

Things to remember:

- Yoga is best practiced on an empty stomach
- If possible, bare feet are best
- Invest in a yoga “sticky” mat
- Breathe through the nose
- Lengthen the spine
- When hands or feet are on the mat, they are spread wide
- Shoulders stay relaxed, down and back
- Give yourself permission to take breaks
- Make this your personal practice - listening to your body and breath, and taking care of yourself
- We offer ourselves and each other complete acceptance, no competition or judgment, making this a safe place to be right where you are at any time.

namaste

The Sun Salutation

A full body warm-up, the Sun Salutation alternates forward bending and back bending, and creates heat and energy in our body. There are many variations, We will use this variation.



1. Inhale—reaching up



2. Exhale—chair



3. Inhale—reach up again, even with a little backbend if you want



4. Exhale—folding forward



5. Inhale half way up to a flat back



6. Step the right foot back to a lunge or kneeling lunge—inhale arms to the sky, exhale hands back to the mat



7. Step back to plank or kneeling plank



8. Exhale, lower



9. Inhale, arch up



10. Exhale, push back to downward facing dog



11. Reach the right leg to the sky, step up to lunge or kneeling lunge. Inhale arms to the sky, exhale hands to mat



12. Step up to the front. Inhale reaching up. Repeat with the left leg.

Heart Filled Yoga

Kris Lowe,
Instructor



Class schedule:

Mondays and
Wednesdays 6:15 pm

Tuesdays and
Thursdays 10:15 am

Saturdays 10:00 am

www.heartfilledyoga.com

kris@heartfilledyoga.com

About Our Yoga Class

Yoga is a mind-body practice. In



addition to strengthening your body and increasing flexibility, yoga can also create a

peaceful mind, a feeling a balance inside and out, and the release of stress. Yoga is equal parts mind, body and breath:

Body – Yoga opens the body to release tensions – allowing the breath and life energy to flow more easily. Yoga also builds strength and flexibility in the body.

Mind – Yoga clears the mind – by focusing on the body and the breath we become free of the mental clutter that causes stress.

Breath - Steady, even breathing activates the parasympathetic nervous system “the relaxation response” instead of the sympathetic nervous system “the fight or flight response” – stress.

These three things work together to create the state of relaxation and well being we experience after a yoga practice.

The structure of our class

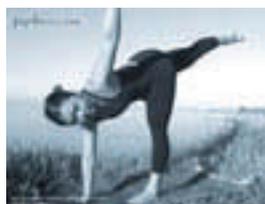
We begin with a few moments seated on the floor, focusing our mind on our breath to set the tone.

We move into a gradual warm up of the body. As we warm up, we move on each inhale and each exhale, following our breath. We progress from simple movements, to combining movements in flowing sequences and then finish our warm up with Sun Salutations (a flowing sequence that energizes the whole body)

Next is the standing series. We focus on poses that strengthen the body, develop concentration and balance. Each pose is held about 5 breaths and the poses are linked together in groups. We always balance both sides of the body. Between series, we move through a vinyasa (moving with the breath) to keep heat up in the body.

We then move to the floor for deeper stretches. Poses may be held a little longer and focus on forward bending, back bending, twists, hip opening, and inversions.

The last few minutes of class we move into final relaxation – resting on the mat.

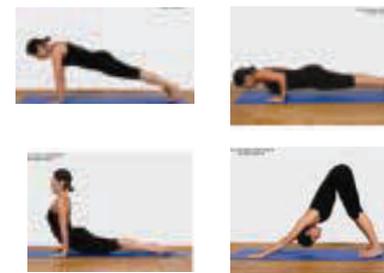


This is a time for our bodies to absorb our practice. We have a short meditation and then slowly move back to a seated position to close with

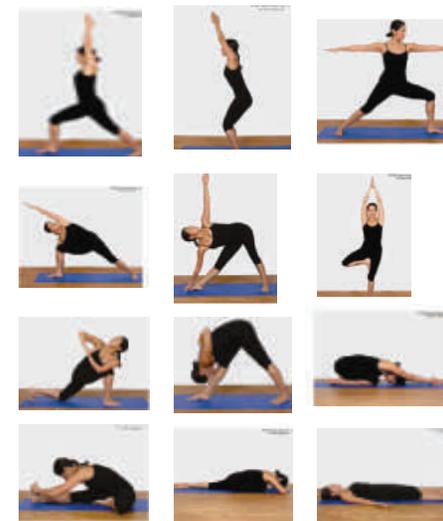
“**Namaste**” – a Sanskrit word which means “My spirit honors your spirit”.

The Vinyasa

The vinyasa is a flowing series we will use often in our practice:



Some other poses we commonly use:



From top, left to right: Warrior 1, Chair, Warrior 2, Side Angle, Triangle, Tree, Prayer style twist (from kneeling lunge), Pyramid, Childs, Head to Knee, Pigeon, Final relaxation.