



OM

TED'S Gentle YOGA

(623) 322-4248 – webpage: www.tedsyoga.com - email: info@tedsyoga.com

(OM, the mantra of Yoga pictured above, symbolizes levels of consciousness. The bottom curve represents the dream state. The loop on the right stands for sleep without dreams. The top curve signifies being awake. The separate “scoop” shape is the veil of *Maya*, illusion, which projects this world we see. Above the veil floats the *Atman*, the Oversoul, free of all delusion, living in Truth-Consciousness-Bliss. In states of deep meditation, we recognize the *Atman* as our true Self – the Self of all of us. This is Yoga – the state of Oneness or Union.)

Welcome to Yoga! You don't need to be flexible to start this class; all you need is patience. You will learn how to “Be Here Now,” attending to the work with your full mind. As your practice develops, you will attain mastery over some uncomfortable reactions. You will handle yourself better under stress, breathing to relax your body and to free your mind for clearer thinking. This is the sign of a true Yogi.

Yoga is not a religion (more on this later). It is a process of Self-awakening. It uses scientific techniques to improve physical and emotional health, by harmonizing all levels of the person. Those seeking spirituality can use Yoga very effectively in that direction; but which of Yoga's benefits *you* choose to practice, is up to you.

Yoga will teach you to focus your mind into the depths of your consciousness. By this process the body becomes a springboard, as it were, to lift your awareness *out* of the temporary realm for a few moments at a time, and into the peace of the Eternal. Gradually, you will find it easier to attain that state of peace. You will begin to stay in it longer.

Through practicing Yoga we become calmer, more centered, better adjusted. As we approach inner Union (*Yoga* in Sanskrit), we start to perceive kinship with those around us. Identifying with others makes it harder to hold onto grievances; forgiveness seems a more natural choice. The body, led by the mind, is able to release years of resentment - and finally begins to relax. This is *true* stress control!

What to Wear: This is a *very* gentle style of Yoga, and it's important to wear warm, comfortable clothes that will not restrict your movements. Bicycle shorts, tee shirts and sweat suits are all good – especially sweat suits in case the room gets cold. No street clothes with belts; *no* skirts. If you like loose shorts, please wear something form-fitting underneath, like bicycle pants or tights. Shoes are not worn in Yoga. **In some locations, you will need to bring your own exercise mat.**

Music We May Use in Class:

THE ETERNAL OM mastered by Robert Slap and Valley of the Sun Artists. Box 38, Malibu, CA 90265. Also available on www.Amazon.com.

SPECTRUM SUITE by Steven Halpern. Re-mastered as part of CHAKRA SUITE. Order from www.stevenhalpern.com/music_peace.html - (800) 909-0707.

OM NAMAHA SHIVAYA – BHUPALI RAGA by Gurumayi Chidvilasananda. Order from www.bookstore.siddhayoga.org. (888) 422-3334.

OM NAMAHA SHIVAYA, 10th Anniversary Edition by Robert Gass and On Wings of Song. Order from www.springhillmedia.com/layer_Pages/CatalogRGhtml.

NAMASTE! (“nahm-ahs-tay” Sanskrit – “The life in me salutes the life in you.”)

DIFFERENT PATHS TO THE SAME GOAL: UNITY IN DIVERSITY

Yoga, like life, is a sort of game with levels of increasing subtlety for the more experienced player. Level 1 is “Physical,” and many benefits may be derived from it – flexibility, strength and health, and the peace of mind that accompanies them. If you are a true Seeker, you will eventually be drawn to Level 2, “Mind,” and to Level 3, “Spirit.” Some of the major **Paths of Yoga** have evolved thus:

HATHA – “Sun & Moon.” Body postures (*Asana*), & important breathing techniques (*Pranayama*), to eliminate stress and to strengthen & purify the system. This allows the mind to focus on Meditation. There are many styles of Hatha Yoga, from gentle to extremely physically challenging. Some bear the names of their inventors, or their inventors’ Gurus, or a “trademark” name which their inventors developed.

