series](#)

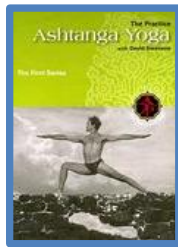
OM = AUM

- **A** - creation of universe & objects within
- **U** - universe energy; subtle impressions of mind
- **M** - universe transformative energy, thoughts & beliefs
- silence, pure consciousness of self, Atman

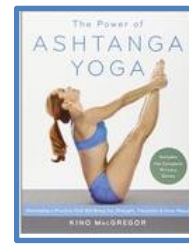
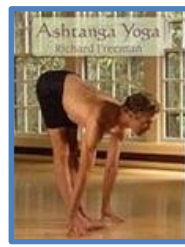
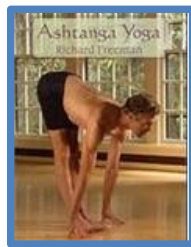
Purchase very good DVDs >>



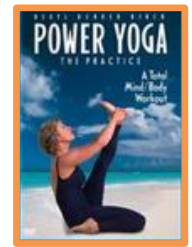
David Swenson



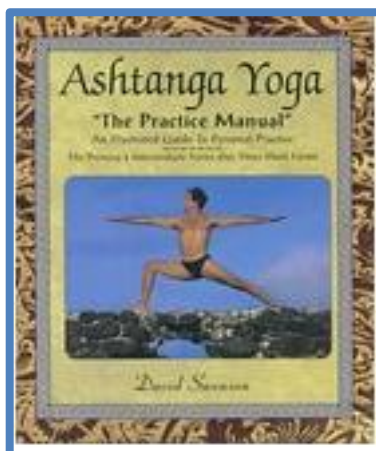
Richard Freeman



Kino



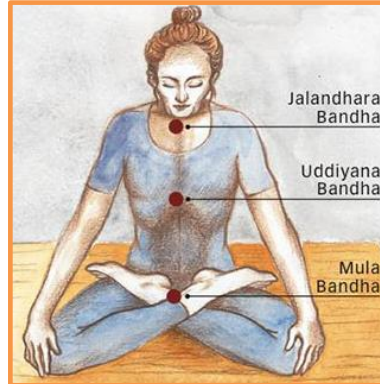
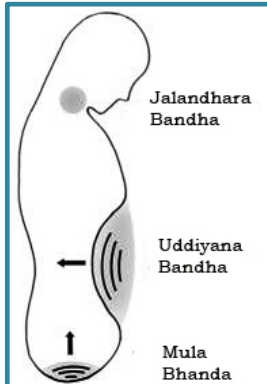
Beryl Birch



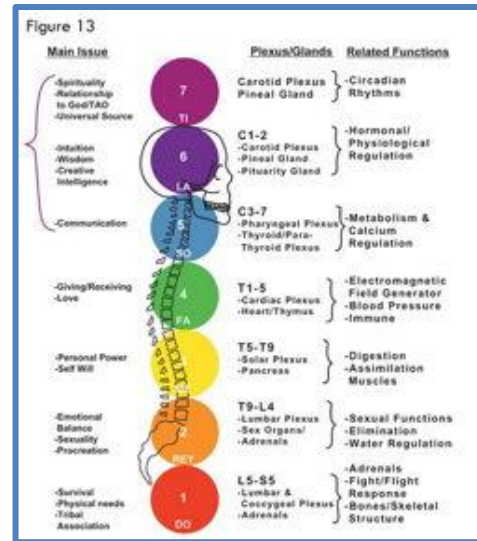
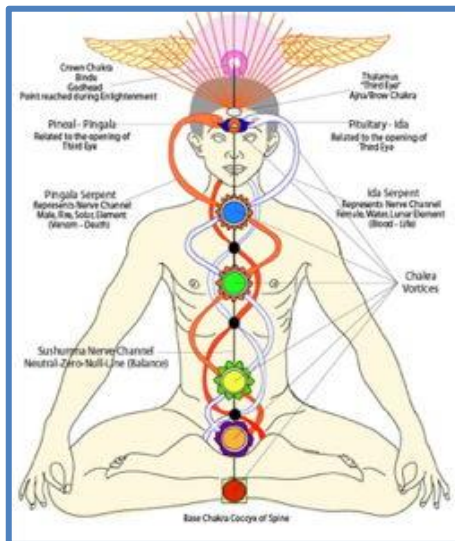
- [Yoga Inc.](#) (contemporary 'business of yoga'; DVD, mp4)



The '**BHANDAS**': Freeman explains [1](#), [2](#), [3](#); Kino explains; [home practice](#)

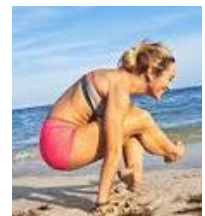


Kundalini yoga: ([Wikipedia](#)); ([fundamentals](#)); ([HP article](#)); ([history](#)); ([YouTube search](#))



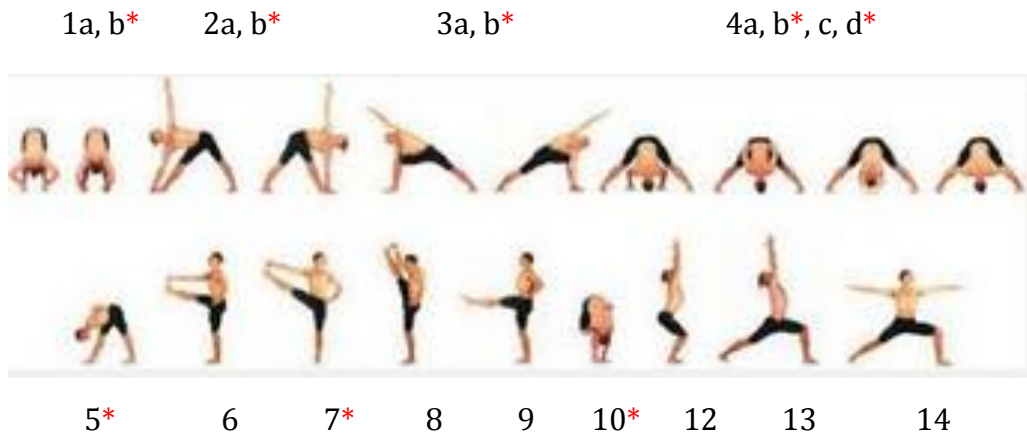
'Flying School' (art & practice of jumping back, forward & thru)

- [Crossed-leg jumping style](#)
- Kino MacGregor explains: '[jumping thru, jumping back](#)'
- Nigel Marshall Primary Series [Transitions](#)
- Swenson: Concept of '[quest](#)'
- Tim Miller: '[Why can't I master the jump-thru](#)' ;



The Standing Sequence

* indicates poses omitted in Swenson's short forms



1a&b: First, the first two of each hand fingers grab the big toe, and then fingers under the feet.

