



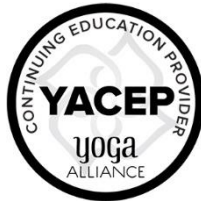
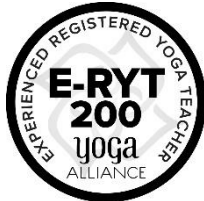
International Yoga Teacher Training Academy

ASHTANGA INTRODUCTION



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Home Practice Start Date :/...../.....





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"AWARENESS"

MAKE SURE THAT YOU CARRY NO RESISTANCE

NO hatred, no negative energy

Live to "Have no enemies"

Leaving un-resolved worries will only
catch up with your past trail of sad
destruction,

Turn bad energy into Positive.

Respect people's personal space
and they will love you for who you
are alone.



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"CHANGE"

REAL FREEDOM IS LIFE IN ITS PUREST FORM

IT is felt not as a passing by experience but also as strong presence. It is to be who you are, to feel within you the good that has no enemy to experience the joy of just simply "Being" that depends only on your inner-self.

Loneliness is the first test. See if you can survive the darkness solitude only after this will you then be able to see your life through 3 eyes, instead of 2.





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Ashtanga Introduction

We all want to **live peaceful and happy life**. Let's face it, at the end of the day, it's not how much you have or how much you have accomplished **what matters is how well you have participated in your own life and how happy you are.**

It's how you **feel inside** when you lay your head on the pillow. Does a **feeling of joy and wellbeing accompany you to bed?** Or does your head touched the pillow with thoughts of anger, **bitterness**, helplessness, frustration, **self-disappointment**, or **complaints?**



When life seems to **toss us around with its ups and downs** many demands and **many voices telling us what we need** and what is wrong with us. **So how do we gain skill** when we find ourselves **continuing to do what we have promised ourselves that we will never do it again?** How do we gain skill when we feel stuck in a dead-end job that is sucking us dry?

Gaining the skill to choose our attitude, to choose what we think, and to choose what we do may be the **greatest adventure, we can take a human beings.**



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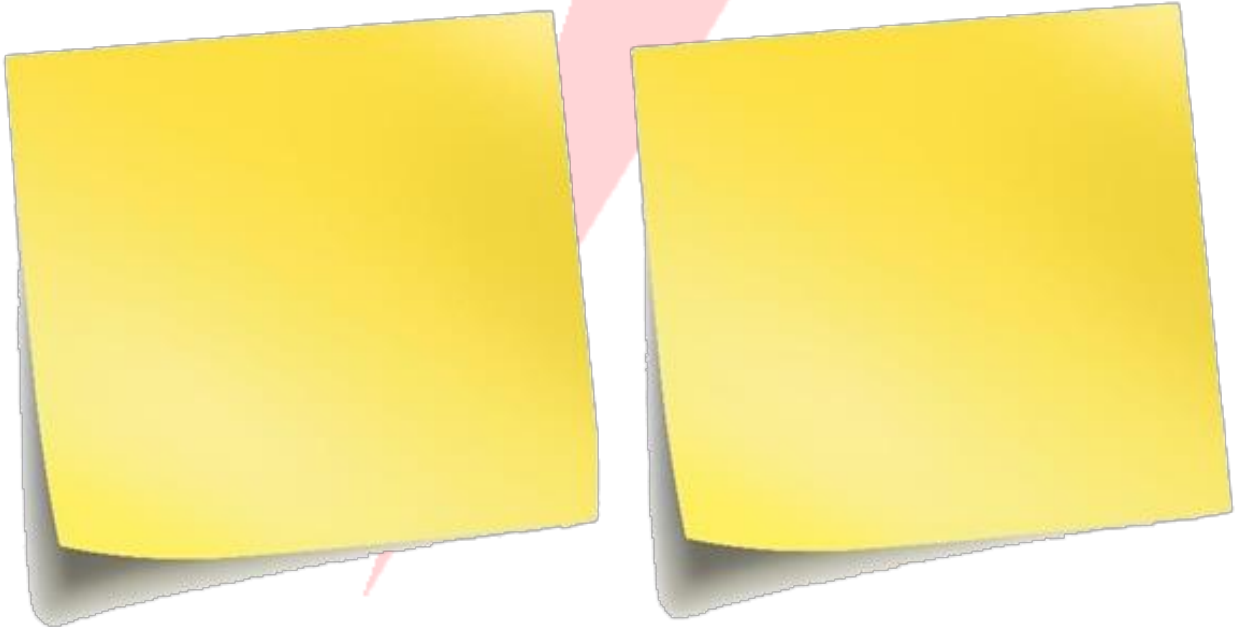
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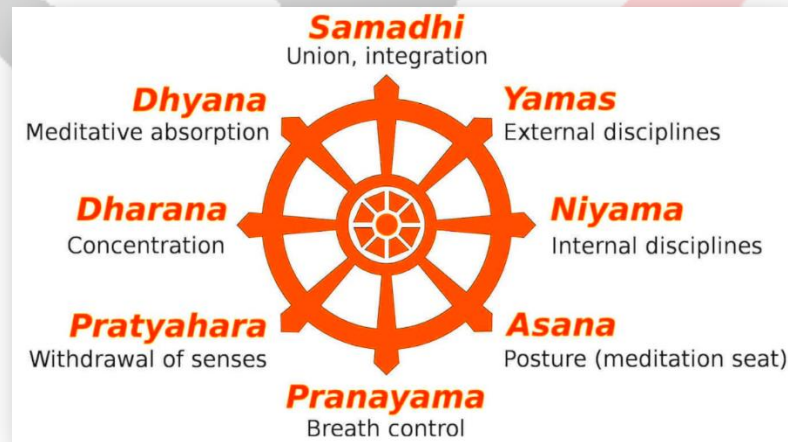
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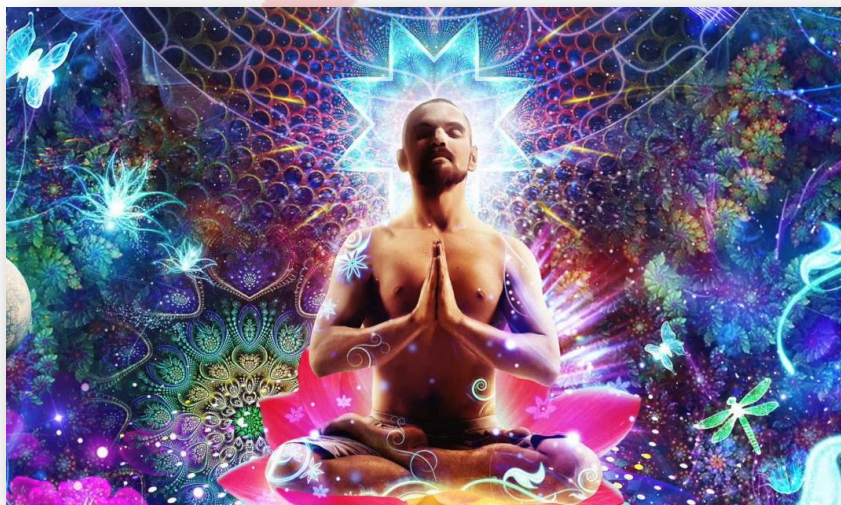
Patanjali Ashtanga Yoga As A Rescue

