

Key Foundational Practices

Range of Foundational Asana

Movement from Basic Breathing Exercises to Simple Pranayama

Mindfulness Techniques to Simple Concentration Meditation Techniques

Range of Relaxation Techniques

Use of Physical Aids and Potential Modifications.....

Key Knowledge

The principles of practising forward bends, backward bends, twists, side bends, inversions, balances

How to safeguard vulnerable areas in asana

The use of breath in asana

Key benefits for practices

Characteristics of a natural breath, releasing dysfunctional breathing patterns

How stress manifests in body/mind/breath....

Key Attitudes/Feelings

Listening to the body, self-referential

Sensitivity to feeling tone

Playing the edges for right effort

Finding lines of effort for self-adjustment

Observing effects of practices, Langhana/Brmhana

Experiencing direct link between mind and breath

Mind as 'object'

Willingness to release into effortless spaciousness and stillness.....

Key Philosophy

Link between body/mind and breath

Gunas, moving from tamas to rajas to sattva

Significance of sukha sthira

Increasing and freeing prana

Yama & Niyama

Definition of Yoga according to PYS.....