- If you are stiff and can NOT reach the toes just hanging in the air is the worst.
- So grab at the lowest part of the legs possible, or as follows:
- Note power of opposites—



2: The 'goal' is to reach the big toe, but any level of the stretch is more important. So each time you do this pose slide your hand down your leg until you find a reasonable place to hold.

A good alternative is to use a **yoga block**, giving you 3 different heights to gradually work on. The benefit of a block is that it forms a very stable 'ground', which makes the pose certain and strong.

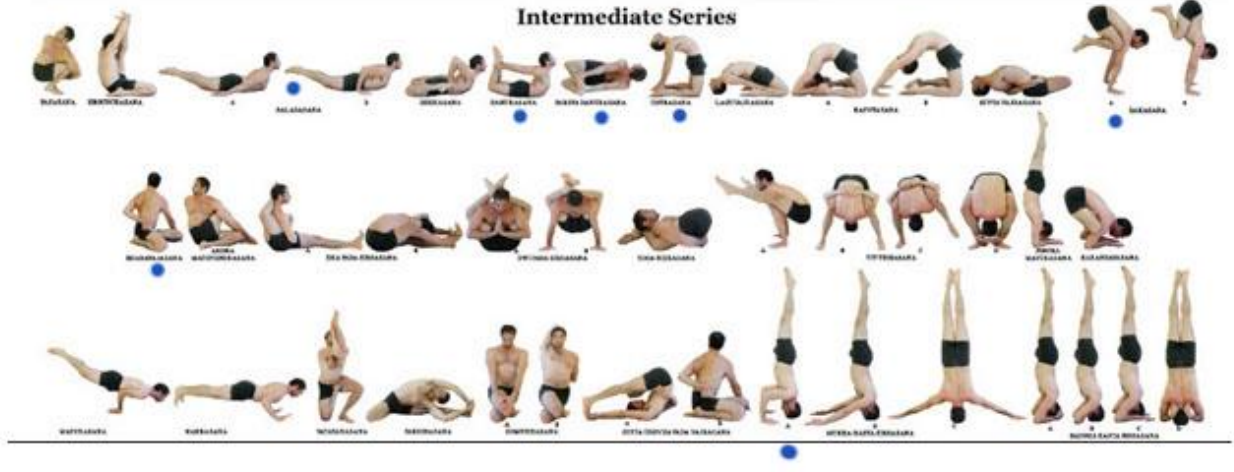
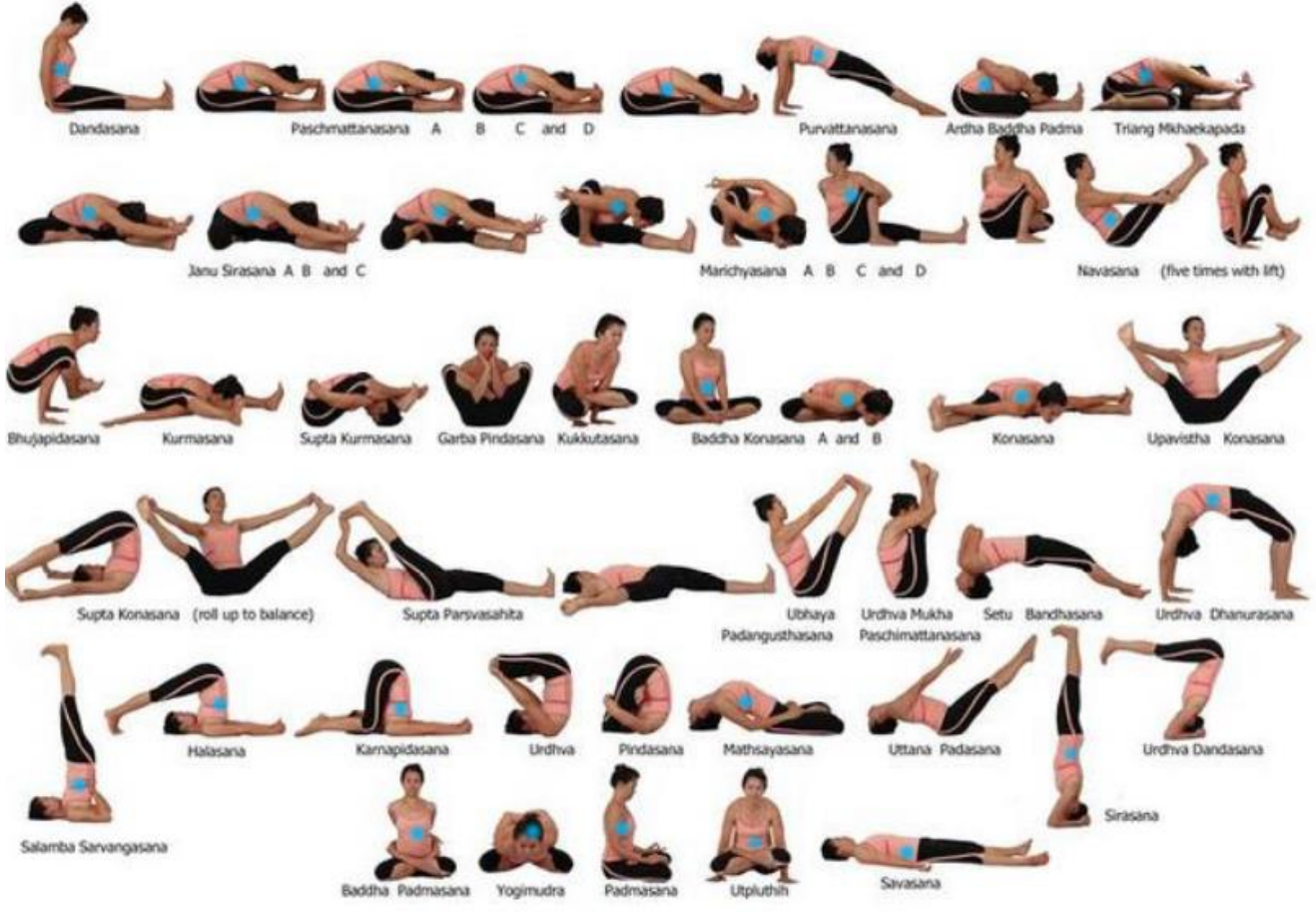


Ashtanga practice system:

Sun salutations A & B > standing poses > 'primary series' > finishing posed, OR

Sun salutations A & B > standing poses > 'intermediate series' > finishing poses, OR

