

Hatha Yoga

*Basics*

## *What is Hatha Yoga?*

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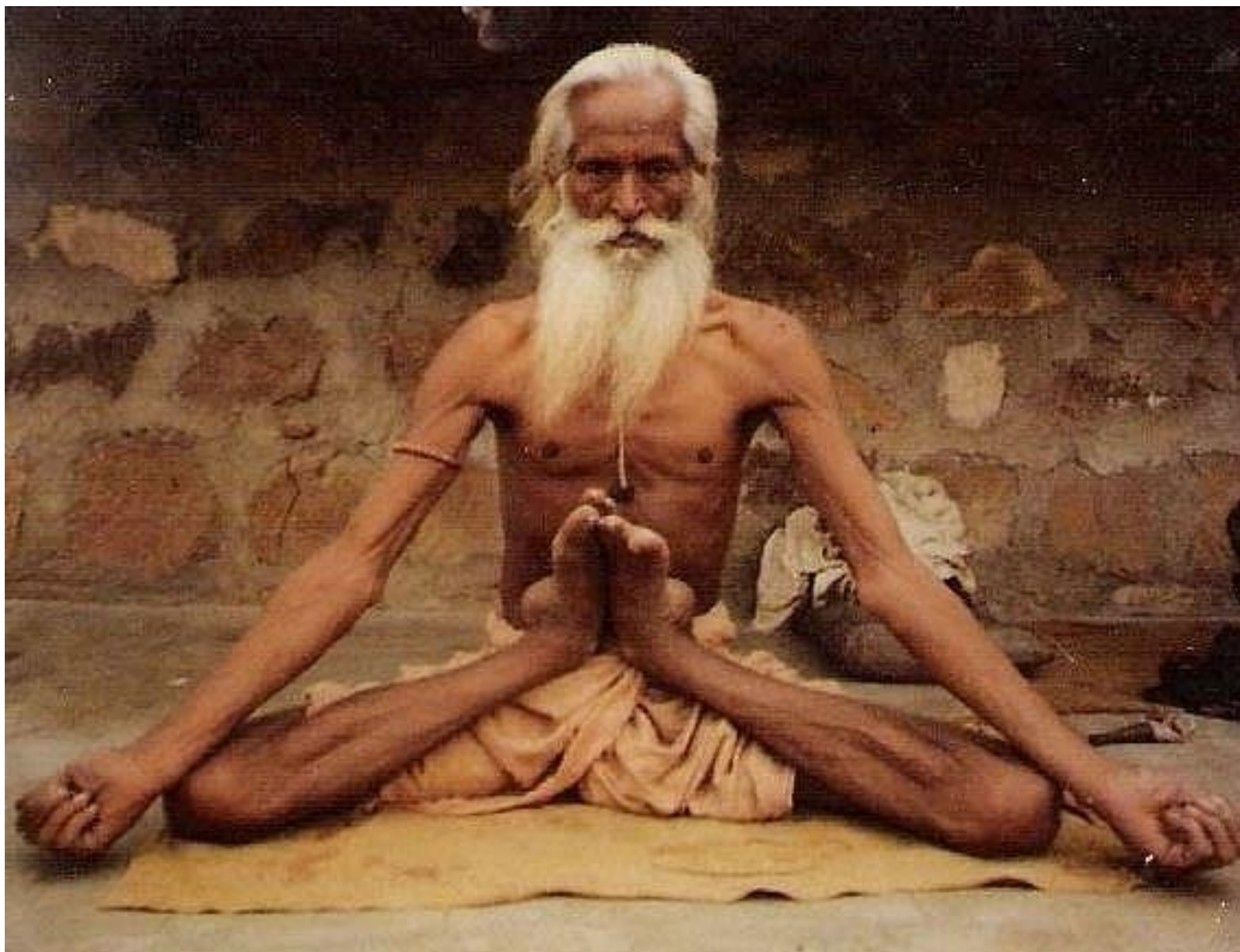
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- **WE USE THE BODY**, but the target is not the body.
- **GOAL/PATH:** Live life Happily and with purpose.