If you wish to be successful, live a life of integrity to achieve a clear **conscience** and unbreakable will, and the ability to manifest what we need when we need it, including **wisdom** and **guidance** for the right decisions. Let us understand how **Patanjali Ashtanga Yoga** can come to our rescue.

We believe the **Yoga Sutras** of Patanjali describes an eightfold path to the **right living** that is called the **eight-limbs of Yoga** or **Ashtanga**.



In Sanskrit, **Ashtanga** means **eight-limbed**, ashtanga Yoga is an **eight-limbed**, the **path towards achieving the state of yoga**, also known as **Samadhi**. In the practice of yoga, individuals are dedicated to **creating a union between mind, body, and spirit**.



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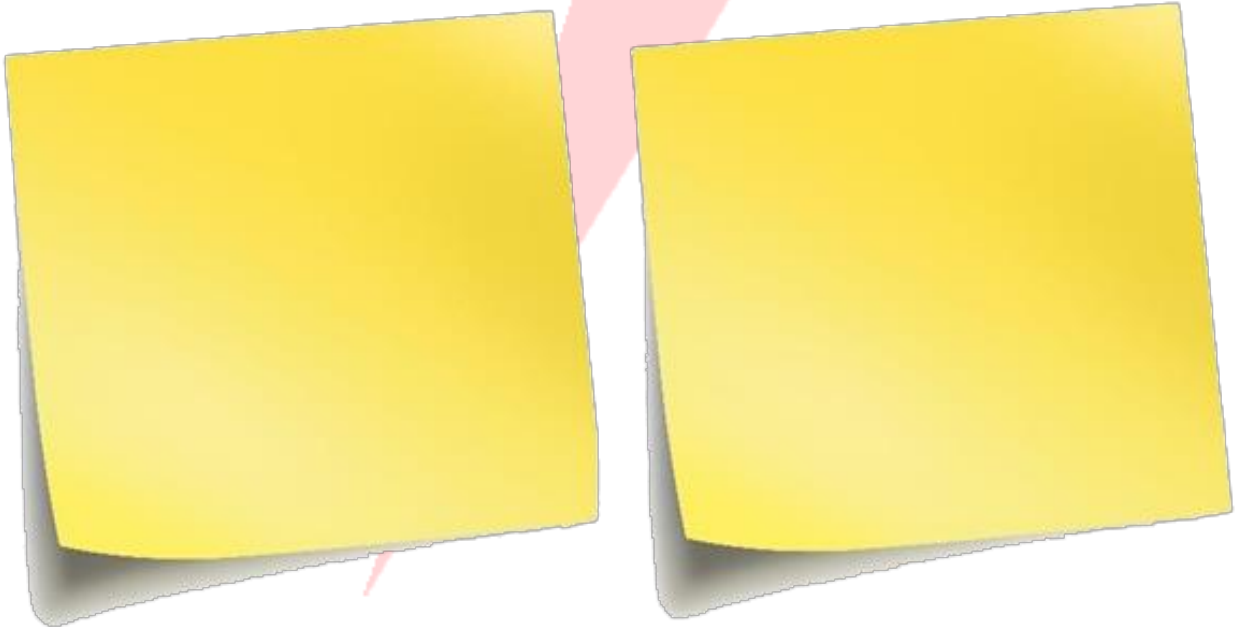
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Patanjali's Eight-Limbed

Patanjali's eight-limbed outline a way to achieve and practice that balance. The eight-limbed act as a guide for yogis to live a life of integrity, self-discipline, respect for nature, and the spiritual aspects of life. The definition of the eight-limbed Path that leads to yoga is found in the second chapter of the Yoga Sutras of Patanjali.

