



Center for Yoga

Iyengar Yoga is a highly refined approach to the practice of yoga. Precise alignment, use of props as teaching tools, and modifications of poses according to individual needs are the traditions foundation. Iyengar Yoga is a form of classical Hatha Yoga as developed and refined by Yoga master B.K.S. Iyengar. This method utilizes alignment and breath to create integrated action and awareness. Because of the nature of this guidance, the practice of Yoga is made accessible for people with a wide range of physical capabilities. The benefits of practicing this tradition of Yoga include physical health and vitality, mental clarity and emotional serenity.

The hallmarks of Iyengar yoga are

- Precision in the poses, utilizing specific anatomical detail to create correct alignment
- An orderly, systematic progression of poses to develop the student's ability both within a class, and from class to class
- The use of props as teaching tools and aids, allowing students of varying abilities to work in the poses with integrity and alignment
- Highly developed teaching methodology including the precise use of language, demonstration and teaching of specific points of action in a pose, and individual correction and adjustment of students
- A complete approach to physical, mental, emotional and spiritual transformation, bringing the practitioner physical health and vitality, mental clarity and wisdom, and emotional serenity and poise

For more information about Iyengar Yoga visit the Iyengar Yoga National Association of the United States.



Jivamukti Yoga

Described as a path to enlightenment through compassion for all beings. Jivamukti Yoga is grounded in the original meaning of the Sanskrit word asana as 'seat, connection' and relationship to the Earth. Earth implies all of life. Citing Patanjali's Yoga Sutra, which states that asana should be sthira and sukham (consistent and happy). Jivamukti Yoga maintains that one's relationship to others, (asana) should be mutually beneficial and come from a consistent (sthira) place of joy and happiness. This is an idea that, when put into practice, can dismantle our present culture, which is based on the notion that the Earth and other animals exist for our benefit. The Asana practice becomes more than a set of exercises to keep fit, it becomes a way to improve one's relationship to all others and thus lead to Enlightenment and the realization of the oneness of being. This class is taught by Leslie Reynolds.

Integration Yoga

A class that aims to use movements/postures in a way that is useful and beneficial for sustainable daily life. Using awareness in alignment, biomechanics, somatics, trauma-sensitivity, fascial-intelligence, tensegrity, and incorporating all of it into the philosophy of yoga we build holistic health in the functional movement patterns to carry off your mat and into the world. This class incorporates practices of merging suppleness, strength, mobility, and stability with the breath, emotions, thoughts, energy and spirit to plant seeds of peace and balance within and around us. This class is taught by Shiloh Daum.



Introductory Series (or Beginners Yoga)

Recommended strongly for all students new to Yoga or new to Iyengar yoga. The series covers basic poses, concepts and anatomy. The Introductory Yoga series is offered a few times a year. In the meantime, feel free to drop in to any level 1 class. Beginners and continuing beginners welcome.

Levels

Levels are intended to help students find the class best suited to their overall current physical and mental state. Levels help define the non-therapy type classes that are general in nature addressing the whole practice of Yoga through the Asana (posture) practice. Students often spend years in the Level 1 and 2 classes because the practice of Yoga is more about deepening your understanding and practicing with confidence rather than accomplishing more. Mobility and stability and understanding the practice grows gradually, but unmistakably, with consistent practice.

Level I

For students new to Yoga, new to Iyengar style Yoga or returning to Yoga after a hiatus. Level I introduces and consolidates the basic principles of alignment in the standing poses, seated poses, and the movements of the spine for beginning backbends, forward bends, and twists. Students' progress steadily and confidently towards the next level while learning the fundamentals of posture, alignment and breath. Most stay in Level I for many sessions or a lifetime. For students new to Iyengar style yoga, or returning to yoga after a hiatus this is a great place to begin. This level is recommended and appropriate for those with chronic back, neck, knee, or hip ailments or limitations that require support.



Level I/II

For students who prefer the gradual transition to Level II. Ideal for those with previous Yoga experience who are new to our studio or have been practicing in a different tradition and would like to become acquainted with our styles and methods at the Center for Yoga.

Level II

For students who have studied or practiced Iyengar yoga for six months or more, this level builds upon the concepts introduced in level 1. The basic poses are refined with an emphasis on breath and movement. A student begins to develop a relationship with the postures, understanding their benefits in practice and grow in their stamina and strength by remaining in the postures for slightly longer times. At this level, students also begin to practice poses such as Setu Bandha (bridge pose) and supported Sarvangasana (shoulder stand). Additionally, students prepare for Sirsasana (headstand) by building strength and awareness of the core and upper body anatomy. Concepts on home practice and the philosophy of Yoga are introduced.

Level II/III

Students in this class are firmly established in their practice of yoga and are ready to move beyond the basics. The emphasis of this class goes beyond gross physical actions of basic asana and pranayama. It teaches more complex asana and introduces pranayamas, the subtle action in basic poses, higher levels of concentration and coordination of mental and physical states as part of a complete Yoga practice.



Level III

For serious students and teachers. For students with prior Iyengar training who are strong in their practice and are confident in their inversions and backbends. Formal pranayama and philosophy is taught as is meditation and chanting. Considered an intermediate level, this is for students who have a minimum of 2 or more years of Iyengar yoga, or are able to practice sirsasana and sarvangasana independently (unless there are contraindications.) A good indicator of readiness is the ability to maintain Adho Mukha Svanasana (downward facing dog) for up to five minutes. This level also asks students to maintain standing poses for 1 minute or more, seated poses for 3-5 minutes, and to work on intermediate backbends such as Urdhva dhanurasana.

Level IV

For advanced students with 5 or more years of Iyengar yoga experience, this level is for students interested in challenging their limitations. Being able to sustain sirsasana for 5 minutes or more is a good benchmark for this level, as well as being able to attempt variations of legs and arms in inversions. More advanced backbends such as eka pada rajakapotasana and forward bends such as kurmasana, as well as longer holds of twists and some arm balances are all practiced at this level.



Level V

For the safety of the student and well-being of the class as a whole, this level is for advanced students and teachers who have received permission from the senior instructor. Students should be familiar with or able to work on moving from Tadasana into Urdhva Dhanurasana (dropping from standing into backbend) and from Sirsasana to Dwi Pada Viparita Dandasana, as well as working towards Natarajasana and Eka Pada Sirsasana (leg behind the head pose). Students interested in attending this level should contact YCSC prior to class, or attend Kofi's level 2-3 class and discuss it with him directly. It is not required that students be able to perform these poses; rather it is required that students have the depth of understanding of their own bodies and the poses so they may practice them safely, with intelligence and awareness.