

adore yoga



Winter  
2016



adoreyoga



SMALL GROUP CLASSES  
YOGA THERAPY  
TEACHER TRAINING  
MEDITATION

62A AVENUE ROAD, MOSMAN NSW  
[WWW.ADOREYOGA.COM](http://WWW.ADOREYOGA.COM)



# Welcome to Winter at Adore Yoga

Welcome to the Winter term at Adore Yoga. You already know that we tailor each class to the needs of our students, but did you know that we make subtle adjustments to the poses each term so that your yoga practice is in harmony with the seasons?

According to Ayurveda, India's ancient system of wellbeing, everybody and everything is composed of three basic types of energy, or doshas – Vata, Pitta and Kapha. It is the interplay of these three energies that creates your personal constitution and determines your patterns of health and wellbeing.

Winter is Vata time when we become more susceptible to health issues specifically connected to Vata dosha, such as skin dryness, constipation, insomnia, tics & twitches, joint stiffness and feelings of overwhelm, exhaustion and anxiety.

During Winter we focus on Vata balancing poses. These are warming, grounding, calming and focus on core strength and flexibility. You'll find lots of suggestions for balancing your Vata in this term's Adore Yoga Lifestyle.

Enjoy your practice!

*Nikola Ellis*

Founder and Principal Teacher

# BEYOND YOGA POSES

Doing physical poses is just one of the 8 Limbs of yoga.

The traditional texts tell us that yoga poses are only a small part of the system of yoga and, to achieve the maximum benefits from the practice, we should incorporate all 8 Limbs. These limbs are:

YAMA	– INSTRUCTIONS FOR LIVING IN HARMONY WITH OTHERS
NIYAMA	– PERSONAL LIFESTYLE GUIDELINES
ASANA	– YOGA POSES
PRANAYAMA	– BREATHING TECHNIQUES
PRATYAHARA	– STILLING THE MIND BY BLOCKING OUTSIDE DISTRACTIONS
DHARANA	– CONCENTRATION
DHYANA	– DEEP FOCUSED CONCENTRATION (MEDITATION)
SAMADHI	– THE DEEPEST LEVEL OF MEDITATION

## YAMA

The Yamas are 5 instructions for getting on with others. They help us to navigate our interactions with those around us to avoid unnecessary conflict and maintain peace of mind. These timeless guidelines are:

AHIMSA	– BE CONSIDERATE (NON HARMING)
SATYA	– COMMUNICATE HONESTLY AND KINDLY
ASTEYA	– DON'T STEAL
BRAHMACHARYA	– MODERATION
APARIGRAHA	– DON'T BE JEALOUS OR GRASPING

### AHIMSA

While Ahimsa is traditionally translated as 'non violence', TKV Desikachar refers to it as being considerate. This might mean using kind rather than critical words when you discipline your kids, reducing the natural resources you use in consideration of planet, or avoiding physical injury by forcing yourself into strong yoga poses. Ahimsa is the most important Yama and influences how we exercise the other four.

### SATYA

Satya asks us to tell the truth, but not at the expense of others. When we decide how to be truthful, it's important to consider Ahimsa and make sure we are acting out of consideration for others when we speak.

### ASTEYA

Non-stealing seems pretty straightforward, until you think about the less obvious ways we can take things that don't belong to us. As well as not taking other people's material

stuff, we have to be careful of stealing their time, their self esteem, their joyfulness, their concentration and a thousand other precious things that we can take away from someone in the blink of an eye if we are not mindful of how we communicate.

### BRAHMACHARYA

Brahmacharya is about moderating our lifeforce, particularly in relation to sexual energy. While you needn't observe celibacy to be a good yogi, any kind of excessive behaviour can deplete energy, concentration and purpose. It's a reminder that we need to use our energy wisely.

