

# Rising Sun Yoga



## What is Yoga?

**YOGA IS** usually translated from the Sanskrit as meaning 'union'; this refers to the union of the body, mind and spirit. Yoga is also known as the integration of one's thoughts, words and deeds.

**WHAT IS** commonly referred to as "yoga" in the West can be more accurately described by the Sanskrit word **asana**, which refers to the practice of physical postures or poses.

**ASANA IS** only one of the eight "limbs" of yoga, the majority of which are more concerned with mental and spiritual well being than physical activity. In the West, however, the words asana and yoga are often used interchangeably.

## What is Asana?

**ASANA IS** a posture held in stillness (mental & physical calm, lack of strain). Asanas are a system to unite the body & mind. Yoga philosophy is based on the premise that the body & mind are not two separate entities but are two poles of the same identity. Whatever happens to the body impacts the mind and vice versa.

**MENTAL TENSION** can manifest itself as stiffness in the body and vice versa. The practice of asana enhances flexibility and thereby liberates the mind. Asanas make

use of physical postures to heal the body by:

**INCREASING BLOOD FLOW**  
**STRENGTHENING MUSCLES & NERVES**  
**MASSAGING ORGANS**  
**REJUVENATING CELLS**

**THROUGH THE** movement of asanas you will massage all of your muscles, joints & organs in a series of movements involving compression & expansion. This movement helps you expel carbon dioxide and other toxins from the tissues and draw fresh oxygen & nourishment to the cells of your body.

Compression and tension are especially beneficial to abdominal organs to prevent sluggish digestion, improve elimination and absorption of nutrients from food.



also improves your alignment, both in and out of class, which helps prevent many other types of pain.

**BETTER BREATHING:** Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe. Yoga breathing exercises, called Pranayama, focus the attention on the breath and teach us how to better use our lungs, which benefits the entire body. Certain types of breath can also help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

## Health Benefits of Yoga

### PHYSICAL BENEFITS

**FLEXIBILITY:** Stretching your body in new ways will help it to become more flexible, bringing greater range of motion to muscles and joints.

**STRENGTH:** Many yoga poses require you to support the weight of your own body, including balancing on one leg, or supporting yourself with your arms. Some exercises require you to move slowly in and out of poses, which also increases strength.

**IMPROVED BACK HEALTH:** Increased flexibility and strength can help prevent the causes of some types of back pain. Yoga

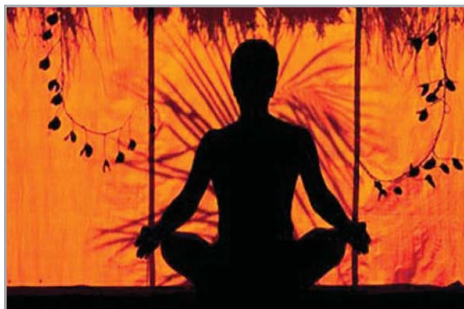
### MENTAL BENEFITS

**MENTAL CALMNESS:** Yoga asana practice can be intensely physical. Concentrating so intently on what your body is doing has the effect of bringing a calmness to the mind. Yoga also introduces you to meditation techniques, such as watching how you breathe and disengagement from your thoughts, which help calm the mind.

**STRESS REDUCTION:** Physical activity is good for relieving stress, and this is particularly true of yoga. Because of the concentration required, your daily troubles, both large and small, seem to melt away during the time you are doing yoga. Yoga places emphasis



# Rising Sun Yoga



on being in the moment. You will leave a yoga class feeling more calm and rejuvenated than when you started.

**BODY AWARENESS:** Doing yoga will give you an increased awareness of your own body. You are often called upon to make small, subtle movements to improve your alignment. Over time, this will increase your level of comfort in your own body.

## Styles of Yoga

### AKHANDA YOGA

**A HOLISTIC** style of yoga, Akhanda yoga includes the basic principles of breath, movement, alignment and relaxation. Students will learn the three-part yogic breathing, ocean-sounding breath, kapalabhati, anuloma viloma and centering as well as a wide range of asanas.

