

Dynamic Yoga Method

The Foundations of Internal Awareness

Introduction

Course Structure

This Dynamic Yoga course is constructed in three sections with the aim of enabling students to practice safely and effectively, by themselves, as quickly as possible.

The Foundations of Internal Awareness - six classes, using simple, symmetrical postures and linked movements, to demonstrate the physical principles of internal awareness.

The Development of Internal Awareness - six classes showing how to use those principles both to practise any style of yoga with safety and integrity and a simple, practical route to using Patanjali's Astanga model for the transformation of awareness.

Drop In Classes - aimed principally at encouraging and refreshing more experienced students.

Foundations of Internal Awareness

Contents

Class One -	Soften and Move. Relax and Focus on the Breath.
Class Two -	Open the Ribcage with the Hands and Arms
Class Three -	Balance and Open the Pelvis with the Feet and Legs
Class Four -	Balance, Edge, Asana
Class Five -	Broaden and Lengthen the Whole Body
Class Six -	Bring Breath, Body, Awareness Together - The Bandhas

Using These Notes

The notes are designed to supplement the taught classes, not to replace them. Rather than attempt to reproduce each class, they take a few, key postures and attempt to illustrate the theme of the class and, hopefully, how that fits in to the course as a whole.

The descriptions of the postures given in the class notes are those used to move the theme of the class forward and so are often deliberately incomplete. A full description of each posture is given in Foundation Postures.

Often the same posture is used to illustrate different points in different classes. Do not let this confuse you. Again, refer to Foundation Postures for a complete description. Many of the, apparently most simple postures, Trikonasana for example, amply repay many years of study and practice.

Sanskrit names are used throughout. In the beginning, it is true, this is just one more thing to learn. There are, however, sound reasons for this. One, minor advantage is that the Sanskrit names are international. So you can attend classes in Germany, Spain or India, for example. More profoundly they are a constant reminder that hatha yoga is not about making gymnastic shapes but that asana is both an invitation and a route to the complete transformation of awareness.