

Yoga for Beginners

Teacher: Yana Frijouf RYT 200

Email: yananmaya1111@gmail.com

Course Description:

First, we will start with the basic knowledge of Yoga and the importance of breathing techniques. Then we will gradually introduce Ashtanga Primary series, Vinyasa flow, Restorative Yoga and Yin Yoga. This class is tailored for the beginners and requires no prior experiences. My goal is to help my students lead a healthier and happier life while my students help me become a better teacher.

Course Schedule:

Week 1 to 3:

Introduction to Yoga: What is Yoga, Asanas and Pranayama? The Mind body connection. Resting and restorative poses.

Week 4 to 6:

Basic Yoga Anatomy, alignments, positions and directions, standing/grounding poses.

Week 7 to 9:

Surya Namaskar and sun salutation, techniques and practices, twisting, forward and back bending poses.

Week 10 to 12:

Intro to supported inversions, methodology of arm balances poses.

Week 13 to 14:

Cultivating a quiet mind, wrapping up with an hour guided vinyasa flow.

瑜伽初級班

課程介紹：從最基礎的瑜伽知識和呼吸技巧學起，逐漸進入阿斯湯加主式，流瑜伽，修復瑜伽和陰瑜伽的學習。瑜伽初級班專為初學者設計，不需要任何基礎或經驗。我的目標是希望大家通過習練瑜伽能夠更健康快樂地生活。同時我也在大家的幫助下成爲一個更好的瑜伽老師。

教學計劃：

第一周至三周：

關於瑜伽，體式，呼吸技巧。身體和心靈的和諧統一。休息式和修復式。

第四周至六周：

瑜伽之人體解剖學，體式中的順位，正位練習，站立及與大地能量的連接。

第七周至九周：

拜日式，技巧和練習，扭轉，前屈和后彎體式。

第十周至十二周：

初級輔助倒立式，手臂平衡式。

第十三周至十四周：

靜心習練，順利完成一小時流瑜伽。