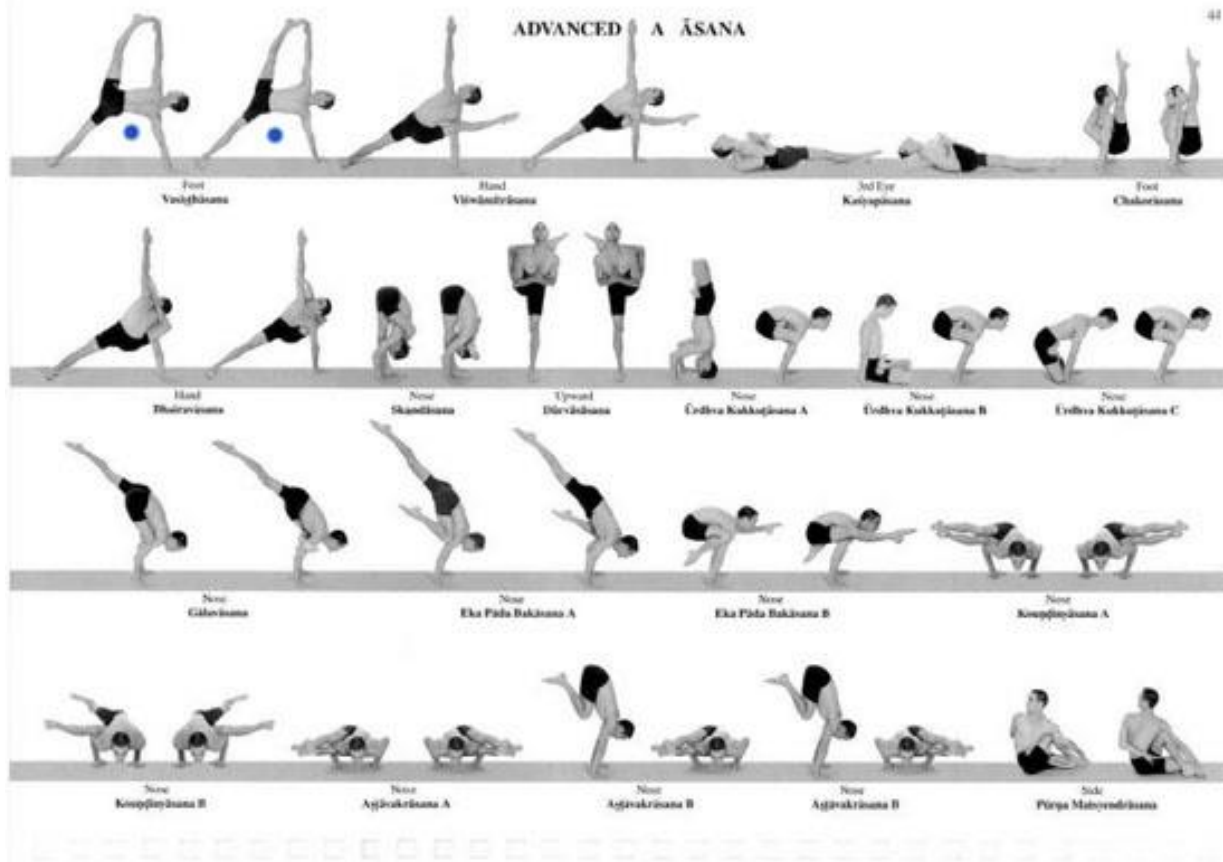
Sun salutations A & B > standing poses > P + I + A > finishing poses, etc. etc.



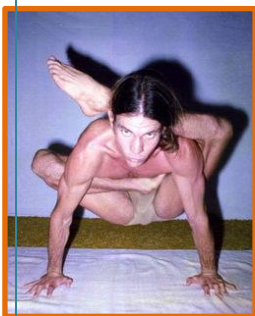
Sun salutations A & B > standing poses > 'primary series' > finishing posed, OR

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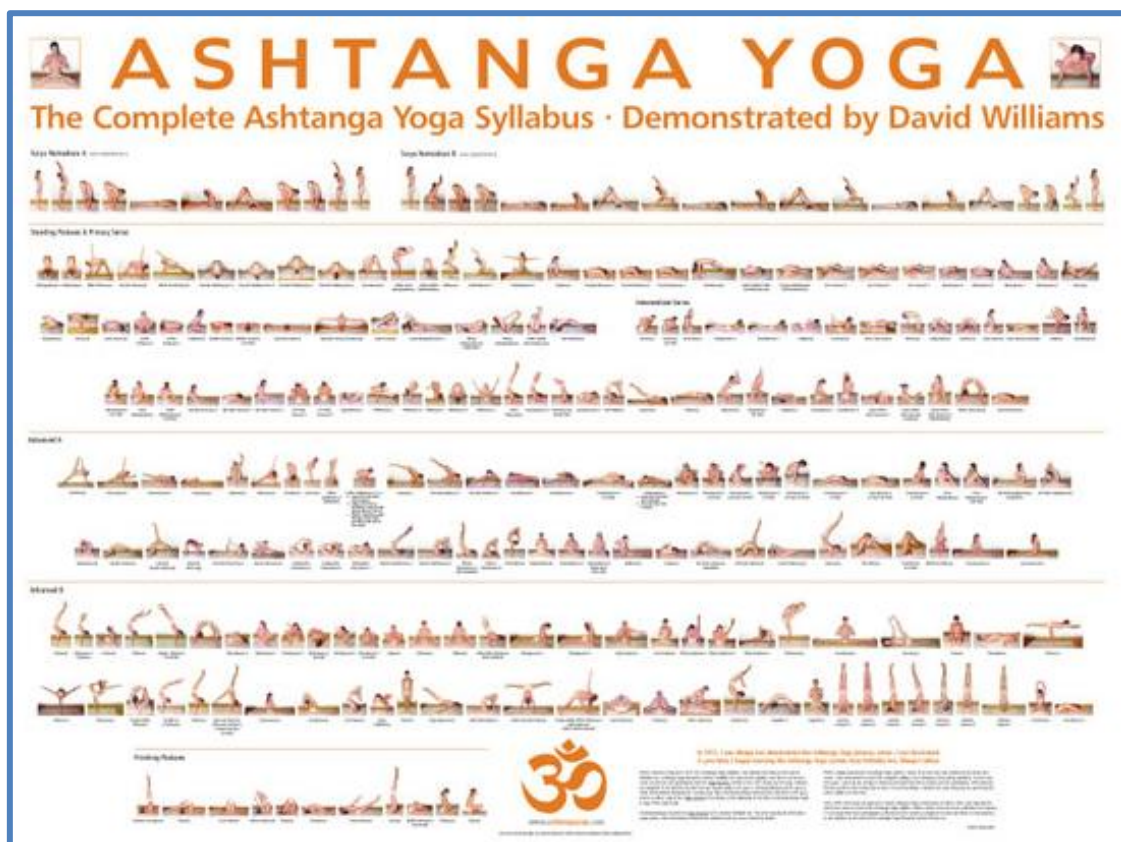
Sun salutations A & B > standing poses > P + I + A > finishing poses, etc. etc.