That is Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhaya, Ashtau Angani. As you start practicing these teachings we become nobler, more compassionate, and happier people. Until one day we find ourselves in joyful liberation. Our lasting happiness is measurable by the sustained inner peace we feel and our ability to remain grateful and ever minded regardless of external circumstances, then we are true Yogis.

 YAMAS Down with OP		 NIYAMAS Check yourself	
1 AHIMSA (non-harming)	Be kind.	1 SHAUCHA (purity)	Clean the slate.
2 SATYA (truthfulness)	Be honest.	2 SANTOSHA (contentment)	Be accepting.
3 ASTEYA (non-stealing)	Be generous.	3 TAPAS (discipline)	Commit to what's important.
4 BRAHMACHARYA (temperance)	Respect boundaries.	4 SVADHYAYA (self-study)	Be a student of your own experience.
5 APARIGRAHA (non-possessiveness)	Be ok with imperfection.	5 ISVARA PRANIDHANA (self-surrender)	Know when to let things go.

Yamas And Niyamas

The practice of the Yamas and Niyamas definitely inspires us to remember that yoga is a way of life, not just something we do for 90 minutes, three times a week on a rectangular yoga mat.

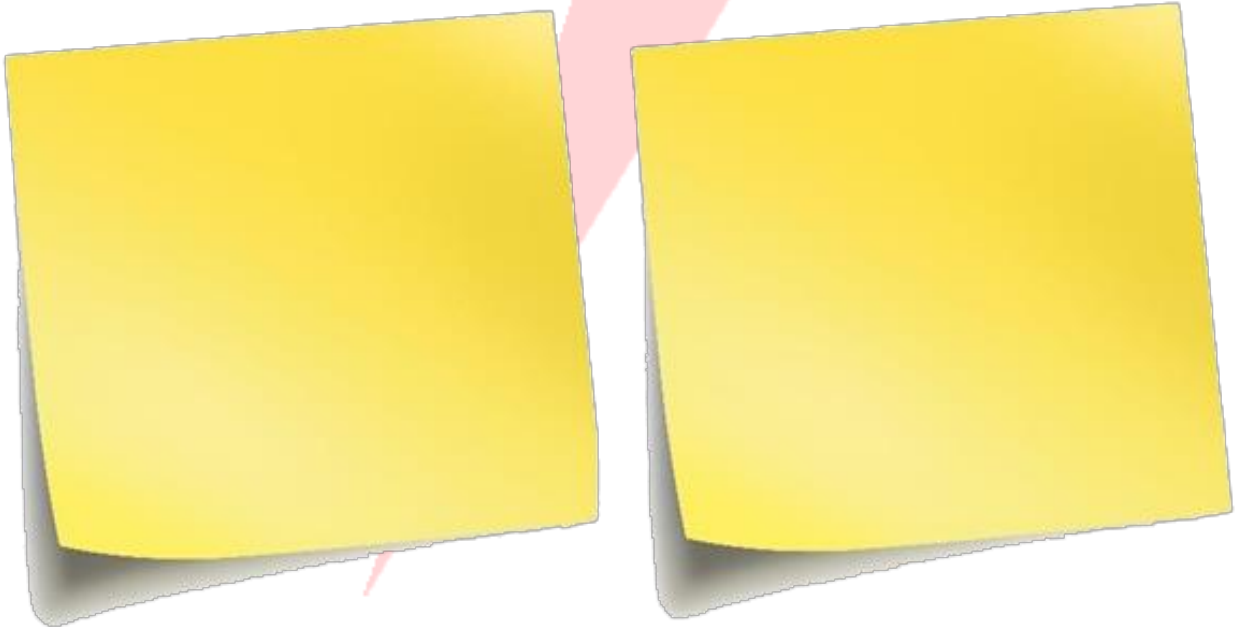
In fact, if they are interwoven in every fabric of our life every moment becomes Sadhana, which is a spiritual practice.