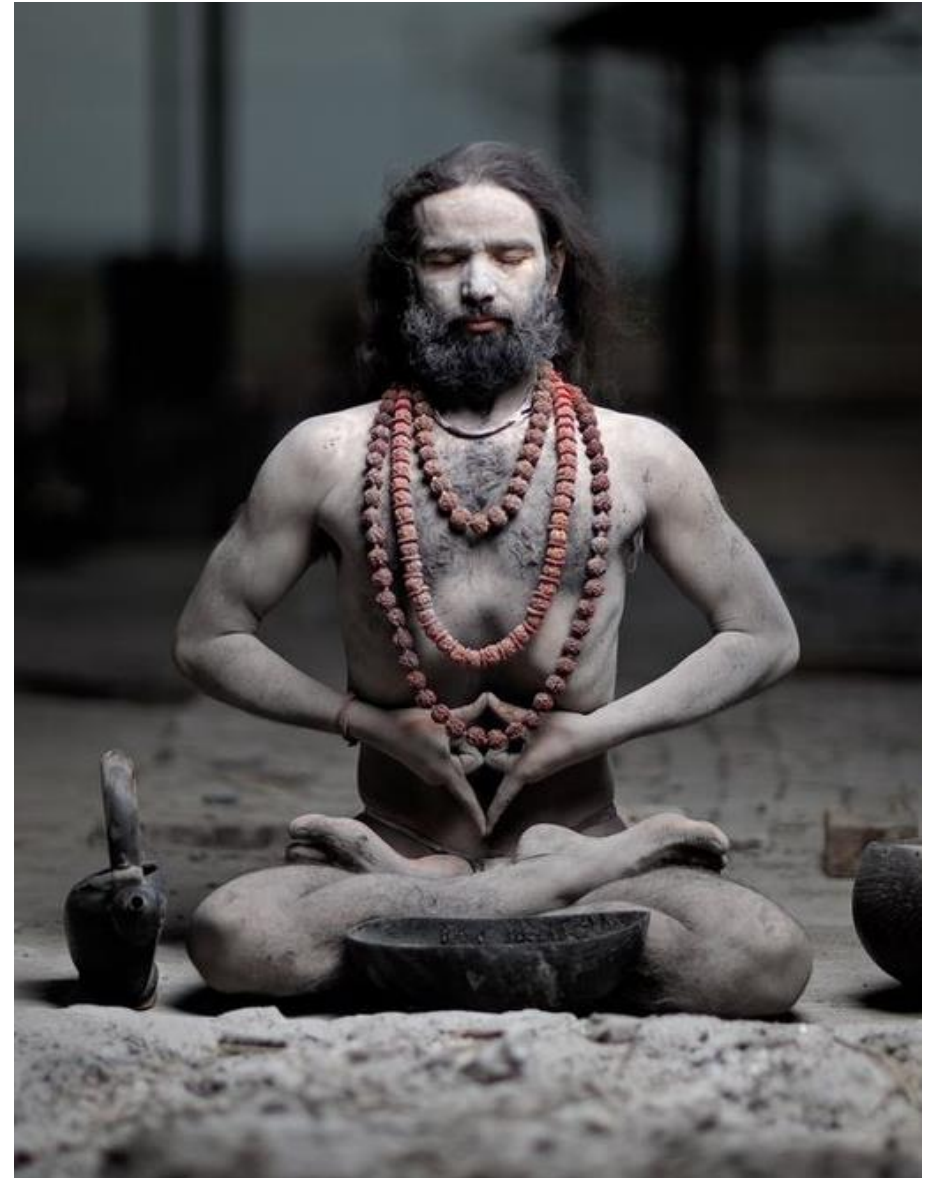




From This



To This









- If we go to India and say we are a 'Yogi'.  
Indians (Hindus) will assume we meditate, not fancy Physical or acrobats postures.
- Have you met any Yogi who does a lot of Yoga, but they still a little mad and crazy?





# 7 STAGES PROGRESSION

Traditional Hatha Yoga



BODY

**1** - Purification

**2** – Strengthening

(Big Question!!) *Do I want be flexible or Happy (free)?*



MIND/  
MOON

**3** - Calm

**4** - Stabilize



ENERGY/  
SUN

**5** - Sensitize

**6** - Direct/ Expand



PURPOSE  
/FIRE

**7** - Illumination



# 3 MAIN LIMBS

- **POSES** (Asanas): *PAST*
- **BREATH** (Pranayama): *PRESENT*
- **MEDITATION**: *FUTURE*

*(less reactive, better choices)*

\* OCTAVIO SALVADO; WHY MEDITATE?

## 2 Big Lessons


- Yoga is not about Poses or Flexibility  
*(Advanced poses, doesn't mean you are Advanced in Yoga)*
- The way you breath shapes your Nerve System and energetics. If you want to have a profound experience in Yoga, Breath is more important than poses.