### APARIGRAHA

Aparigraha is non-grasping. Don't wish you had what other people have. Don't compare yourself to the person on the yoga mat next to you. Don't be jealous of other people's achievements. Maintain an inward focus when you practice your yoga – don't chase some physical or spiritual ideal.

## NIYAMA

The Niyamas are 5 guidelines to help you build a more authentic connection to your own self:

SAUCHA	– PURITY
SANTOSHA	– CONTENTMENT
TAPAS	– EFFORT
SWADHYAYA	– SELF STUDY
ISHWARAPRANIDANA	– SURRENDER

### SAUCHA

Purity doesn't just mean taking a shower or eating organic veggies! Think about ways you pollute your mind as well as your body. Daily bombardment from media and advertising can be distracting, giving us unrealistic expectations or preventing us from focusing on the things that really matter.

### SANTOSHA

Contentment, can be cultivated by a daily gratitude practice – when you recognize how fortunate you are, it's easy to feel more contented.

### TAPAS

Is all about making an effort. That might mean going the extra mile to do what you know is right, or using will power to resist something you know is harmful.

### SWADHYAYA

Learning by studying yourself and the world around you. As a yoga practitioner, it's important to take mindfulness off the mat and stay aware of your actions, feelings and thought patterns throughout the day. Simply taking the time to stop and observe your breathing is a great way to start practicing this niyama.

### ISHWARAPRANIDANA

The ultimate surrender. It's recognizing that we do not have absolute control over every aspect of our lives and that we are not at the centre of the universe. It comes as a relief to realize that the world doesn't rest on your shoulders after all!

## Explore Yoga Philosophy

Would you like to know more about the Yoga Sutras, the Bhagavad Gita and other key yoga texts? Our senior teachers offer workshops and private classes in yoga philosophy. Register your interest now at [info@adoreyoga.com](mailto:info@adoreyoga.com)

# Yoga Foundations

In the foundations section, you'll learn some of the basic key techniques that support your yoga practice. Read on to discover simple instructions for learning how to practice the bandhas.

## THE BANDHAS

The Bandhas are a system of 'body locks' that help you to practice yoga poses safely and effectively. The three main Bandhas are:

**MULA BANDHA – THE ROOT LOCK**

**UDDYANA BANDHA – THE ABDOMINAL LOCK**

**JALANDHARA BANDHA – THE THROAT LOCK**

Applying the Bandhas can help you maintain good physical alignment, supporting the curves of the spine, but the real purpose of the Bandhas is to conserve and direct Prana, our vital life force. To enjoy full mental and physical health, Prana should circulate evenly throughout the body and using the Bandhas during asana helps us to achieve that.

## MULA BANDHA – THE ROOT LOCK

In men, Mula Bandha is located just above the perineum (the flesh between the anus and the genitals), in women it is just below the cervix. When practicing Mula Bandha, it's important to stay relaxed and avoid clenching (either the anus or the teeth!).



1. Sit cross legged on a bolster or firm cushion. Close your eyes and spend a few moments relaxing the whole body.
2. Place your attention on your perineum or cervix. Gently lift the perineum or cervix up and into the body. The movement is subtle and does not affect the breath. All the other muscles around the pelvic and abdominal area remain relaxed.
3. Gently hold the lift while the breath continues to flow in a calm and relaxed way. The belly stays soft and relaxed.
4. After 6 breaths, relax the perineum or cervix.

Repeat 5 times.

## UDDIYANA BANDHA – THE ABDOMINAL LOCK

The full practice of Uddiyana Bandha is a strong contraction of the abdomen, performed while holding the exhale. This is a great practice, but it's quite strong and it's best to learn it from a teacher rather than from a book! However, the following exercise uses the principals of Uddiyana Bandha to help you achieve the essence of the Bandha during asana.



