

# Dynamic Yoga Method

## The Foundations of Internal Awareness

### Class One

Soften and Move. Relax and Focus on the Breath.

Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi - the eight limbs of yoga



Balasan

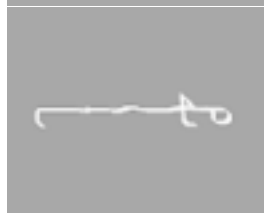
Relax the whole body. Soften tongue and anus, face and pelvic floor.

Satangullola

Move between these positions with the breath. Use minimum muscular effort. Allow the body to warm and soften.



Hasta Balasan Ground the four points of the hands, index finger base, little finger base, inside palm and outside palm equally. Soften the shoulders and lengthen the arms. Extend the fingers equally.



Chaturanga Dandasana Lengthen the whole body. Press back on the hands. Open the backs of the knees and extend into the heels. Keep the shoulders moving away from the ears, the back of the neck long.



Satangasan Ground the palms, Extend the fingers equally. Balance the pelvis.



Adho Mukasvanasan Release the heels to the floor. Open the backs of the knees. Release the head and neck. Look back at the feet. Lengthen from hips to hands.



YOGA IS TO LET GO THE CHATTER OF THE MIND. STOP STRUGGLING. LET GO. FOCUS ON THE BREATH.

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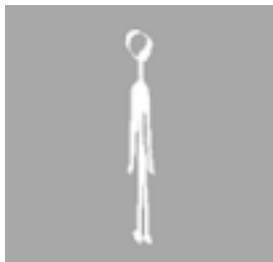
Soften and Move. Relax and Focus on the Breath.

#### Utkullola



Keep the four points of the feet, the ball of the big toe, the ball of the little toe, the inside heel and outside heel, equally grounded as you move, so that the feet broaden and lengthen. Bend the legs, pivot the pelvis and look up between your extended arms just as your lungs are full. Allow your arms and legs to lengthen, shoulders and buttocks to soften and release into standing just as the lungs are empty. Keep the hands open and alive with the palms facing. Keep your face and pelvic floor soft and relaxed. Move with as little effort as possible.

#### Tadasan



Keep the feet together, big toes and ankle bones touching. Open the hands by broadening the finger bases and extending the fingers with as little muscular effort as possible. Soften the shoulders and lengthen the arms. Ground the four points of the feet, the ball of the big toe, the ball of the little toe, the inside heel and outside heel, equally. Activate the legs by sucking the thigh muscles gently into the bones. Relax the buttocks. Lift the hipbones. Keep the back of the neck long, the chin tucked in slightly, face soft, pelvic floor soft.

#### Sukkavinyasa



On the inhalation, place the hands behind you, at least hip width apart, the fingers facing forward. Pivot the pelvis and roll the spine. On the exhalation, release the shoulders away from each other and extend the whole spine from the sacrum to the crown of the head. Keep the chin slightly tucked in so the back of the neck extends. On the inhalation, come back to upright, leading with the crown of the head. Replace the arms. On the exhalation, open the hands.

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# Dynamic Yoga Method

## Foundation Posture Sequence - Class One

Balāsana



Hastabālasana



Satāngāsana Adomukhasvānsana



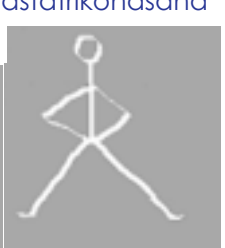
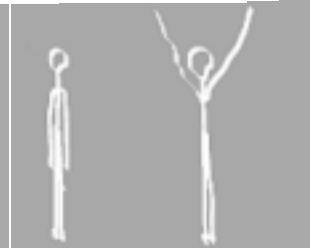
Utkullōla

Tadāsana

Urdhvahastullōla

Hastatadāsana

Hastatrikōnasana



Mallulōla



Uttānasana

Trikonāsana



Padottanullōla



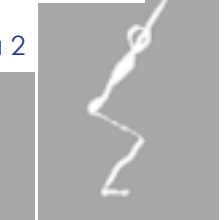
Padottānsana 1



Padottānsana 2



Utkāsana



Sukhasana



Softcore



Sukhavinyāsa



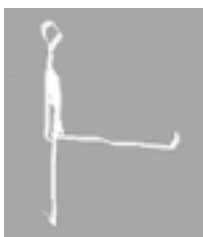
Dandasana



Pascimullōla



Urdhvakōnasana



Balāsana



Satāngullōla



Ardhasalābasana



Simple Twist



Bujādanullōla



Pelvic Pivot



Savāsana