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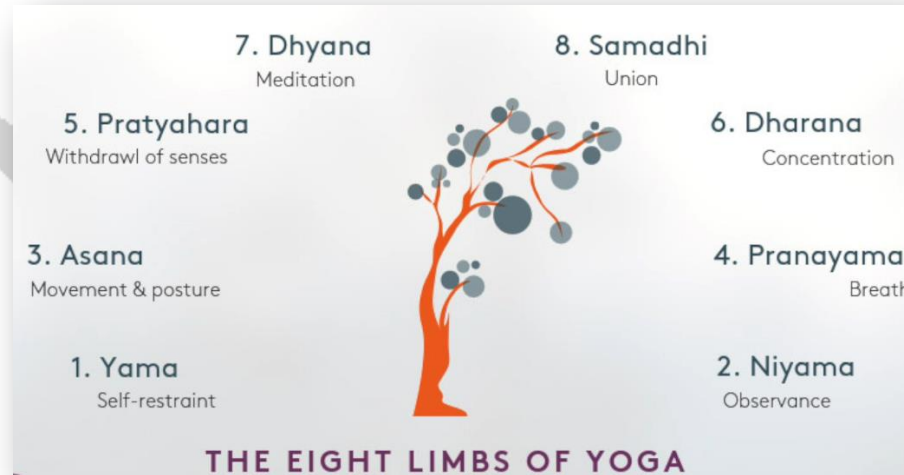
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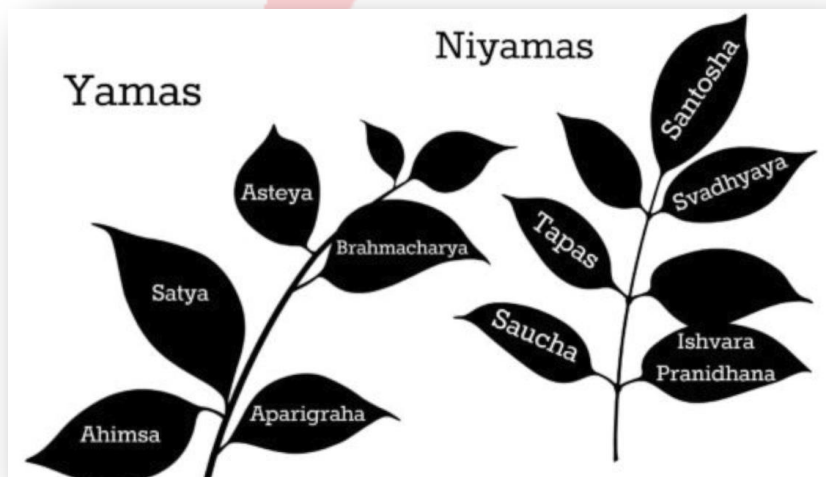




They add the necessary juice to our practice. **Without them, the rest of the eight-limbed that is Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi will become useless, empty, mechanical, and boring techniques.**



The Yamas and Niyamas are our foundation. Practicing yoga is much more than the postures of learning to **integrate the full-on and off the mat practice**, including **observing the five Yamas and Niyamas**. That is **Yoga's guide on social and personal ethics**. Your daily life can **transform you and your yoga practice our thoughts**, action, decision, **interactions with others**, our daily routine, our surrounding everything can **reflect to the extent of our yoga practice**. We believe **Yamas and Niyamas** can help us to be **focused and goal oriented in life**.