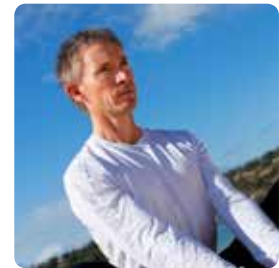
1. Lie down comfortably with your eyes closed
2. Observe your breath. Notice how the lower abdomen naturally draws in gently as you exhale. Notice how the rib cage lifts up – both towards the ceiling and towards your head – as you inhale. Observe this for 6 breaths.

3. On the next inhale, allow the ribs to lift, then keep that lift when you exhale next. You're not exaggerating the lift, just maintaining the same upward movement of the rib cage that naturally occurs when you inhale. Hold that lift during both inhale and exhale for six more breaths, then release. The breath should stay calm and natural.

Repeat in a sitting position and again in a standing position.

## JALANDHARA BANDHA – THE THROAT LOCK

The throat lock is the natural position of the head and neck when you practice Ujjayi (throat) breathing.



1. Sit comfortably on a bolster or firm cushion. Close your eyes and relax your whole body.
2. As you inhale, lengthen the back of the neck by lifting the base of the skull up away from the very tip of the spine. Lift the earlobes up away from the tops of the shoulders. Lift the sternum upwards towards the chin.
3. As you exhale, draw your chin in to your throat. Don't force the chin down to the sternum or jugular notch.
4. As you tuck the chin down, make sure that the back of the neck is still long, the back of the head moving back towards the wall behind you.

Keep the jaw relaxed – don't clench the teeth.

## Want to know more?

A private lesson with a senior teacher is the best way to learn yoga safely and effectively. Book a private lesson before 20 July for just \$99 (usual price \$150).

# ASANA ANSWERS

## WINTER POSE – NAVASANA (BOAT POSE)



This is a great pose for Winter because it is a warming, grounding and calming pose that balances Vata, the dosha that is dominant at this time of year.

*Benefits:* Strengthens the back, thighs and abdominal muscles.

*Contraindications:* Avoid this pose if you have neck problems, back issues such as prolapsed disc, heart problems, pregnancy or low blood pressure.

*Preparation:* Sun salutes and downward facing dog.

*Counterpose:* Gentle seated forward bend with knees bent.

1. Sit on the floor and bend the knees so the feet are flat on the floor, legs and knees together. Hold the backs of the knees.
2. Inhale to lift the sternum and lengthen the back of the neck, chin tucked in.
3. Exhale and lean back on the sitting bones, lifting the feet until the ankles are in line with the knees.
4. Inhale to straighten the legs, letting go of the knees and holding the arms out in front of you at shoulder height. If this causes strain, return to step 3.
5. Make sure the chest is lifted and the spine is long – no ‘rounding’ through the upper back. Extend through the legs by pressing the heels away from you.
6. Hold the pose for 10 to 60 seconds. Lengthen the neck and spine with each inhale, gently draw in the lower abdominal muscles with each exhale.
7. To release the pose, bend the knees and return your feet to the floor.
8. Release the back muscles by bending the knees slightly and folding into a forward bend.

## India Yoga Retreat

Visit India with Adore Yoga. Join us for the journey of a lifetime to a traditional yoga and ayurveda centre in South India. 19 – 28 November 2016. Places limited. <http://www.adoreyoga.com/retreat/yoga-and-ayurveda-quest-south-india>





# Seasonal Sequence

This Term's Seasonal Sequence is a warming, grounding and strengthening Winter practice that balances Vata dosha. Keep the breath smooth, even and slow – use Ujyayi (throat breathing) if you know it. As always, check with your teacher to make sure this sequence is appropriate for you (remember, not all poses are right for all students) and STOP if you feel any pain or discomfort. You can see a video of this sequence at [www.adoreyoga.com](http://www.adoreyoga.com)

## 1. TADASANA (Mountain pose)

- a. Stand with your feet parallel, either together or hip width apart, and your arms by your sides.
- b. Lift the toes, fan them out, then place them down. Press evenly down through the soles of the feet.
- c. Gently lift the arches of the feet and the kneecaps. Apply mula bandha (see description earlier in the booklet).
- d. Lengthen the torso by lifting the lower ribs up away from the hip bones and drawing the sternum up. Apply jalandhara bandha (see description earlier in the booklet).
- e. Draw the shoulders back and down and reach your finger tips down towards the floor.
- f. Close your eyes. Relax the face and jaw. Lengthen from crown to heels. Hold this position for 8 breaths.