[David Williams](#) (only foreigner) learned *all* Ashtanga poses. Made below 'syllabus'/chart



Mulabandha: After twenty years, I realized this was the real strength of yoga. Now that it has been more than thirty years, more than ever I realize the real strength of the yoga is in what's invisible. I tell people, what's invisible is what's important. **The breathing and mulabandha;** the name and the form, namarupa, is maya; it's an illusion. And the people who give too much emphasis to the name and form miss the real importance **which is the mulabandha and the breathing, the invisible internal practice.**



David Williams On Ashtanga Yoga

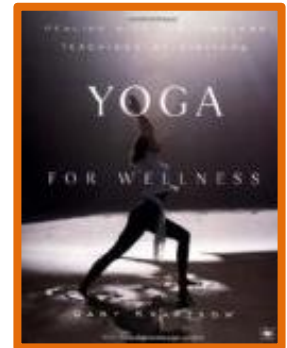
by ADMIN on AUGUST 13, 2013



Yama, Niyama. Asana, Pranayama, Pratyahara, Dharyana, Dhyana, Samadhi (enlightenment, satori)



Krishnamacharya >> Desikachar >> Gary Kraftsow



Viniyoga for lower back and hips:

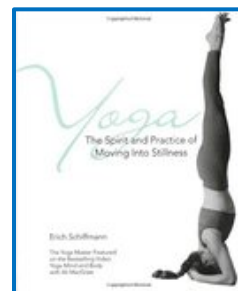


book

DVDs

Erich Schiffmann

Look! Be aware of everything!
Freedom from the known.



His teachers :



Krishnamurti



Joel Kramer



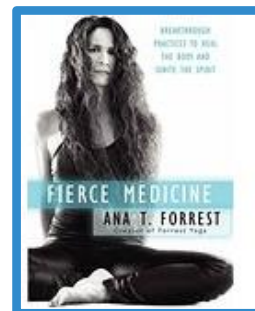
BKS Iyengar

Yoga for strength and agility



Ana Forrest: The strongest yogi that I know is Ana Forrest of 'Forest Yoga'.

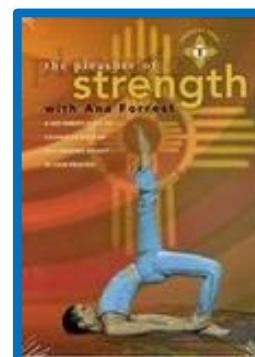
This is a great [DEMONSTRATION](#) of her style and skill.



I met her at a Yoga Journal workshop held in New York City. Here workshop was amazingly difficult, but also interesting and fun.

Ana claims that she is part American Indian, and that her style of yoga comes from a wide variety of research and studies, including Indian shaman power.

- Here is her Home Page, [Forrest Yoga](#).
- Here is her [Facebook fan page](#).
- Here is a [Wikipedia article](#) about Ana Forest.



Rodney Yee: The second strongest yogi I know is Rodney Yee. He studied dance and philosophy at the University of California, and became a professional ballet dancer with the Oakland Ballet.

But after he accidentally found yoga and tried he changed his life direction. After studying Iyengar yoga in India with [B. K. S. Iyengar](#) in India and others he immersed as a very talented yoga teacher.

Here is a well-made [DEMONSTRATION](#) of his great strength, agility and artistic style.

I met him at Yoga Journal workshop event in San Francisco and very much liked his style. Luckily, he frequented Tokyo once a year (he had danced with the Matsuyama Ballet for several years, so had an attachment to Japan).

Here is Rodney's [Home page](#).



Patricia Walden:



Patricia Walden studied under [BKS Iyengar](#), and became one of his most prized students and faithful advocates. She has great strength and flexibility.



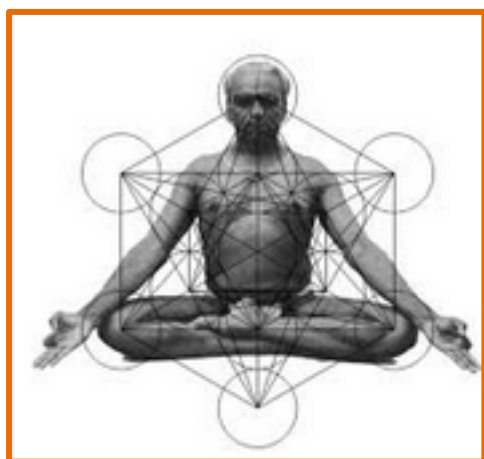
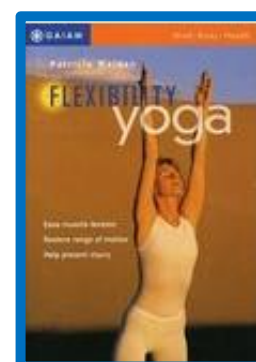
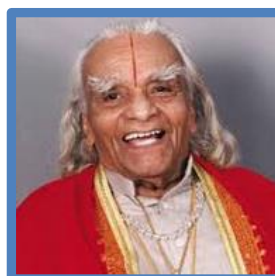
Here is a recent [DEMONSTRATION](#) ([Embodiment of Love](#)) at age of 63---

I Met Patricia at a one week-long workshop in the countryside outside of Florence, Italy.

She was one of the sweetest and toughest teachers I have known. And for one week I was strapped, blocked, tied, pushed and pulled to change my body, for which I am always grateful.



She has many, many fine [DVDs](#):

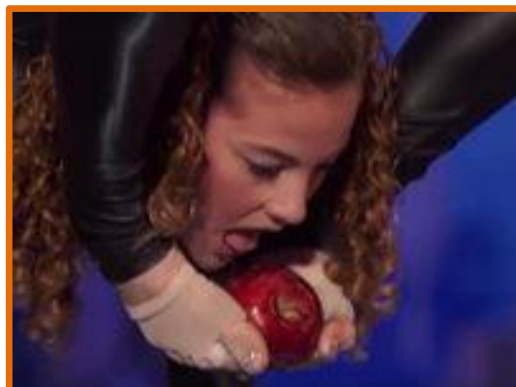


[Click here for Shiva Rea clips](#)



Shiva Rea ([Home](#))