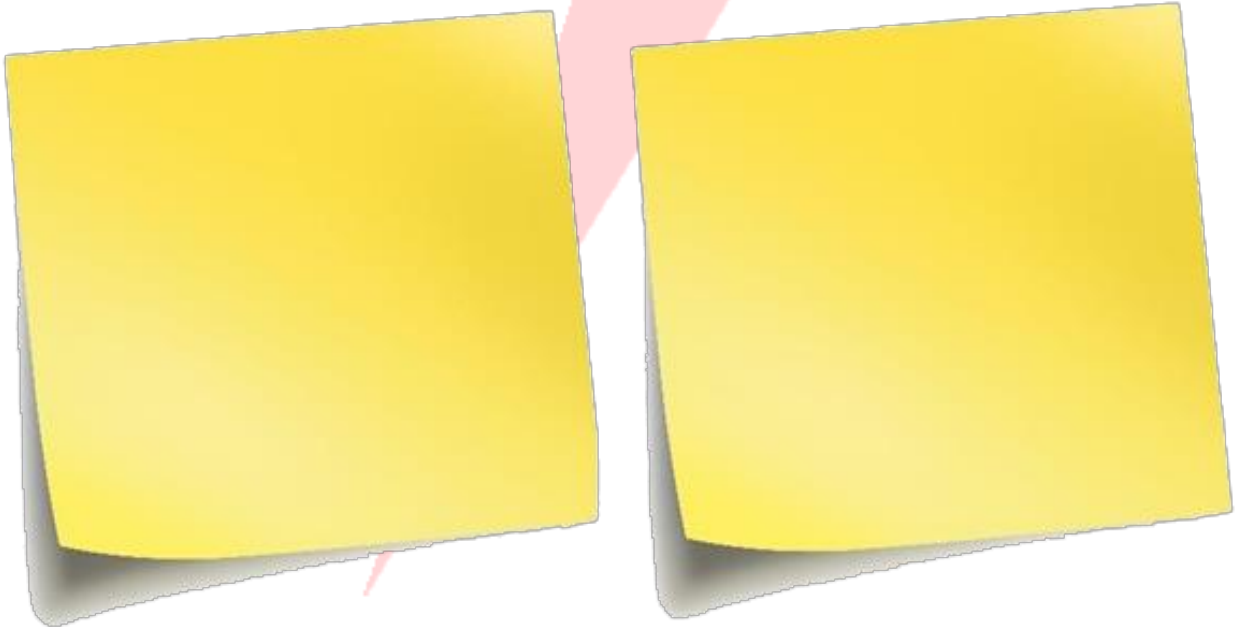




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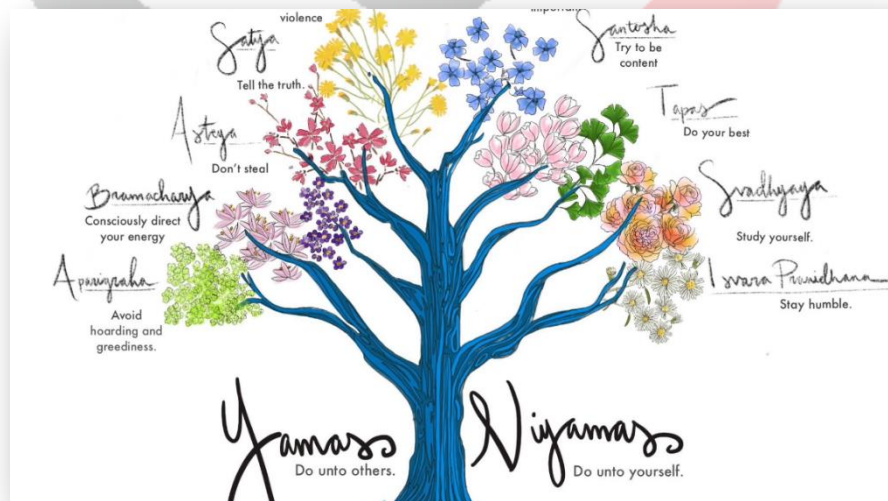


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The Yamas and Niyamas are **foundational to all yogic thoughts**. Yoga is a sophisticated system that **extends far beyond doing yoga postures**. It is **literally a way of living**. Yoga is **designed to bring you more and more aware of not only your body but also your thoughts**.

The teachings are a practical, **step-by-step methodology** that brings **understanding to your experiences while at the same time pointing the way to the next experience**. They are like a detailed map telling you where you are and **how to look for the next landmark**.



They facilitate taking ownership of your life and directing it towards the fulfillment that you seek. So let us break and see what the meaning of Yama is.

Yama

So the word **Yama** is often translated as **restraint**, moral discipline, or **moral vow**, and Patanjali states in the next Sutra, that is, **these vows are completely universal no matter who you are** or from where you come from, your current situation, or **where you are heading to be moral can be difficult that times** which is why this is **considered as a very important practice of Yoga**. Remember that the word **yoga means unity**, the **wholeness of connectedness**. Of course, it is important to be **mindful gentle**, and present in class, but if that does not translate off the mat and **connect into what do we do in our day-to-day lives**, we will never feel the real benefits of yoga.

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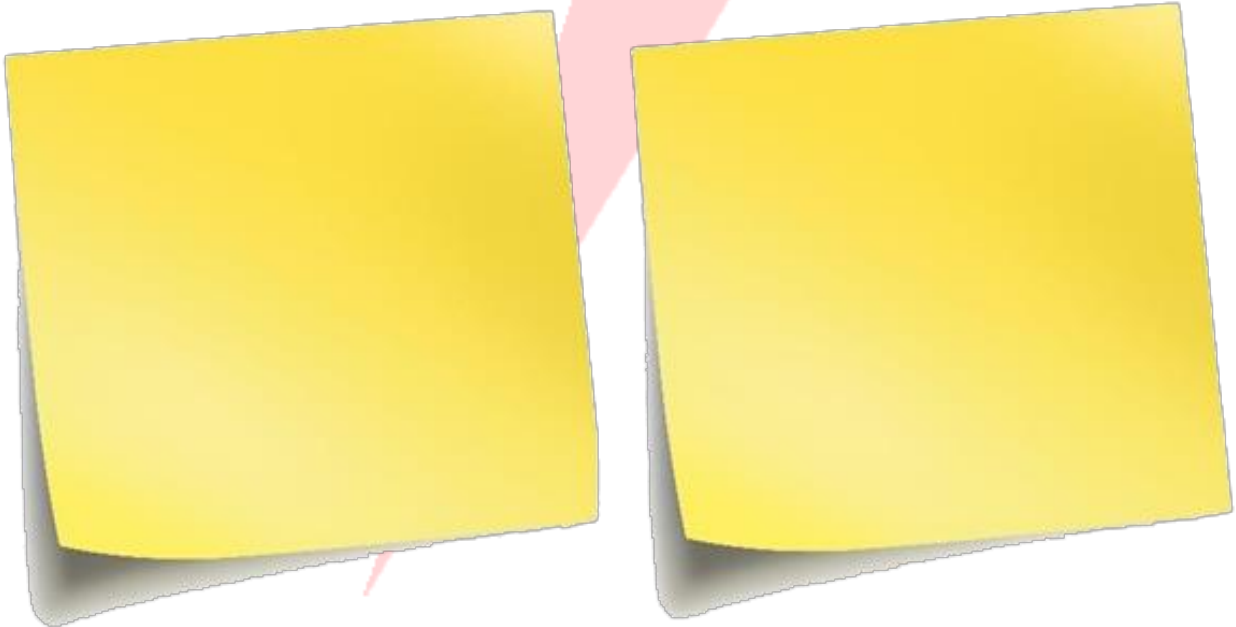
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The Yamas traditionally give it's a guide towards practice, concern with the world around us, but often we can take them as a guide of **how to act towards ourselves too**. There are five years in total listed Patanjali Sutra Chapter number 2 verse number 30.

अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहा यमाः AHIMSA-SATYA-ASTEYA-BRAHMACHARYA- APARIGRAHA YAMAH

PATANJALI YOGA SUTRA
CHAPTER NO. 2, VERS. NO. 30

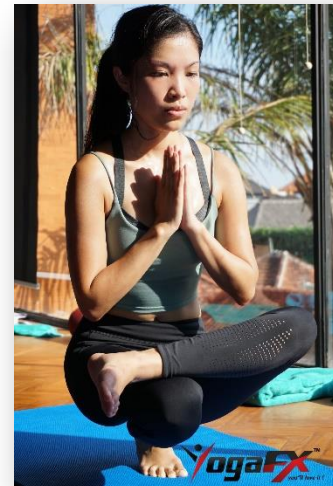
Says Ahimsa-Satya-Asteya-Brahmacharya-Aparigraha Yamah Ahimsa that is (non-harming or nonviolence thought words or deed), Satya that is (truthfulness), Asteya that is (non-stealing), Bramacharya celibacy that is right use of energy, Aparigraha (non-greed or non-hoarding).

By considering these aspects in our daily practice on and off the yoga mat, all our thoughts, decisions, and actions come from a more considered, aware, and higher place, and **this leads us towards being more authentic towards ourselves, and others.**

Niyama

The Niyama, the word Niyama often translates as **positive duties** or observances and are thought of as **recommended habits for healthy living and spiritual existence.**

They are **traditionally thought of as practices concerned with ourselves**, although of course, we can think of them as affecting the outside world too.



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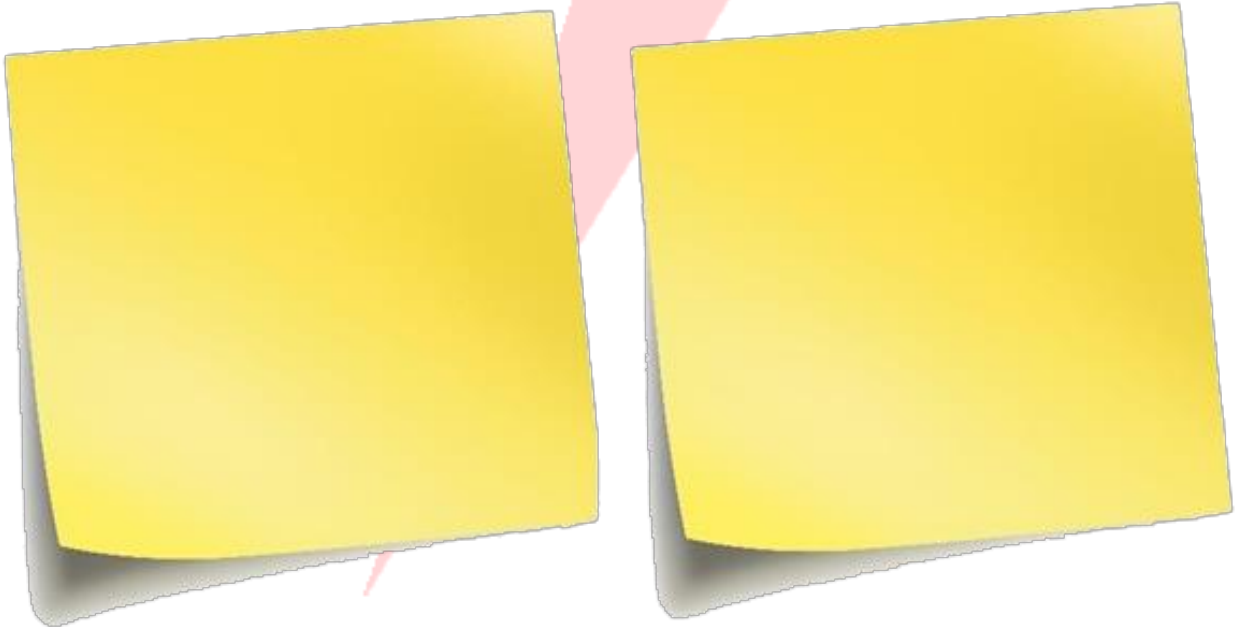
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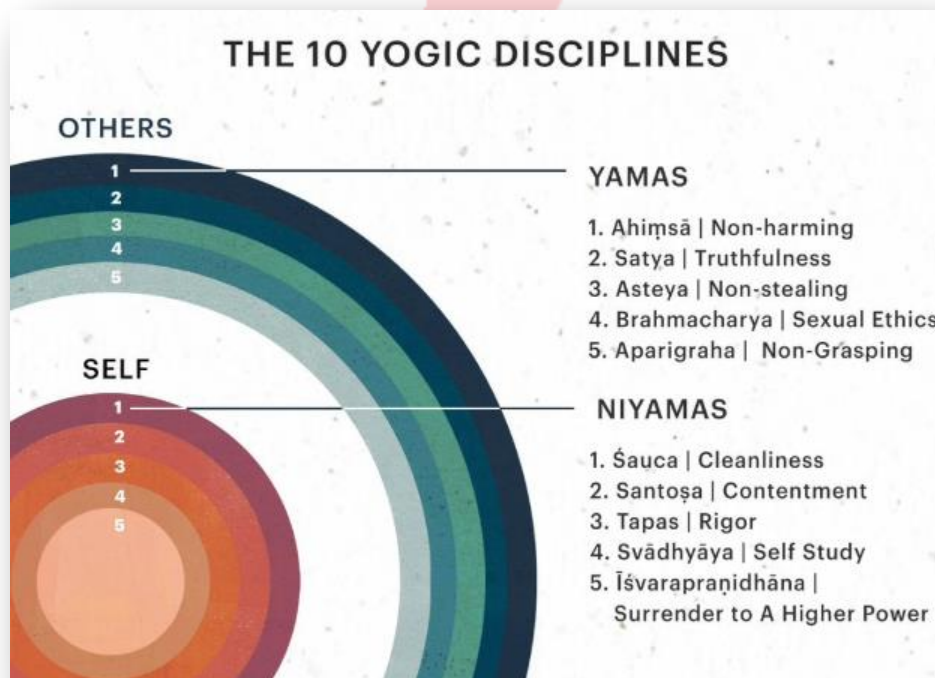