# *1 - DO IT ENOUGH UNTIL YOU KNOW*

- Chose what is right, not what is fun fast and easy (Brene Brown)
- Don't worry or give up if you don't feel peaceful straight away – that's why we call The Practice!

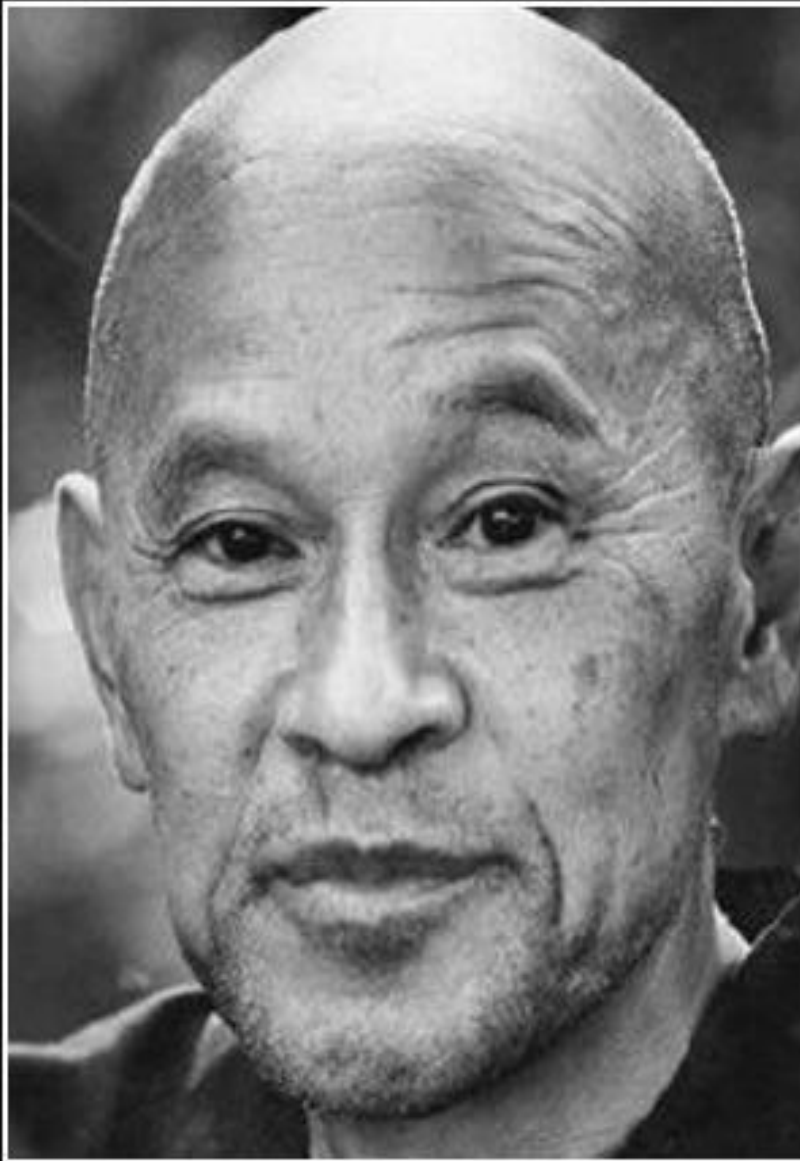
2



"You can't heal what you  
don't reveal"

-Jay-Z





In the beginner's mind there are many possibilities; in the expert's mind there are few.... In the beginner's mind there is no thought, 'I have attained something.' All self-centered thoughts limit our vast mind. When we have no thought of achievement, no thought of self, we are true beginners. We can really learn something.

— *Shunryu Suzuki* —

*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

***When we are no longer able to change a situation, we are challenged to change ourselves.***

*Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.*

- Viktor Frankl





# THIS SATURDAY 4 HOUR BEGINNERS HATHA YOGA

- *ASANAS*
- *PRANAYAMA*
- *MEDITATION*

## HATHA YOGA FOR BEGINNERS

SATURDAY 23th DECEMBER 10am - 2pm. RP 500,000

### THE START OF YOUR JOURNEY

Come and join Keli for this four hour workshop designed for Beginners that are curious to start their journey of Yoga. Fundamentals and techniques to develop the three main limbs of Yoga: Asana (Postures), Pranayama (Breath Work) and Meditation.

Asanas: Alignment, modifications, principles and purpose of postures.

Pranayama: The importance of breath work.

Meditation: Simple techniques to slow down, be present and understand the mind.

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**THE PRACTICE**  
YOGA • COMMUNITY • KELI