Yoga, acrobatics and

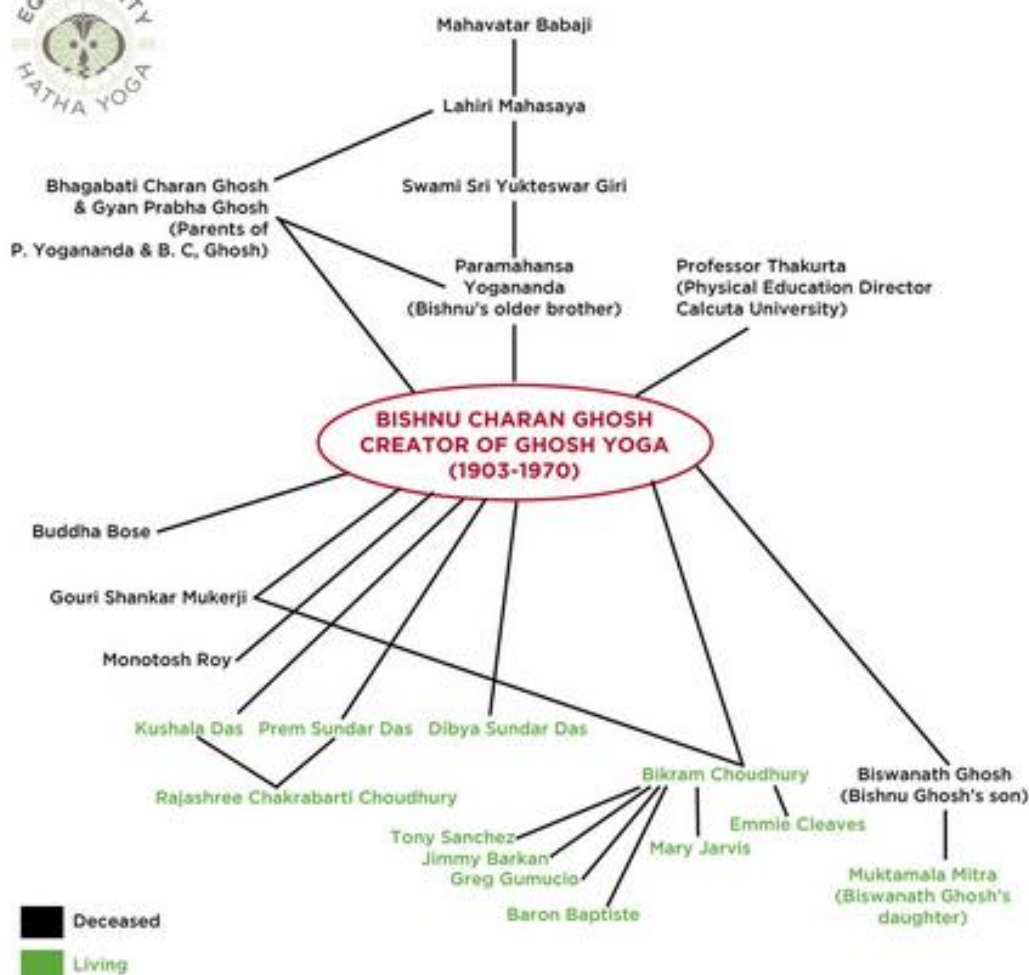
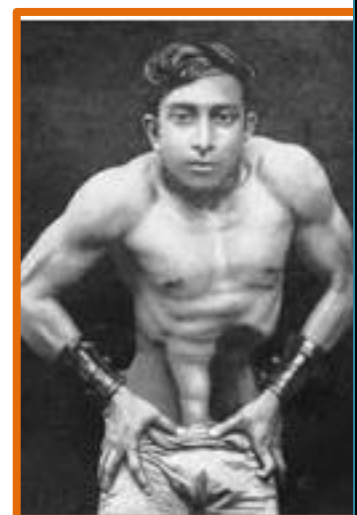
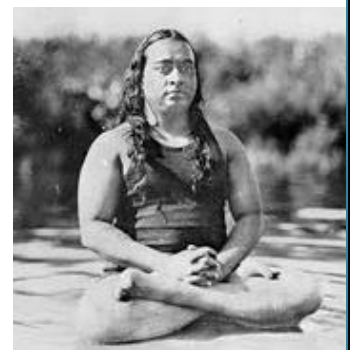
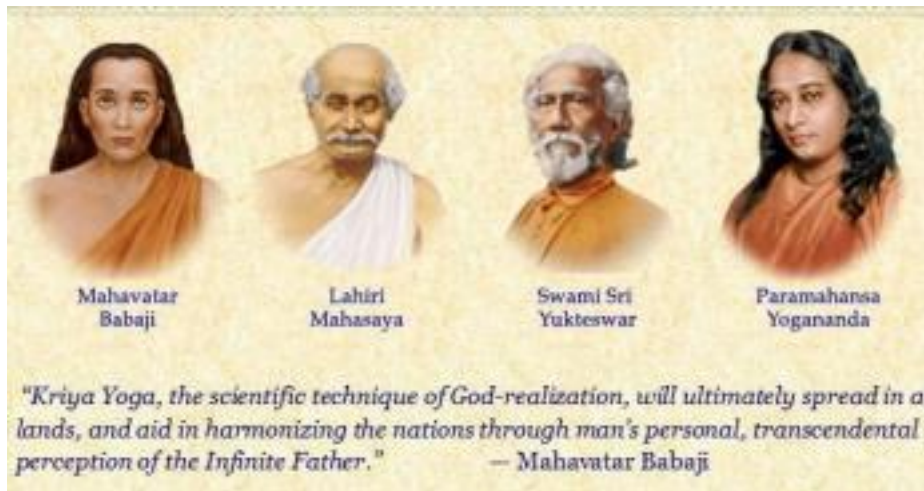


So, after seeing the 'yogic strength' of Ana Forrest and Rodney Yee and other as well as the supreme 'flexibility' of Patricia Walden and some yoga people, we must wonder:

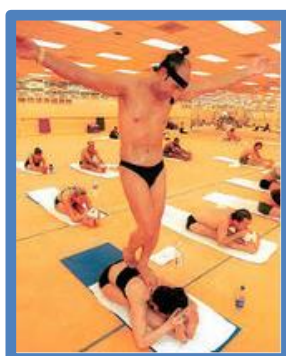
How does yoga differentiate itself from being merely strong and flexible in an athletic or aesthetic way?