MANTRA – Meditation techniques using the vibration of holy sounds, which bring the Yogi to experience conscious Union with the Higher Mind. There are other methods of Meditation, also, using visual foci (Yantra Yoga), tactile moving of energy (Kundalini Yoga), and internal sounds arising within the Yogi’s own body (Laya Yoga).

KARMA – Selfless service to others in one’s everyday work, with no thought of personal gain; in serving others, one serves God. Saint Francis, Mahatma Gandhi, Peace Pilgrim, Mother Teresa – they may not have called themselves Karma Yogis – but they were!

BHAKTI – Yoga of Devotion and Emotion. Perceiving the Divine in everything, Bhaktas are filled with the Love and Joy of God. Often Bhaktas are great musicians and story tellers, who infuse their audiences with their own heightened inspiration. Many are also great scholars – Jnanis. The Baal Shem Tov, founder of Chasidism, was a Bhakta. Saint Francis of Assisi was both a Bhakta and a Karma Yogi at the same time.

JNANA – Pronounced like the South American region, Guiana. The Yoga of Intellectual Reasoning and Discrimination, ferreting-out the Reality and Meaning behind the illusions and delusions of life. The way of the Scholar and Philosopher. Plato’s parable of the Cave, in which the too-bright world of Reality is contrasted with the world of shadows which most men take for reality, is pure Jnana Yoga and Vedanta.

RAJA – “Royal” Yoga. Most traditions equate Raja Yoga with Ashtanga (8-limbed) Yoga – **Yamas** (non-injury, truthfulness, non-stealing, personal continence, non-possessiveness), **Niyamas** (cleanliness, contentment, self-discipline, scriptural study, surrender to God), **Asana** (postures or attitudes), **Pranayama** (control of the Life-force through breath), **Pratyahara** (restraining of the senses), **Dharana** (concentration), **Dyhana** (meditation), & **Samadhi** (complete spiritual absorption).

Some schools say that Raja Yoga is the combining of the 5 paths – Hatha, Mantra, Karma, Bhakti & Jnana. Similar, but not as precise as the Ashtanga definition.

And then there are the people who say that Raja Yoga means Meditation – in other words, Mantra Yoga! When talking with another Yogi, it’s a good idea to define your terms. Otherwise, you might be talking at cross-purposes.

Yoga is the experience of Union. It begins with harmonizing your body, mind and spirit – and we have many practices for achieving this. You will discover that tranquility of breath leads to tranquility of mind. Ultimate Yoga is a feeling of relationship with all living things, and with the entire universe.

Important Note: There are those – both Hindus and Christians – who sincerely believe that Yoga is Hinduism. Their feelings deserve respect. It’s a complicated issue, as the OM is not only the symbol of Yoga but also the religious symbol of Hinduism itself. But I was trained by Vaishnavite Hindus from India, such as Swami Satchidananda and Sant Keshavadas, who taught the universality of all human experience because we all come from the same source. In their understanding, Yoga is Hinduism’s great gift to the entire world. But it is a universal gift that can be used, and taught, by everyone – regardless of our religion. See my website for more essays on this subject.

THE MORALITY OF YOGA – THE YAMAS AND NIYAMAS

Many people go to their first Yoga class to get limbered-up or de-stressed, or to ease aches and pains. But they soon discover that Yoga is an entire way of life, consisting of practices that help us to achieve Balance on all levels – personally within ourselves, and socially with others.

The ancient culture of India evolved guidelines for living – 10 **YAMAS**, or vices which we restrain ourselves from committing, and 10 **NIYAMAS**, or virtuous qualities which we wish to encourage. Sage Patanjali, however, lists only 5 of each in his famous *Yoga Sutras* – and these 10 Yamas and Niyamas have come to be known as “The Hindu Ten Commandments.”