**THIS CLASS** is ideal for people who want a balanced class.

### POWER YOGA

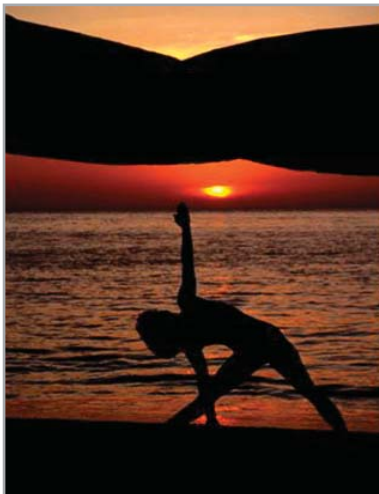
**A DYNAMIC** yoga practice that uses a rhythmic combination of challenging poses linked with the breath; emphasizing proper body alignment, balance, stamina, and strength. In this class the focus is on upper and lower body strength coupled with a powerful core, which increases circulation in the joints and vertebrae resulting in a healthier,

stronger you. Power Yoga helps to sculpt and tone your body from the inside out.

**THIS CLASS** is ideal for people who want to increase their strength and stamina.

### ASHTANGA VS POWER YOGA

**ASHTANGA, WHICH** means "eight limbs" in Sanskrit, is a fast-paced, intense style of yoga. A set series of poses is performed, always in the same order. Ashtanga practice is very physically demanding because of the constant movement from one pose to the next. Ashtanga is also the inspiration for what is often called Power Yoga. If a class is described as Power Yoga, it will follow a set of principles to create a



balanced class but the movements and sequences can be altered to accommodate the needs of the students.

### YIN YOGA

**A DEEP** physical practice that develops awareness and releases inner physical and emotional tensions. After a gentle warm up of flowing Yang exercises, you will be guided through a series of yin postures - positions which are sustained for three to five minutes with gentle breathing. Yin Yoga stimulates the flow of Chi or Prana through the body, builds flexibility, improves posture and develops mental concentration. It

is the ideal complement to more muscular Yang forms of asana practice.

**THIS CLASS** is ideal for those who are already strong but want to improve their flexibility.

### KUNDALINI YOGA

**KUNDALINI YOGA** is the Yoga of Awareness. It consists of simple yogic techniques that can be enjoyed by everyone, regardless of age or physical ability. Kundalini Yoga is a complete and ancient science that includes breath (pranayama), yoga postures (asanas), sound (mantra) and meditation. Through safe, centuries old techniques, Kundalini Yoga balances and uncoils energy from deep within us.

**IN ADDITION** to strengthening the health and well-being of the physical body, Kundalini Yoga is very useful for emotional balance, mental clarity, stress relief and personal transformation. Kundalini Yoga is the original and most powerful system of yoga.

**THIS CLASS** is ideal for those interested in personal growth, healing technologies and the mind-body-spirit connection.

### HATHA YOGA

**HATHA IS** a very general term that can encompass many of the physical types of yoga. If a class is described as Hatha style, it is probably going to be slow-paced and



# Rising Sun Yoga



**BARB PIERCE, RISING SUN  
YOGA TEACHER**

gentle and provide a good introduction to the basic yoga poses.

## VINYASA

**LIKE HATHA**, Vinyasa is a general term that is used to describe many different types of classes. Vinyasa, which means breath-synchronized movement, tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations,

### TIPS

**ARRIVE 10 MINUTES EARLY FOR CLASS  
BRING WATER**

**ASK IF YOU ARE NOT SURE WHAT TO DO**

**TELL THE TEACHER IF YOU HAVE AN  
INJURY**

**WEAR BARE FEET WHEN PRACTICING  
YOGA**

in which movement is matched to the breath.

**A VINYASA** class will typically start with a number of Sun Salutations to warm up the body for more intense stretching that's done at the end of class.

## How To Start

### 1. PICK A YOGA TYPE

**THERE ARE** many different types of yoga classes out there, and if you pick one that does not suit your personality and state of physical fitness, you may be turned off.

### 2. PICK A YOGA CLASS

**YOU CAN** check local alternative newspapers or wellness magazines for listings or do a search on the Internet for "yoga" and "your town."

**PICK A** studio that is convenient to your home or work so getting to class will be easy. Make sure you start with a basic level or multi-level class.

### 3. WHAT TO BRING

**YOU WILL** want to wear comfortable, stretchy clothing that does not 'slip off' when you bend over and move around, while keeping a balance between tight & uncomfortable clothes that leave you feeling fully exposed and clothing so loose that the instructor cannot see your muscles and joints underneath. Over time you will find the items that work best for your specific body and needs.