[Russian dance yoga](#)





BIKRAM YOGA

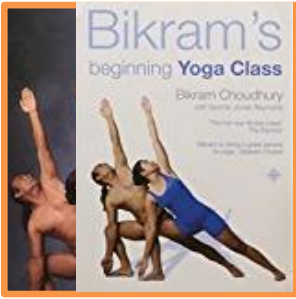


[Dikipedia](#)



India's 10 most controversial gurus

After the Fall: The Ripple Effect from Accusations Against Bikram and Friend

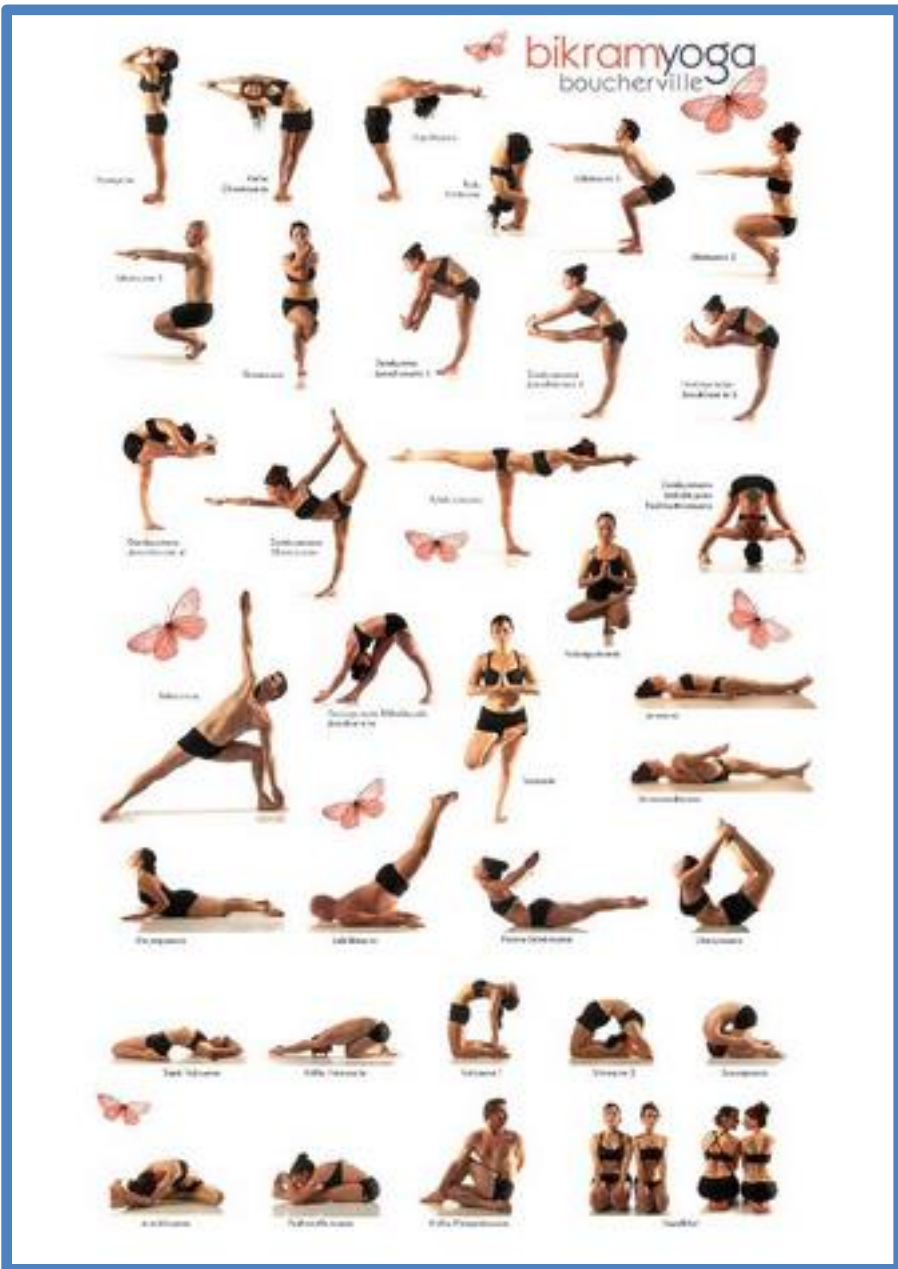


Bikram workouts (clips):

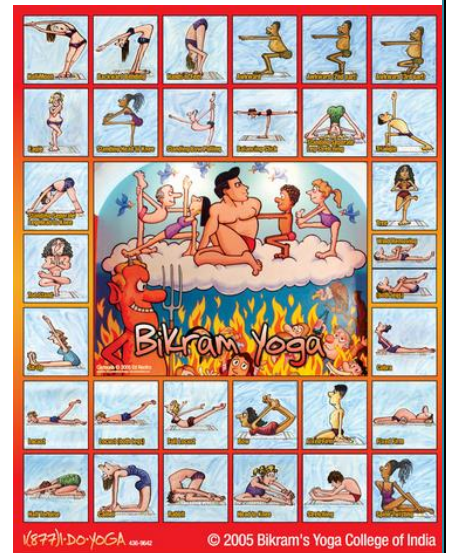
- Basic routine: [Maggie Grove](#)
- Group class: [Francesca Asumah](#)
- Group class: [Absolute Hot Yoga](#)

•• [Bikram led audio class](#)

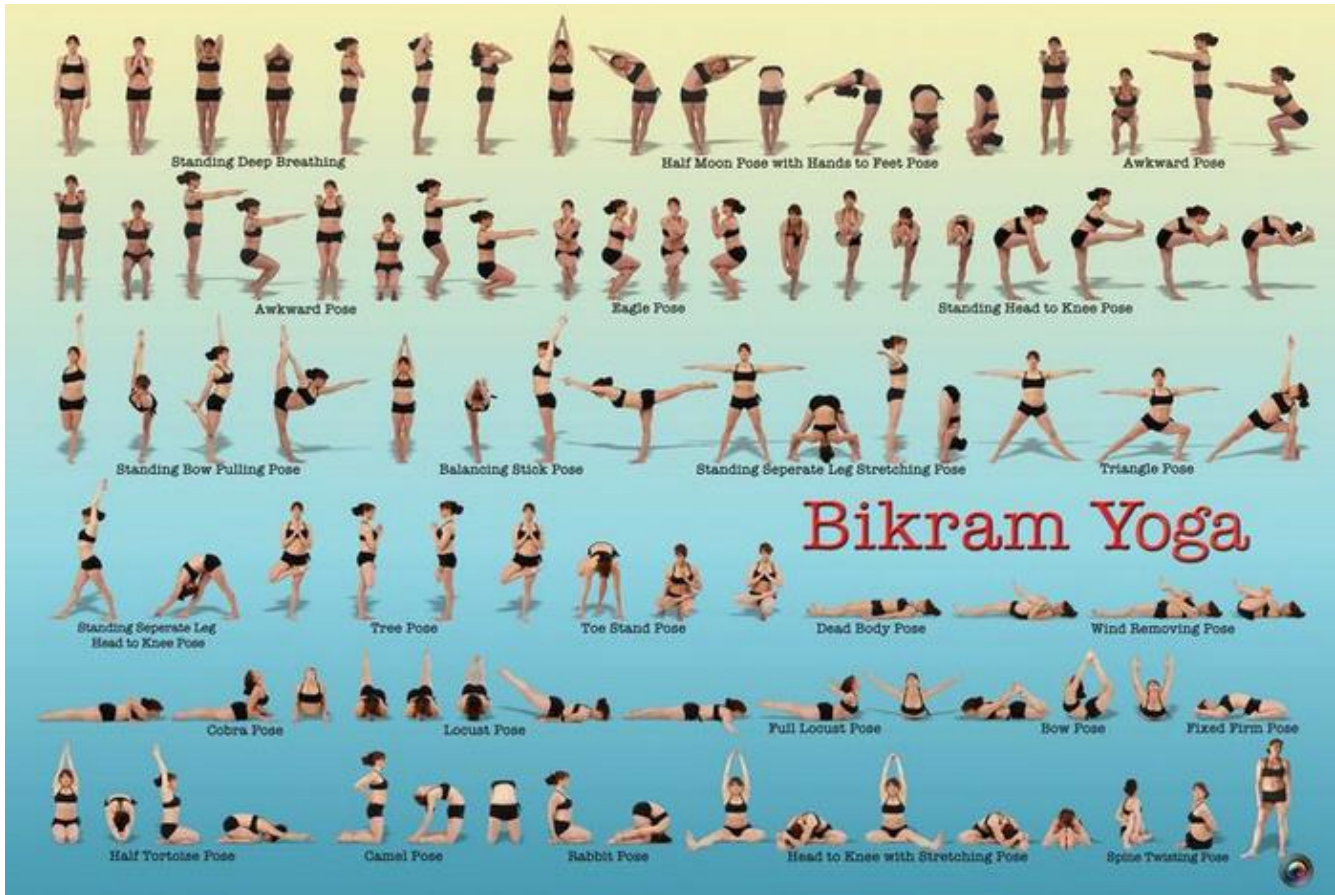
[Bikram yoga teacher training fall 2012 demo part 1](#)



