



## **ASHTANGA YOGA INTRODUCTORY AUDIO GUIDE FOR YOGA ROUTINES**

Hi there! Welcome to Yoga Home Practice Ashtanga Yoga Introductory Audio.

Here are some practical matters to consider before beginning your Ashtanga Yoga Practice.

In this program, Ashtanga Yoga refers to the particular method of sequencing yoga asanas and system of yoga as taught by Sri K. Pattabhi Jois. This is a particularly vigorous method that involves synchronising the breath with a progressive series of postures, to produce internal heat and sweat that detoxifies the muscles and organs of the body.

While it has been claimed that this method was originally designed for young adolescent males, this style of yoga is suitable for individuals who are generally healthy and seeking a highly active form of yoga.

Please be aware of your current physical health before practising Ashtanga Yoga to ensure that it is suitable for you, and to prevent injuries.

It is important for you to follow the step-by-step instructions and to proceed at your own pace. As you do the postures, listen carefully to your body and recognise any warning signs. Rather than straining to achieve the required result or what appears to you to be the perfect posture, respect where your body is at today. Challenge yourself without pushing past physical pain or strain. There is a difference between the feeling of stretching muscles and the pain associated with strain.

Consult your doctor if you are in any doubt about your medical condition or if you are pregnant.

If you are pregnant, this is a delicate time and this vigorous style of yoga is not recommended. Please check the Pre-Natal section of the website for routines that have been specifically designed for pregnancy, and listen to the Pre-Natal Yoga Introductory Audio for further information.

If at any time you experience pain, slowly come into any of the neutral postures such as Child's Pose or Downward Dog. Remember to relax and breathe in these postures. You can rejoin the practice when you are ready.

We encourage you to practice each session until you are comfortable with the poses and pace. If you find that a new class is too challenging, please consider revisiting the previous class to further enhance your strength and stamina.



## ***THE SPACE***

In respect of the space, find a peaceful clear area for your practice. Make sure the space is quiet and clean – free from any other activities or distractions. You need to be comfortable in this space. This is time just to be with yourself, so make it important to choose an appropriate space. If it is accessible to you, find a special place.

Should you decide to take your Yoga Audio Routine with you outside to a park or beach, make sure the conditions are pleasant, and face away from the sun to keep the glare away from your face.

## ***BREATHING AND THE BODY'S MOVEMENT***

Counting the breath is a particular approach used in Ashtanga Yoga, with the inhalation and exhalation synchronised with moving in and out of yoga postures. This will come naturally with continued practice, and is not by any means the goal of practice.

It is important that you breathe naturally. If the breath count is running you short of air, please take extra breathes. If you find yourself out of breath it is a good indication of over-exertion.

At no point in time should you be holding your breath.

A general guide to breathing in Yoga is to breathe-in as the body stretches and expands; breathe-out as the body contracts, releases or folds forward; and in the absence of any breath instruction, please breathe normally.

## ***TIME AND DURATION FOR PRACTISE***

Here are some tips on the time and duration of practise.

Practise gently. Your breath is intrinsically connected with the quality of your practice. Hence the goal is not to rush through it, as this would bring about rapid shallow breathing.

Practise regularly. Yoga provides benefits on all levels - physical, mental, emotional and spiritual. This includes improved levels of fitness and flexibility, reduced tension, and greater focus in all areas of your life. These lifestyle benefits can be yours through consistent practice.



Consistent practice basically means practising yoga as often as you can, ideally 2-3 times a week. We understand that you may not be able to physically get to a live yoga class this often. Hence, our Yoga Home Practice online classes have been specifically designed to meet your needs.

It is best to practice your yoga on an empty stomach – such as before breakfast, or at least an hour before dinner.

### **EQUIPMENT**

Here's an overview on the equipment you'll need.

It would be ideal for you to have a quality yoga mat. This provides a soft non-slip surface allowing you to grip effectively and feel grounded with your hands and feet. A rug or a carpet may also be used, however for maximum benefits, a yoga mat is recommended.

Have a folded blanket or a small cushion within reach. Some routines will also require you to have a belt or strap. These props will assist in releasing strained muscles in some postures. Also have a blanket or a light jumper ready to keep yourself warm especially towards the end of the practice.

Practise with bare feet, and wear appropriate loose clothing or sportswear that allows ease of movement.

Enjoy your practice!

Yoga is a process and not a destination. As long as you are engaging your body, breath and mind you are doing yoga.

From the teachers and staff at Live Yoga Life - the home of Yoga Home Practice, we bid you courage to be who you are.

**Namaste!**

*The Team from Live Yoga Life*