**YOU WILL** probably want to purchase a yoga or pilates mat. If you will predominantly be doing yoga on carpeted floors, then a yoga mat is probably thick enough. If you will be doing yoga on hardwood

floors, then you may wish to consider a thicker pilates mat as it is much more comfortable when kneeling and lying.

### 4. WHAT TO EXPECT

**IN A** typical yoga class, the students place their mats facing the front of the room. It's best to stagger your mat with the one next to yours because you and your neighbor will need some space in many poses. Students often sit in a cross-legged position waiting for class to start or do some gentle stretching.

**THE TEACHER** may start by leading the class in chanting om three times. Depending on the teacher, there may be a breathing exercise and/or a short meditation at the start of class.

**THIS IS** followed by warm-up poses, then more vigorous poses, then stretches and final relaxation, chanting and additional breathing exercises.

**MOST TEACHERS** end class with another round of oms.

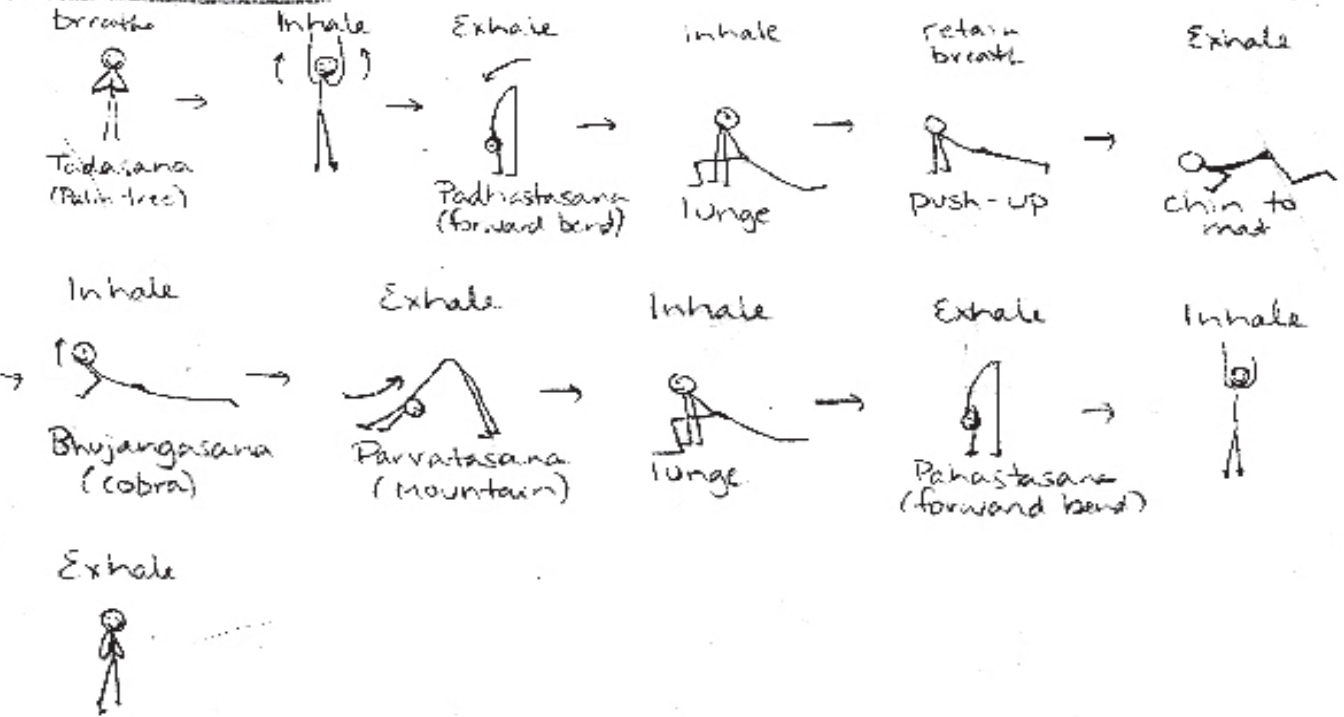
**MARY BIGGS, RISING SUN  
KUNDALINI YOGA TEACHER**