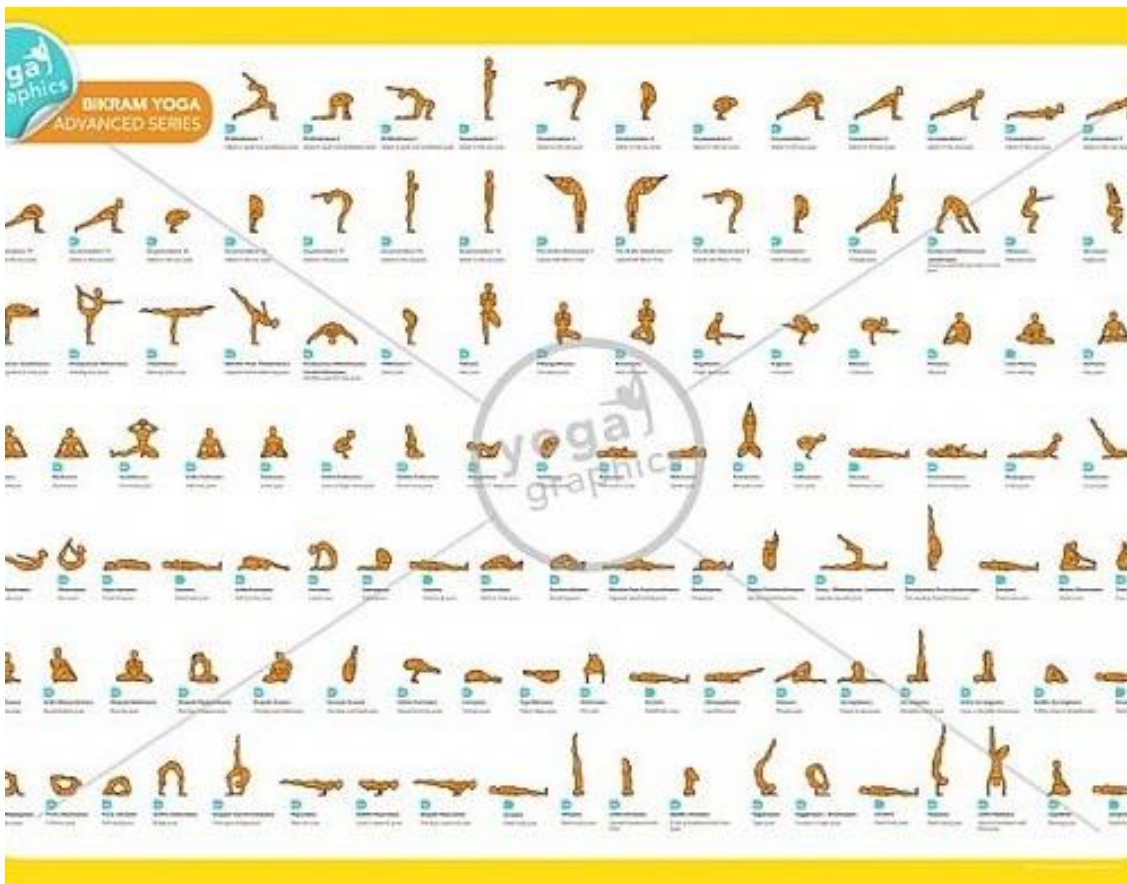
[FAST run-thru video](#)

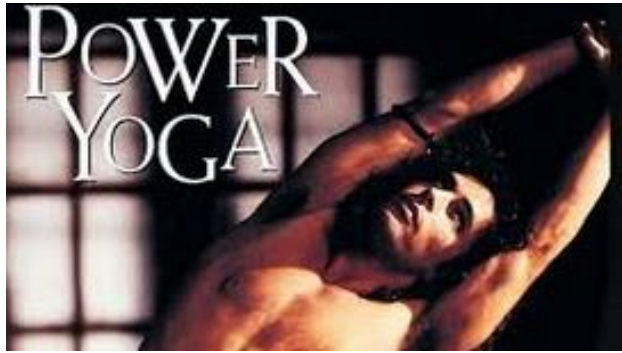


[bikram choudhury teaching yoga](#)

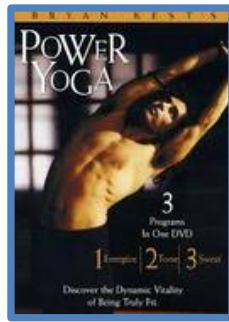
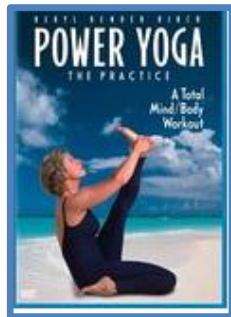
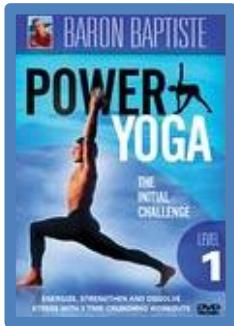