There are five Niyamas in total listed in Patanjali Sutra chapter No. 2 verse No. 32. Saucha, Santosha, Tapas, Swadhyaya, Ishvara Pranidhana Niyamah. Saucha means (cleanliness), Santosha that is (contentment), Tapas (non-discipline|austerity|burning enthusiasm), while Svadhyaya (study of self & text), Isvara Pranidhana (non-surrender to a higher being or contemplation of higher power).



Iyengar describes both the Yamas and Niyamas as the golden keys to unlock the spiritual gates as they transform each action into one that originates from a deeper and more connected place within ourselves.

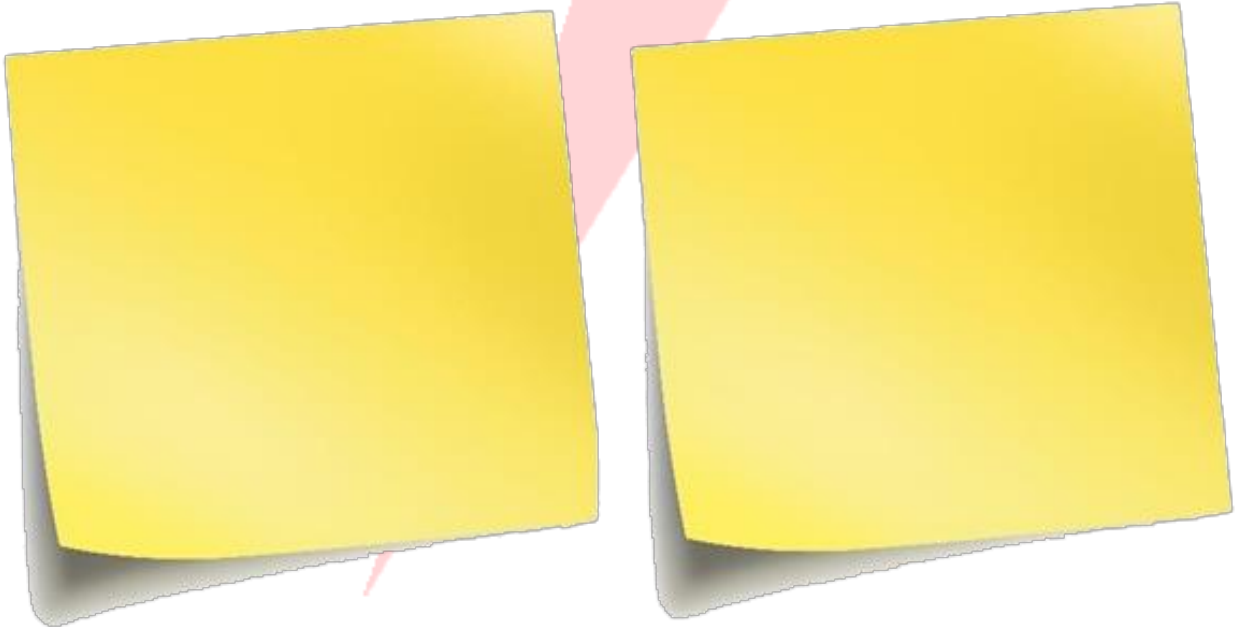




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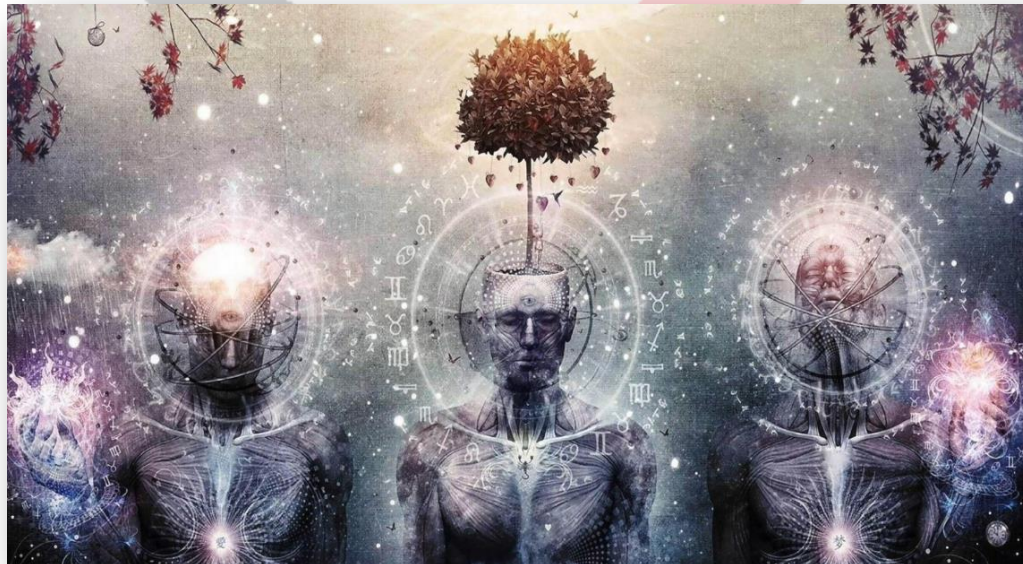
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Whether you consider yourself spiritual or not, thou and whether you practice yoga or not, these are all ways in which we can help ourselves and the world around us to be a better place. If we are to really benefit from a yoga practice, it has to go expand beyond the mat and into the life.