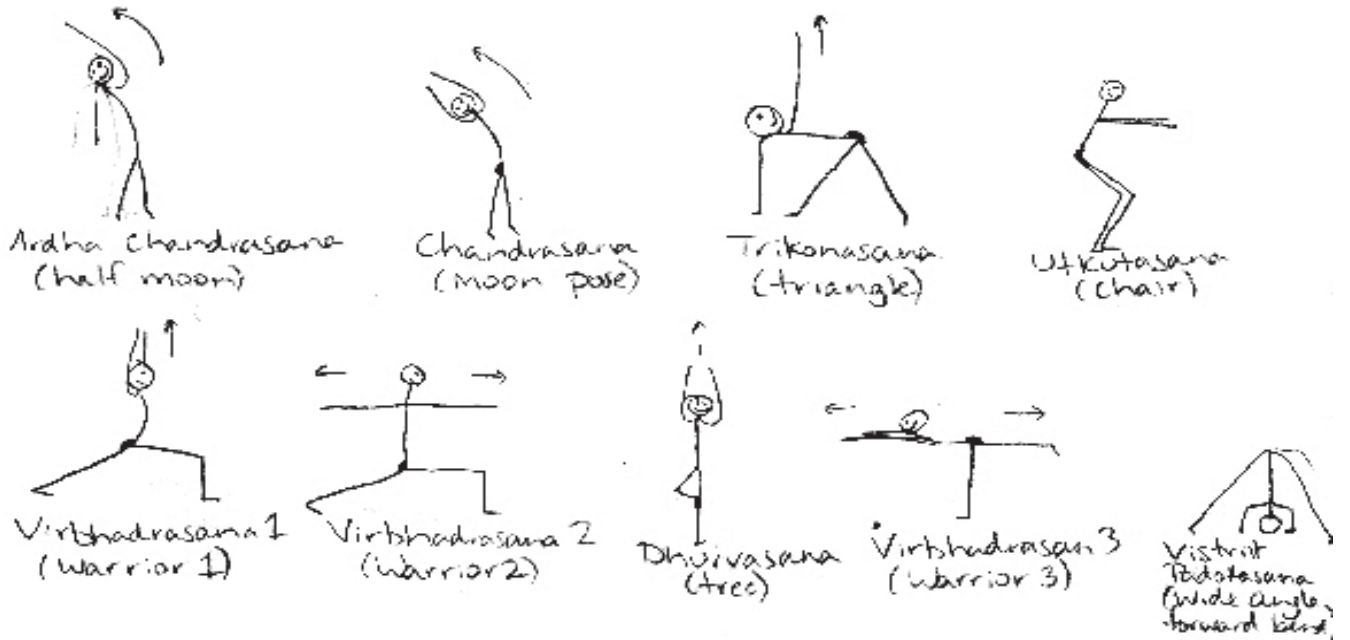
# Rising Sun Yoga



## SUN SALUTATIONS Barb's Yoga Stick Figures



## Standing Poses



barbpierce @ sympatico.ca  
613-256-7362

# Rising Sun Yoga



## Crouching



Vajrasana  
(sitting between  
heels)



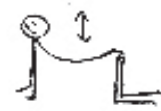
Supta Jrasana  
(reclined)



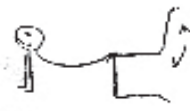
Ustrasana  
(Camel)



1/4 camel



Marjariasana  
(cat-cow)



Bhajarasana  
(tiger)



Kapotasana  
(pigeon)



Ardha Yoga  
Mudra  
(Child's Pose)



Bakasana  
(Crane)

## Seated



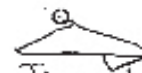
Dandasana  
(staff pose)



Vakrasana  
(simple spiral  
twist)



Paschimottasana  
(forward bend)



Janushirasana  
(one leg forward  
bend)



Korasana  
(inclined plane)

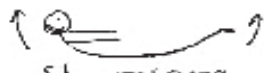


Nukasana  
(boat)

## Abdomen



Bhujangasana  
(cobra)



Shalpasana  
(snake)



Uddiyanasana  
(flying bird)



Dhanurasana  
(bow)

## Back



Ardha Setu Bandhasana  
(bridge)



Pawanmuktasana  
(wind relieving)



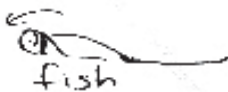
twisting  
twist



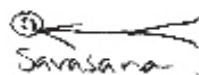
Sarvangasana  
(shoulderstand)



Halasana  
(plow)



fish



Savasana