

EMBODYING YOGA ALIGNMENT & HANDS-ON ASSISTS

50 HOUR TEACHER TRAINING MODULE



— THIS IS —
YOGA



Do you want more of an understanding of yoga than what you are currently getting in your yoga class?

I know that many students of yoga do not understand alignment on deeper than superficial levels and I understand that yoga classes are limited to certain time frames, either 60 mins, maybe 75 mins if you're lucky. There are also loads of other people in the room, sometimes 40 or 50 other people. That can be frustrating when you are ready to go deeper on your journey and want some specialised attention.

Now, I can help you dive deeper into your practice through this detailed alignment and skilful hands-on adjustments training.

As a student of yoga, you need to be able to understand alignment and know what is possible, then once you have experienced this, you will have the tools to return to this new place of understanding on your own. Ultimately, this assists training will facilitate independence and teach energetic alignment which is key to the evolution of your practice. Skilful physical adjustments can transform your yoga practice in a way that you never yet thought possible.

You will learn how to bring alignment to your body so that energy can flow freely, clearing blockages, bringing strength and health with awareness. You will explore new ways of assisting; alignment cuing and find confidence in the understanding of over 70 yoga postures. Standing and seated postures, twists and forward folds, back bends, arm balances and inversions!



"To touch is to give life"
Michelangelo

Touching others is an essential part of our health and wellbeing and is a great way to communicate, along with our words. As developing teachers and practitioners we need to be completely aware of why and how we are doing what we are doing. We must have a clear understanding of what is happening physically and energetically in our practice and then understand when misalignment is occurring in a particular area of the body. Along with our words, touch can help facilitate this understanding.

If you take a close look at the people you see over the course of a day, you will discover that many have poor alignment when they stand and sit. Your posture has more of an impact on how you look and feel than you might imagine. Good posture involves training your body to stand, walk, sit, and be in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

During this course you will learn postural alignment and techniques to help you understand each asana for yourself. Without postural alignment there is instability, lack of energy and risk of injury. First and foremost, we are teaching alignment in the practice. We do this by activating certain muscles and groups of muscles and by awakening the flow of prana through the body.

You will hear the Sanskrit and English names of the postures, learn how to verbalise and understand detailed cueing and awaken the flow of energy within each of the many postures. You will explore and know how to awaken energy in both your own practice and the practice of others if you do decide to teach. At its heart, yoga is more than just flexibility or strength in these postures; it is the understanding of the movements of prana, our vital life energy.


Of all the gifts we can give, the gift of our touch is one of the most priceless, along with our attention. Through our hands we communicate a kind of magic. An energy flows out from our inner fire, a light for another's darkness.

This informative and in depth training has been given 10 out of 10 by every participant over five years and is ever expanding and evolving. It is thorough and invigorating on so many levels and will help you understand your own alignment in your practice.

So, what are you waiting for?

Book in online now at thisisyoga.com


– Ari Levanuel



Tadasana
Mountain

Alignment cues:


- Feet together or hip distance apart – weight distributed evenly and uniformly
- Press through the four corners of the feet and focus on lifting the inner arches
- From the outer leg without leaning
- Inner body is supported by the legs, to help it lift and float upward
- The legs are active, the pelvis is neutral



Uttitha Parsvakonasana
Extended side angle

Alignment cues:

- Same alignment of legs as Warrior 2
- Left hamstring enthusiastic, inner leg active
- Active lower arches of the feet across the inner arches of the legs and pelvic floor
- Place the right palm on the right side of the right foot, or rest arm on thigh
- Soften the shoulders down to lengthen crown out of the neck



Virabhadrasana A
Warrior I

Alignment cues:

- From DDU, step your right foot forward and place it beside your right thumb, line up your right knee over your right ankle
- Right thigh should be parallel to the floor and the left shin approximately 45°
- Turn the left foot in to 30° - 45°
- Left foot should be firmly grounded on the floor and inner arch lifted
- Gradually turn the body on the right, working toward squaring the hips
- Wrap the left thigh toward your front heel
- Raise the arms up in line with the ears, palms eventually press together
- The torso extends by lifting the spine and side body
- Bottom tip of the shoulder blade goes into the body to propel the gaze up
- Slightly fill the chin and turn the eyes upward to look at your thumbs
- From ribs soften in, shoulders move down the back

Assists:

- Use hand from front to encourage right angle on front leg and check the knee is not collapsing in
- Awaken back leg energy, flexing and ground back foot in alignment
- Internal rotation of the back leg is encouraged with hands
- Heels on hips to help level forward
- Hand at sacrum and stomach for Uddiyana and Phibandha, ribs soften in to spine
- Flat hands encourage side-midbody-to-lengthen
- Soften shoulders down
- From the front leg press the heel of the hand with arm legs straight to the front hip crease, with the other hand draw the front knee to stack over ankle
- Seated from behind, place one hand behind student front knee to encourage depth, use other leg to help support students' back leg while using hands to rotate outer thigh towards front

Movements of Prana:

Apana
Grounding front foot from heel to ball and front thigh descends, back foot presses from ball to heel, Thighs and shoulders descend towards earth

Prana
Lengthen through the sternum, color action in chest and lift through back thigh

Sambhava
Activate uddiyana bandha, raise coils in and up, lower ribs draw together, leg outer hips in, wrap straps toward feet

Vyana
Kinesis out through the spine into the crown, hands and back leg. Expand from front knee to back heel

Udana
Draw energy in and up through the feet, back quadriceps active