Bikram Yoga – Advanced Series





Founders of 'Power Yoga': Bryan Kest, Beryl Bender Birch, Baron Baptiste



- 1 ([Energize](#)),
- 2 ([Tone](#)) and
- 3 ([Sweat](#))



• 1998 - Machu Picchu, Peru



Yoga HANDSTANDS:

- Explanation and demo [#1](#)
- Handstand [Google search](#)



10 Influential Teachers Who Have Shaped Yoga in America

100 Most Influential Yoga Teachers in America

Om Namah Shivaya:

Om:



OM = AUM

- **A** - creation of universe & objects within
- **U** - universe energy; subtitle impressions of mind
- **M** - universe transformative energy, thoughts & beliefs
- silence, pure consciousness of self, Atman

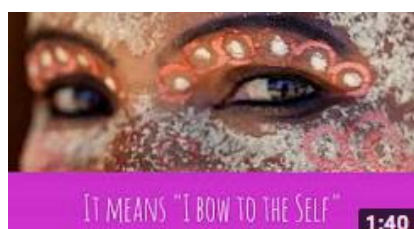
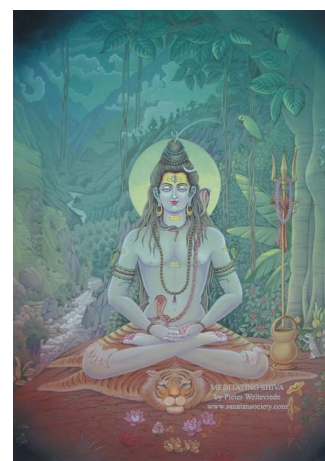
'Na' – sound represents earth; is the Lord's concealing grace

'Ma' – sound represents water; is the world

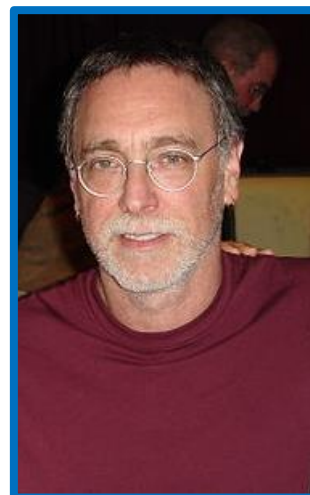
'SI' sound represents fire; stands for [Shiva](#) (god of yogis, self-controlled and celibate, while at the same time the lover of his spouse, Shakti. Lord Shiva is the destroyer of the world, following Brahma the creator and Vishnu the preserver, after which once again Brahma recreates the world and so on).

'Va' sound represents Pranic air; His revealing grace

'Ya' sound represents sky or ether; the Atman or soul



Yoga Kirtan (songs and chants)



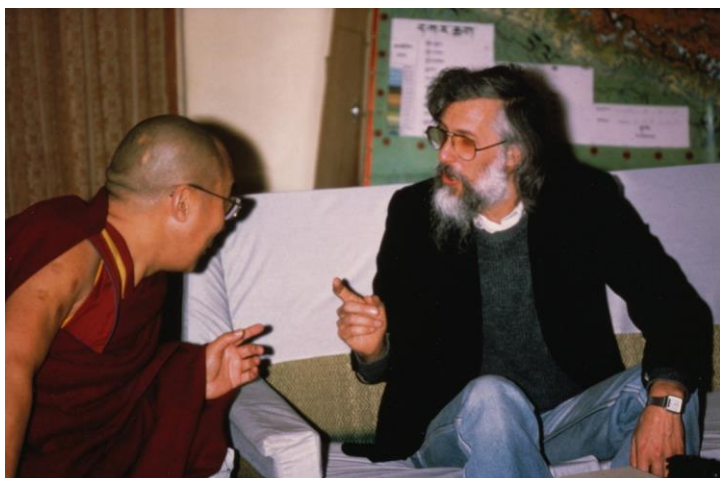
Krishna Das

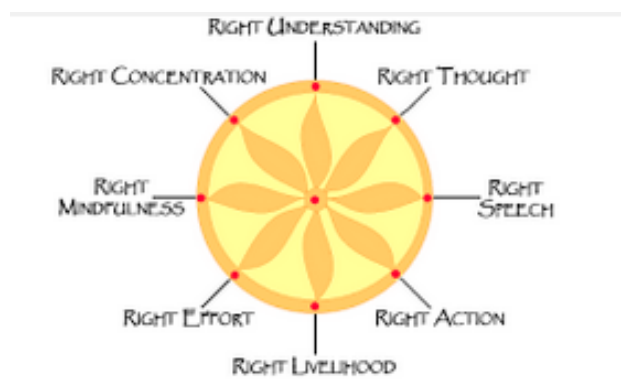
Top Kirtan Songs

▶ Play all Queue all Follow

<p>Ganpat Nam Nama Om Gan Ganpataye Namoh Namah Hemant Chauhan 36:14</p>	<p>Om Namah Shivaya Krishna Das 13:41</p>	<p>Hare Krishna Krishna Das 23:00</p>
<p>Mahamantra Meltdown Krishna Das 16:06</p>	<p>Ma Durga Krishna Das 9:45</p>	<p>Om Namo Bhagavate Vasudevaya Krishna Das 14:18</p>

1986: One week with Dalai Lama in Dharlamsala, India





The Buddha

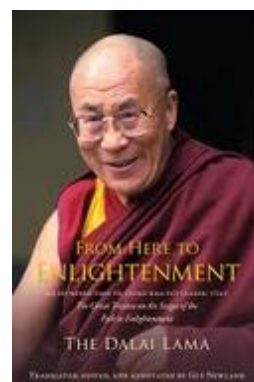
- By finding the path to Enlightenment, Siddhartha was led from the pain of suffering and rebirth towards the path of Enlightenment and became known as the Buddha or 'awakened one'.
- Led a life of luxury
- Discovered life's cruel realities
- Decided to pursue the Middle Way
 - Just like 2 sounds, the Middle Way is neither luxury nor poverty.

Enlightenment

One day, seated beneath the Bodhi tree (the tree of awakening), Siddhartha became deeply absorbed in meditation, and reflected on his experience of life.

determined to penetrate its truth. He finally achieved Enlightenment and became the Buddha.

Buddhism is in essence the wheel of teaching, rather than worshipping one god or gods. Buddhism centres around the timeless importance of the teaching, or the dharma.



Short 20-30-minute morning routine:

Peaceful evening routine:

Other styles of interest:

- **goat yoga**

- **beer yoga**

- **fuck yoga**

Buddhist thinking & yoga

8-fold way