## 2. UTKATASANA (Chair Pose)

- a. Inhale: bend your knees as if you were going to sit down on a chair. Simultaneously bring your arms up until your upper arms are level with your ears.
- b. Lift your chest and direct your sitting bones downwards
- c. Apply mula and jalandhara bandha.
- d. Hold this pose for 8 smooth and even breaths.
- e. Inhale: return to Tadasana



### 3. UTTANASANA (Standing forward bend)

- a. Inhale: Lift your arms up overhead
- b. Exhale: Pivot forwards from the hips and, keeping the upper arms level with the ears, lengthen forwards and down to bring the hands to the floor. Bend your knees if you have a tight back or hamstrings.
- c. Rest the hands on the legs or, if they touch the floor, bring the palms flat to the floor parallel to the outer edges of each foot.
- d. Press your feet firmly into the floor, apply mula and jalandhara bandha. Let the crown of your head drop towards the floor.
- e. Roll your sitting bones up towards the ceiling.
- f. Hold the pose for 8 breaths.
- g. Inhale: Bend your knees, lift your arms and bring your whole body up to standing.
- h. Exhale: Release your arms back by your sides into Tadasana.



### 4. TRIKONASANA (Triangle Pose)

- a. Step your right leg back by about one of your own leg lengths. Make sure the back heel is down and that the front heel is in line with the arch of the back foot.
- b. Inhale: raise both arms to shoulder height, shoulders relaxed
- c. Exhale: reach forward with the left fingers as you lengthen through the underside of the waist and press your right hip away to the right.
- d. When you have lengthened as far as you comfortably can, bring your left hand down to rest on your left shin (or on the floor or on top of a block placed on the little toe edge of your left foot).
- e. Inhale: keep the underside of the waist long as you roll your chest and belly up towards the sky. Bring your right arm straight up at 12 o'clock, fingers pointing to the sky.
- f. Apply the bandhas. If it is comfortable, look up at the top right hand (while keeping the chin tucked down, don't throw the head back). Alternatively look forwards or down.
- g. Draw the front of your ribs back towards your spine.
- h. Keep the legs activated by lifting the arches and kneecaps gently.
- i. Hold this pose for 8 comfortable breaths, then repeat on the opposite side.



## 5. VIRABHADRASANA 1 (Warrior 1 pose)

- From Tadasana, step your right foot back. If there was a line down the middle of your mat, your feet would be either side of the line, not lined up as if on a tight rope! The back heel is grounded into the mat.
- Square both hips off to the front.
- Inhale to raise both arms up overhead
- Exhale to bend the front knee until the knee is directly over the ankle.
- Apply the bandhas, keeping the face and shoulders relaxed.
- Hold for 8 comfortable breaths, then repeat on the opposite side.



## 6. BALASANA (Child Pose)

- Kneel on the mat, sitting back on your heels
- Exhale: Bend forward from the hips bringing your forehead to the mat and your arms down by your side.
- Hold this position for 8 steady breaths.



## Become a Yoga Teacher

Want to teach yoga but worried you're not bendy enough? Our unique small-group trainings are for yogis of all ages and sizes. Join us on a journey of discovery and self-knowledge as you deepen your understanding of yoga: <http://www.adoreyoga.com/workshop/200hrYTT>



## 7. DANDASANA (Staff Pose)

- a. Sit up on your mat with your legs stretched out in front of you. If your back or hamstrings are tight, place a blanket under your buttocks. Your arms are by your sides, palms lightly placed on the floor with the fingers pointing towards the feet. Don't rest any weight through your hands.
- b. Press your heels away from you and draw your toes back towards you, lengthening the backs of the legs.
- c. Lift the kneecaps and press the sitting bones evenly into the floor, creating length between sitting bones and heels.
- d. Lengthen the crown up to the ceiling. Apply the bandhas, creating length between the sitting bones and the crown of the head.
- e. Relax your face and shoulders and close your eyes.
- f. Hold for 8 breaths.



