

## aYs IW Course Outline

The Introductory Course is a 12 hour course designed for those who wish to deepen their study of yoga. The approach has developed from the work of T Krishnamacharya, TKV Desikachar and his student Paul Harvey. The course gives background material and a structure which is developed further within the Foundation Course.

Check the "Events" listing for a course near you!

The course outline is as follows:

- 1) BACKGROUND TO YOGA  
Origins of yoga, time-line with main texts
- 2) PRACTICE DESIGN  
Use of breath, and the link with movement  
Movement and stillness in postures  
SKLIBS  
Counterpose  
Sthira / sukha
- 3) ASANA  
Asana groups ( Name, form, vinyasa, place in the practice, counterpose, breathing, modifications, contraindications, focus / bhavana )  
The role of postures, intention, form and function  
Simple Modifications
- 4) PRANAYAMA  
Basics of breathing, location (and physiology)  
Length, quality and rhythm  
Ujjayi
- 5) YOGA PHILOSOPHY  
Overview of main texts, especially  
Yoga Sutra, Hatha Yoga Pradipika  
Key concepts linking to role of yoga - Citta vritti nirodha  
and to practice -Sthira sukha
- 6) ANATOMY AND PHYSIOLOGY  
How we breathe, and the main organs and muscles, lungs, diaphragm.  
How we move: function of muscles, joints and bones
- 7) HOME STUDY  
Simple practice to take away  
Relevant reading

Membership of aYs is required of all who take the Course, but the course tutor should have included it in the overall fee for the course. Ask the tutor if you are in any doubt.