



good for the body... good for the mind...

WELCOME TO THE STUDIO CIRQ ASHTANGA YOGA COURSE FOR BEGINNERS

What to do when you get here

On the first night please come to Studio Cirq to register and pay the balance of your course fee. Your classes will be held at Level 2, 39 Little Collins Street, which is just 20 metres from our main Studio on Meyers Place. We use this large space to accommodate bigger yoga classes. For the rest of the course, please go direct to the Little Collins Street studio.

Payment of fees

Payment must be made at the start. Payment for courses is non-transferable and non refundable. We accept payment by cash, most major credit cards, EFTpos and cheque.

Facilities

We have change rooms for female and male students at Studio Cirq. There is no change room at 39 Little Collins Street so you can come here beforehand to change into your yoga clothes. Please take your bags and clothes with you. Toilets are available at both venues.

Equipment

We provide the mats for the class. You are welcome to bring your own mat if you prefer.

Cancellation of course

Once a course has begun, fees cannot be reimbursed. Course fees can only be exchanged for other classes at Studio Cirq.

Credits carried over to the next course

If you call or email to cancel 24 hours before a class we can record a credit. A maximum of 2 classes can be carried over as credits into another course. This means the cost of your next course is reduced according to the value of up to 2 classes missed. Course credits expire if not transferred within 4 weeks of the end of your

course. Course credits cannot be transferred to another person.

Additional casual classes

You have the option to purchase additional casual classes while enrolled in a course. A pass can be purchased for a block of up to 10 casual classes for \$8 per class, 50% off the list price. The pass is valid for 6 months.

Pre-Exercise Questionnaire

If you are on medication, have a disability, injury, joint problem or any other physical condition that your instructor should know about please complete the Pre-Exercise Questionnaire and give it to your teacher. Do not complete this form if you are fit and healthy

Your Feedback

We welcome feedback about our classes - please tell us what you think.

A Background to Ashtanga Yoga

Ashtanga Yoga is the name given to the system of hatha yoga currently taught by Sri K. Pattabhi Jois, a renowned Sanskrit scholar and yogi in Mysore, India. However, the historical definition of ashtanga yoga is "eight-limbed yoga," as originally outlined by the sage Patanjali in the Yoga Sutras. Written between 400 and 200 B.C., the Yoga Sutras is the primary text of the science of classical yoga in which Patanjali collated and systemized existing techniques and knowledge of yoga.

Ashtanga Yoga as taught by Sri K. Pattabhi Jois began with the rediscovery, early in this century, of the Yoga Korunta, an ancient manuscript describing a unique system of hatha yoga practiced and created by the ancient sage Vamana Rishi. Under the direction of his guru Sri T. Krishnamacharya, Sri K. Pattabhi Jois helped decipher and collate this system of practicing asana (postures). Entrusted with preserving, refining, and teaching the system of yoga described in the Yoga Korunta, Sri K. Pattabhi Jois named this system "Ashtanga Yoga," believing it to be the original asana practice as intended by Patanjali.

The Yoga Korunta emphasizes vinyasa, (meaning "breath-synchronized movement"), a method of synchronizing progressive series of postures with a specific breathing technique (ujjayi pranayama)—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

On a practical level, the vinyasa concept of continuous flow aids the practitioner in integrating the eight limbs of yoga described by Patanjali. Movement through postures (asana) purifies the physical body, while mastery and refinement of the breath (pranayama) through concentration (dharana) quiets the senses (pratyahara), preparing the practitioner for meditation (dhyana) and eventually, samadhi, the union of the soul with the divine. A balanced asana practice rests on ethical behavior (yama) and self-discipline (niyama). Under the guidance of a qualified ashtanga instructor, the practitioner properly can begin to cultivate the eight limbs.