When this happens, **it's not just our bodies that get stretched, expanded and strengthened, but our minds and our hearts as well. From that state of being, we more ever closer towards wholeness, connectedness and unity and start to not just do yoga but live and breathe it in each and every moment.**



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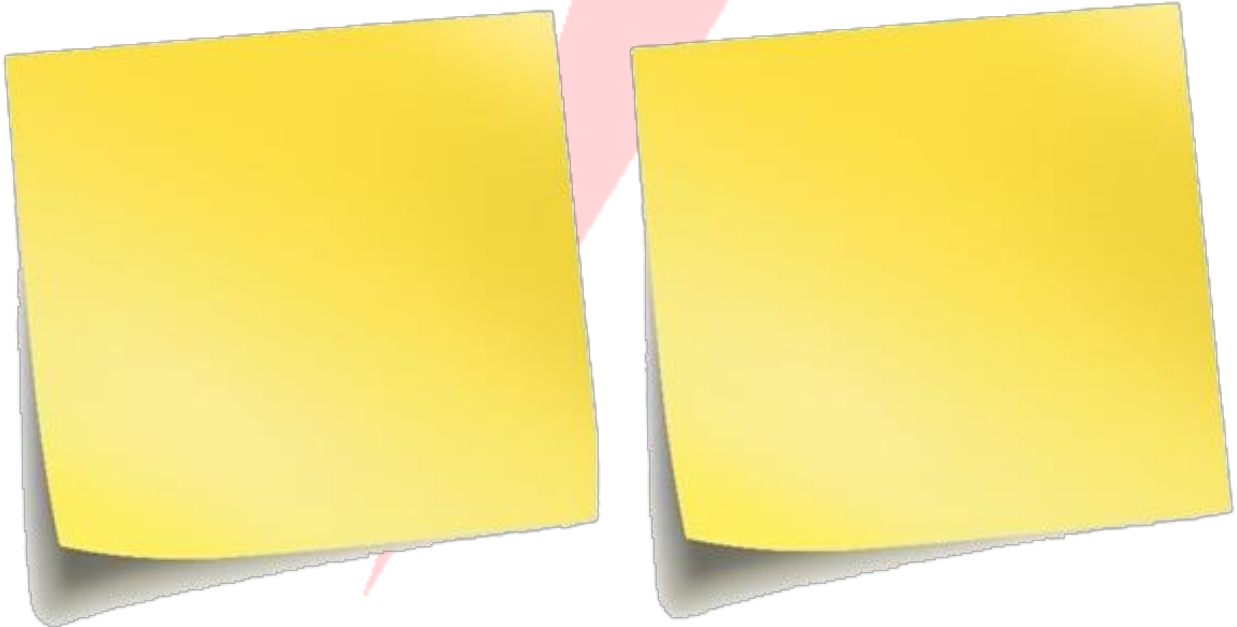
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"SURRENDER"

WHATEVER PRESENT LIFE MOMENT IS NOW

ACCEPT it as if you chose it
because your person that makes
your own choices in life don't
blame others for your ignorance.

Always "work with life facts" not against
them, make your current reality
your best friend.

Don't make facts your enemy.
Truth finds all sins don't risk suffering.

When you accept your "Now" you will
transform into a more complete
humble simple Spirit.





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"AWARENESS"

MAKE SURE THAT YOU CARRY NO RESISTANCE

NO hatred, no negative energy

Live to "Have no enemies"

Leaving un-resolved worries will only
catch up with your past trail of sad
destruction,

Turn bad energy into Positive.

Respect people's personal space
and they will love you for who you
are alone.

