

Yoga with Satoru

<http://www.facebook.com/yogawithsatoru>

To enjoy yoga, here are some hint and advice.

Yoga can connect your body and mind with breathing. Most important thing is BREATHING.
Deep breathing invite you to a deep meditation. Let's enjoy yoga deeply!
When inhaling, take in fresh energy from the air.
When exhaling, release stress and stiffness with thankful mind.

Before yoga practice

- No big meal 2or3 hrs before practice. If possible, 12hrs before to digest all food in stomach.
- No caffeine before practice.
- Take a quick cold shower [without soap] to wake up your body.
- Go to toilet and make your body light.
Especially in morning, drink water to go to toilet.
- No strong perfume or deodorant.
- Bring yoga mat, towel, water
- Come to practice 10min before starting time
and do stretch, breathing, calm down your mind.
- If you have problem on your body, let me know.



In yoga practice

- Breath deeply and listen to the sound of breath.
- No talking, no mobile phone.
If you must catch a call, stay a bit away from other students.
- Don't drink water
- Whenever you feel bad, take a rest with the child pose.



After yoga practice

- Drink a lot of water and take enough rest.
- Have good food. Fruit is better. Coconut water is recommended!
- Calm down, have a good day!

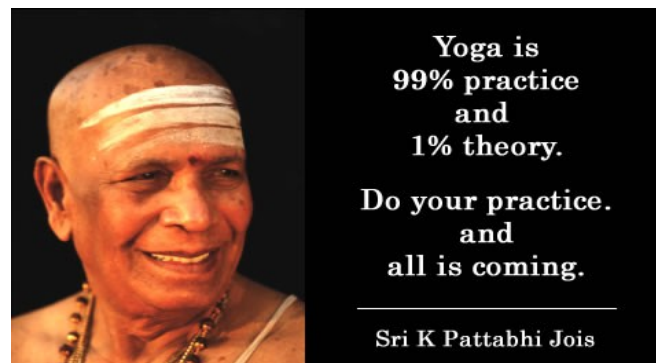


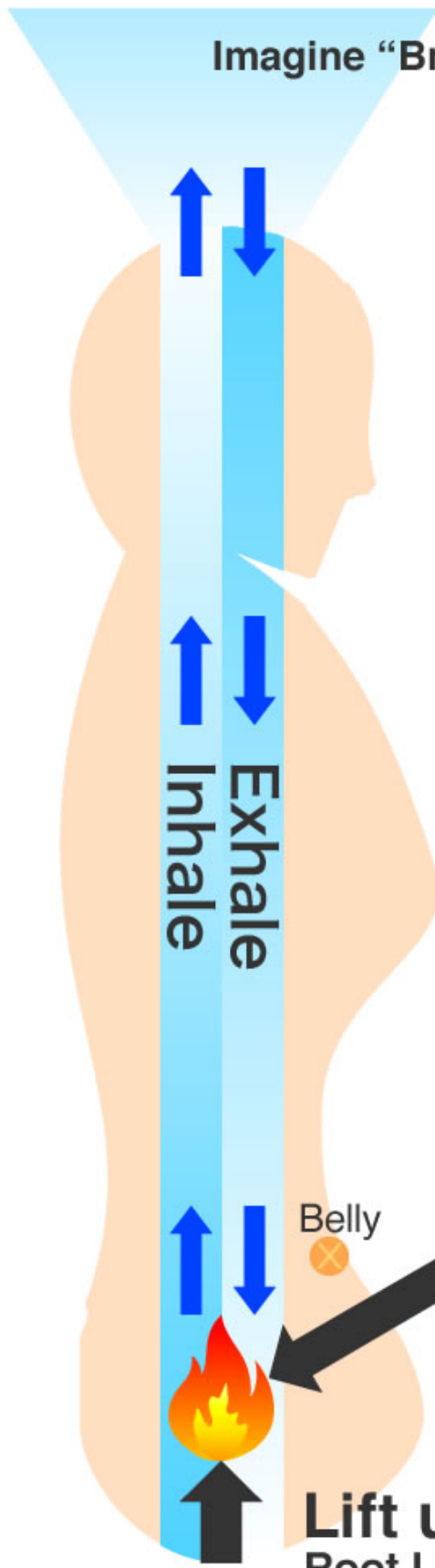
Child pose

Opening Mantra

OM

Vande Gurunam Caranaravinde
Sandarsita Svatma Sukhava Bodhe
Nih Sreyase Jangalikayamane
Samsara Halahala Mohasantyai
Abahu Purusakaram Sankhacakrasi Dharinam
Sahasra Sirasam Svetam Pranamami Patanjalinim
OM





Imagine “Breathing” goes through the top of head.

- **Inhale**

Pull up the energy from the bandhas through spine to the sky. At the same time, take in fresh energy.

- **Exhale**

Compress fresh energy under the belly and feel the heat. At the same time, release your tension, stress, emotion you don’t need.

**Inhale, exhale
same length & volume**

- **Use 2 bandhas [Lock] to keep the fire inside.**

**Suck in under the belly
Abdominal Lock
“Uddiyana Bandha”**

**Lift up front of anas.
Root Lock
“Mula Bandha”**