In Ashtanga Yoga, the first of six sequences of postures, or "series," is commonly called the Primary Series, or yoga chikitsa (yoga therapy). Practice of the Primary

Series is designed to cleanse and purify the internal organs of the body through prevention of the accumulation of waste products. Each asana has specific benefits. For example, forward-bending asanas are helpful in toning the internal organs of the abdomen and relieving constipation. The Second Series focuses on back-bending postures, and the remaining four series are very advanced. The Ashtanga Yoga system places equal emphasis on strength, flexibility, and stamina

From www.ashtanga.com

About Karyn Grenfell www.bluelotusashtanga.com.au

I was first introduced to yoga in 1994 whilst working as a Registered Nurse in Melbourne. In 1996 I made my first explorative trip to India, I fell in love with Indian culture and made a commitment to continue learning yoga in London, my next destination. Six months later I found myself in an Ashtanga Yoga class, being led through a sequence of asanas feeling completely confused but at the same time, inspired and excited by the dynamic nature of the practice. The next week I began early morning Mysore-style classes with John Scott, (author of Ashtanga Yoga) my first teacher. I had a sensation that I had come home. The synchronisation of breath with movement, the grace, the inner stillness of the practice and the resulting increase in my physical and emotional strength and stamina became the motivation for me to remain in London. At the end of 1997 I returned to India to study with Sri K. Pattabhi Jois (Guruji) and his grandson Sharath in Mysore, home of Ashtanga Yoga. I will never forget my first practice with Guruji in his old home/school. Most other students had finished, so it was just me and a few others with Guruji. I was overcome by the fact that this man of 83 years embodied so much tradition and history, and that the room in which I was practicing had contained the energy and sweat of yoga practitioners for the past 60 years. I felt blessed and grateful to be there, in Mysore, in India, practicing with the master and experiencing his energy. This was the beginning of my learning relationship with Guruji and Sharath, for whom I have much respect.

I have recently returned from my fifth 3-month visit to Mysore. Each visit enables me to deepen my own yoga practice and be part of the culture from where ancient art of yoga originates. We never stop being students of yoga, there is a constant surrender involved in being a student, and it is only from this point of surrender can we grow and come closer to our true nature. I received my authorisation to teach from Guruji in 2001 and feel privileged to be able to call him my teacher.

In between visits to India I completed a 3-month teaching apprenticeship with John Scott in his hometown, Penzance, UK. This was a great experience for me to work closely, on a daily basis with my first teacher, who gave me much inspiration. I have also done studies in Natural Medicine and Massage at Southern School of Natural Medicine. This has enabled me to bring a comprehensive knowledge of the human body to my yoga teaching. I cannot imagine not working with individuals and feel that my nursing/naturopathy/massage/yoga

experience all combines to help me support my students in a holistic manner.

I began teaching workshops in Melbourne in 2000, since then I have continued teaching here as well as conducting workshops in Malaysia and Singapore.

I give thanks to all my teachers and their teachers for enabling the tradition of yoga to continue and flourish. For without them I would never have had the opportunity to be part of such a beautiful tradition.

As Gururji says *“Do your practice and all is coming”*.

STUDIO CIRQ: HEALTH QUESTIONNAIRE

ABN 71 100 780 630

Name:.....

DOB:.....

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Address:.....:

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Tel:

H:.....W:.....

.....M:.....

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Email:.....

Emergency

Contact:.....

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Did a medical practitioner advise you to do Yoga

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Medical Clearance:.....

Current

Exercise:.....

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.....

Past Exercise

History:.....
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Medical History:

Please tick if you have had any of the following conditions:

- | | |
|----------------------------|-------------------------|
| Diabetes | High/Low Blood Pressure |
| Epilepsy | Heart Disease/Condition |
| Arthritis | Migraine or headaches |
| Asthma | Back problems |
| Knee problems | Neck problems |
| Shoulder problems | Broken bones |
| Infectious disease/Illness | Painful joints |
| Currently pregnant | Post partum |

If you ticked any of these please give further details:

Please list any prescribed medication you might be taking:

Any illness or surgical procedure in the past 2 years:

Member's agreement with Studio Cirq:

I declare that I _____ voluntarily accept to
participate
in the activities, facilities, programs and services offered by
Studio Cirq, or use of equipment except as herein stated.

I declare myself to be physically and medically sound to proceed with a normal course of exercise. I further warrant that I have consulted a doctor before commencing my exercise programme. In signing this form I affirm that I have read this form in its entirety and that I understand the risks associated with my participation.

Signed:.....Da
te:.....