## 8. NAVASANA (Boat Pose)

- a. From Dandasana, bend the knees so the feet are flat on the floor, legs and knees together. Hold the backs of the knees.
- b. Inhale to lift the sternum and lengthen the back of the neck, chin tucked in.
- c. Exhale and lean back on the sitting bones, lifting the feet until the ankles are in line with the knees.
- d. Inhale to straighten the legs, letting go of the knees and holding the arms out in front of you at shoulder height. If this causes strain, return to step 3.
- e. Make sure the chest is lifted and the spine is long – no 'rounding' through the upper back. Extend through the legs by pressing the heels away from you.
- f. Hold the pose for 4 breaths. Lengthen the neck and spine with each inhale, gently draw in the lower abdominal muscles with each exhale.
- g. To release the pose, bend the knees and return to Dandasana.



9. **MODIFIED PASCIMOTTANASANA**  
(Seated forward bend)

- a. From Dandasana, bend the knees just a little.
- b. Inhale: Raise the arms overhead
- c. Exhale: Pivot forward from the hips bringing the torso over the legs into a forward bend. Bend your knees, more if your back or hamstrings are tight.
- d. Inhale: Lift the chest a little and lengthen forwards towards the feet.
- e. Exhale: Draw the torso forwards and down into the full forward bend. Hold here for 8 breaths.
- f. Inhale to lift the arms and torso up to sitting.



10. **MARICIASANA III (Seated twist)**

- a. From Dandasana, bend the right knee until the foot is flat on the floor, heel close in to the right buttock and knee in the air.
- b. Place the right hand on the floor just behind you
- c. Inhale: Reach the left arm straight up into the air, lengthening the torso.
- d. Exhale: Twist the torso to the right and bring the left elbow across the right knee.
- e. Inhale: Lift the torso and lengthen the spine
- f. Exhale: Look over the right shoulder as you move fully into the twist.
- g. Hold for 6 breaths, then repeat on the second side.



## Meditation Facilitator Certificate

Deepen your own practice and learn to share meditation with others. 8 wk course includes history, philosophy and techniques of meditation as well as how to structure classes and courses. <http://www.adoreyoga.com/workshop/meditationcertification>





## 150hr Post Grad intro to Yoga Therapy

Are you an RYT200 yoga teacher looking for the next step? This Yoga Australia recognised course will give you the skills and confidence to share the fundamentals of healing yoga with students.

### 11. SAVASANA (Corpse Pose)

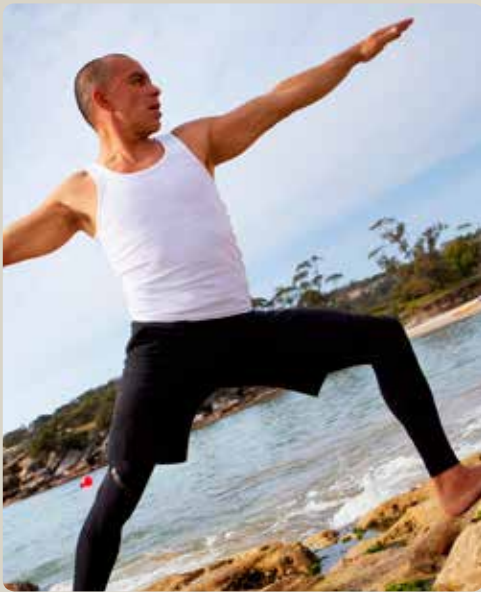
- a. Lie on your back with a bolster under your knees and a folded blanket under your head.
- b. Arms are by your sides, close but not touching the torso
- c. Tuck your chin down slightly
- d. Check your bodyweight is dropping into the ground symmetrically (ie same weight going down through the left and right heels, buttocks and shoulders).
- e. Close your eyes and relax
- f. Hold this pose for 5 minutes (or longer!)

