

## Some Potential Themes for SOW

### Overall Course Themes

Agni	Maha Bhutas: the 5 elements
Balance	Mindfulness in Yoga 'vivid awareness'
Buddhi: developing the Buddhi	Nature of the Mind
Chakras: balancing the Chakras	Prana
Developing your own home practice	Pranic Anatomy & Physiology
Doshas: balancing the Doshas	Sun & Moon (balance)
Foundations of Yoga Practice for Beginners	Vayus: the 5 winds
Koshas: the 5 sheaths	Yamas & Niyamas
Lotus: beauty from the mud	Yoga for a specific group e.g. runners
	Yoga for Relaxation

### General ideas for weekly themes

Beginner's Mind	Tri-gunas (Rajas, Tamas, Sattwa)
Significance of the breath to asana	The nature of twisting, backbending etc.
Connection of breath and mind	Waking up the feet
Synchronising breath & movement	Looking within
Right effort, not too little or too much	Relaxation response
Playing the edges	Releasing the iliopsoas
Connecting lines of energy within body	Langhana (releasing) emphasis on exhale
Listening to the body	Brmhana (stimulating) emphasis on inhale
Listening to the mind	The breath as a feedback tool
Finding stillness	Noticing the movement of the mind
Finding spaciousness	Use of modifications
Balancing strength & softness	Use of aids
Finding right intention	Core strength
Establishing self-referral	Getting to know the hips, knees etc.
Surrender	Mantra in asana and breath work
Ida & pingala nadis	
Samskara	

### Times and elements of a Yoga Practice that can be a vehicle for the theme

Initial and final centering	Pranayama practices
Story/poem/point of theory	Drishti
Rest periods	Mudra
Overall bhavana (attitude/feeling)	Bandha
Our approach to the practice of asana	Meditation
The asana itself	Mantra
The breath in asana	Relaxation technique
Basic breathing practices	

### Quotations from Yoga texts

- PYS 1.2 'Yogas chittavritti nirodhah' yoga stills the fluctuations of the mind
- PYS 1.12 'Abhyasa vairagyabhyam tannirodhah' happiness is obtained through a strong practice and releasing the fruits of your practice.
- PYS 2.33 'Vitarka badhane pratipaksa bhavanam' change a negative thought into a positive one

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PYS 2.46 'Sthira sukham asanam' your asana or seat should be both steady and comfortable

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