



WELCOME TO THE STUDIO CIRQ ASHTANGA YOGA COURSE FOR BEGINNERS

PART ONE

The course begins with an initial two hour class that provides the perfect foundation for the beginning student to build their practice.

The beauty and benefit of the Ashtanga yoga practice becomes evident when a student commits to an ongoing practice, enabling them to move beyond levels of resistance and connect with a deeper understanding of themselves.

This introductory class involves theory as well as practice. The context of the practice is addressed by looking at the tradition of the Ashtanga yoga, where it has come from and what this means to us as modern day practitioners.

Breath, bandhas, drishti and vinyasa are all terms often heard by students but rarely understood. They are what makes the Ashtanga practice *yoga*. They are the givers of health, vibrancy, ease and contentment. We will discuss and relate them directly to how they can bring depth and focus to the practice.

Pattabhi Jois often says: *Ashtanga Yoga is 1% theory, 99% practice.* This introduction class aims to give that 1% theory so that commitment to ongoing practice comes easier through knowing.

PART TWO

Beginners choose between attending
two Mysore-style classes at 7 – 8am each week over 4 weeks
or
one Led class per week at 5.30pm on Tuesdays over 8 weeks.

For Mysore style classes choose from one of the following combinations:
Monday and Thursday
Tuesday and Friday
Wednesday and Saturday

How the Led classes work

If you have done yoga before, most likely you did a led class where everyone does the same postures at the same time, under the instruction of the teacher. You are not required to memorise the sequence and will follow the teacher for all guidance.

How the Mysore classes work

You will be in a class with other beginner students and some students more experienced than you. Your teacher will guide all beginners through the initial postures of the sequence, which you will eventually memorise.

Please note that Mysore classes are not held on new moon or full moon dates. In traditional Ashtanga Yoga practice the days of new and full moon are days of rest and we do not hold Mysore classes on these days. You will be told which the moon days are in your course.

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 and toilets for female and male students.

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

Course credits cannot be transferred to another course

Additional classes

There are two options

Additional Mysore classes can be purchased by anyone enrolled in a beginner course: 4 classes for \$40 to be used over 2-week period (2 classes per week)

You also have the option to purchase additional **casual classes** while enrolled in a course. 10-class passes can be purchased for \$80 each. The pass is valid for 6 months. This is for use at any classes on the Studio Cirq casual class timetable (ie it does not include the morning Mysore classes)

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

STUDIO CIRQ: HEALTH QUESTIONNAIRE
ABN 71 100 780 630

Name:.....DOB:.....

Address:.....:

Tel: H:.....W:.....M:.....

Email:.....

Emergency Contact:.....

Did a medical practitioner advise you to do Yoga

Medical Clearance:.....

Current Exercise:.....

Past Exercise History:.....

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:

Agreement with Studio Cirq:

I declare that I voluntarily accept participate in the activities, facilities, programs and services offered by Studio Cirq, I declare myself to be physically and medically sound to proceed with a normal course of exercise. In signing this form I affirm that I understand the risks associated with my participation.

Signed:.....

Date:.....