TIP: Stay warm in Savasana! During the Winter months, its important not to cool down too much so make sure you are not lying in a draft and use a blanket or shawl to cover your body.



# Practice Tips

Willpower alone is not enough to get us into a daily yoga or meditation routine, according to psychologist Shawn Achor.



In his book, 'The Happiness Advantage', Achor demonstrates the 20 Second Rule that really will get you on your mat every morning. Simply follow the same technique that Achor used to cut down his TV viewing time so that he could be more productive in the evenings.

Achor took the batteries out of the remote control and put them in a bedroom draw. The 20 seconds it would have taken him to replace the batteries was enough extra effort to make it easier for him to reach for the book he'd carefully left on the couch. By adding just 20 seconds to his habitual routine of flicking on the TV, he saved 3 hours that he could now spend productively.

He also found that his sporadic guitar practice became a daily habit when he stopped keeping the guitar in the cupboard and left it in the middle of the lounge room on a music stand. The 20 seconds it used to take him to get the guitar out of the cupboard was just enough extra effort to stop him from practicing every day. When the guitar was right there in the room, there was no resistance to picking it up and practicing.

You can apply exactly the same 20 Second Rule to your yoga and meditation practice. Simply roll out your mat, or set up your meditation cushions, right by your bed or in your lounge before you go to bed (or before you leave the house if you intend to practice in the evening).

Keep your practice paraphernalia to a minimum – do you really need music/incense/special clothes to meditate?

Remember the 20 second rule – the more effort you have to put in, the less likely you are to do your practice. Keep it simple – just you and your mat – and you'll find you enjoy more bliss time and less procrastination.

# AYURVEDIC EATING

In winter, Ayurveda tells us to eat foods that balance Vata dosha. To counter the cooling, whirling, airy effects of imbalanced Vata dosha, winter foods should be grounding, hearty and warm. Here's a great recipe to snuggle up with on a cool night.

## HEARTY WINTER DHAL

Serves 4

### INGREDIENTS

- 1 cup (210g) red lentils
- 3cm chopped ginger
- 4 curry leaves (or 2 bay leaves)
- ½ teaspoon cinnamon
- 1 tsp black mustard seeds
- 2 tbs (40g) ghee (clarified butter)
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 2 tsp turmeric (fresh or dried)
- 1 tsp cumin powder
- 1/2 tsp garam masala
- 2 tbs lemon juice
- 1/2-1 tsp salt
- 1 tbs chopped coriander leaves



### METHOD

1. Place lentils, ginger, curry leaves and cinnamon in a large saucepan with 3 cups of cold water. Bring to the boil, reduce the heat to simmer for 15 minutes, stirring to prevent sticking.
2. Heat the ghee in a large frying pan over a medium high heat. Add the mustard seeds and heat till they start to pop. Add the onion and cook till translucent. Stir in the garlic, turmeric, cumin & garam masala and cook for one minute. Stir in the lemon juice and season to taste with salt.
3. Mix in the cooked lentils and cook for a further 3 minutes, stirring constantly. Remove from the heat and stir in coriander.
4. Serve with basmati rice.

### TRY SOME CHAI!

Traditional Chai is a great way to warm and nourish the body in Winter. Adore Yoga's signature Punjabi Spiced Chai blend combines loose leaf black tea with the exotic aromas of citrus, rose petals, almonds, cloves, cardamon and vanilla. Enjoy black or add creamy organic milk and honey for a real indulgence.

\$15 from your teacher in class.



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