THE YAMAS:

AHIMSA – NON-INJURY – whether by thought, word or deed. (Think Gandhi.) In Yoga class, Ahimsa means respecting and listening to your body. “First, do no harm.”

SATYA – NON-LYING, or Truthfulness. (Again, think Gandhi. We must tell people the truth in a *loving* way that does not hurt them – otherwise, we will violate Ahimsa!)

ASTEYA – NON-COVETING; “Thou shalt not steal.” (This includes taking credit for others’ efforts and indulging in harmful gossip, which robs people of their reputations.)

BRAHMACHARYA – NON-SENSUALITY, or Sexual Regulation. (If we have taken religious vows, this means abstinence. Otherwise, we are allowed to enjoy the pleasures of life with our appropriate partner. But we must maintain respect for others, and control over our personal fantasies. We must never impose ourselves where it would be unwelcome or inappropriate.)

APARIGRAHA – NON-CONSUMING, “Not filling your dwelling.” As children of the Universe, we may share resources that are necessary to our health and well-being. But too many people *over-consume*, out of greed or laziness, resources that could be shared with the rest of our world community. A Yogi does not do this.

THE NIYAMAS:

SAUCHA – PURITY, both of Mind and of Motives. (Mental and Physical “Cleanliness.”)

SANTOSHA – SEAMLESSNESS, or Serenity and Contentment in all situations. Keeping your Balance.

TAPAS – DISCIPLINE, or Austerities to burn away laziness. In Yoga class, this might mean practicing difficult Asanas; or it might mean focusing and directing our Mind.

SVADHYAYA – “SELF” STUDY – the best method of which, is the study of Scripture. Whatever our culture or religion, we should study the examples of the best people we have on record – and evaluate our own progress by their examples!

ISHVARA PRANIDHANA – BECOMING ONE WITH OUR MOST DIVINE IDEAL.

The other 10 Yamas and Niyamas support these. They are Patience, Steadfastness, Compassion, Honesty, Moderate Appetite, Giving, Faith, Remorse for Past Mistakes, Sacred Vows, and Recitation of Mantras.

A WORD ABOUT ATTITUDE AND PERFUME

ATTITUDE – It takes some maturity to be a good Yoga student. It takes a mind which is willing to listen openly to correction, instruction and suggestions.

A yoga teacher is a sort of therapist. He or she helps you to recognize your negative habits - both mental and physical. Sometimes I may alert you to things your body is doing, that you have never noticed before. After all, how can you learn to *relax* if you are holding tension someplace? It's my job to point out where those places are, and to help you in making the necessary adjustments.

Be generous about this process - because the rest of the class can benefit from watching what I do with you. You're not the only one; many of them are doing similar things, so I am using you as a "demonstrator model" for all of us. Always remember that I am not correcting you – I'm only correcting your Yoga pose!

The famous Yoga teacher B.K.S. Iyengar says, "There are no rules in Yoga, only Principles." This means that we must learn which way the joints move, and how to place our limbs for maximum benefit and to eliminate strain and ensure safety. These are the Principles. It is to help you with these that I make my suggestions.

But as far as *rules* go, no two bodies in the world are identical, and you must learn by experience what is good for your body. Stay in the pose only as long as you are comfortable. Be slow and moderate in your movements – and remember that the most important component of any Yoga pose, is breathing. It's perfectly okay to feel a stretch, but it is not okay to feel pain. If you start to feel discomfort, pressure or pinching, just release and come slowly out of the position. The length of time that your *Asana* is comfortable will vary from day to day - so don't compete with yourself. Learn to accept the way it is, right here and right now. When your body signals you, "enough," – **believe it!**

I am aware that "touching" is a problem for many people. This is perfectly understandable due to certain circumstances; and if being touched or singled-out is uncomfortable for you, please let me know. I want you to feel safe within the Yoga environment.

PERFUME OR COLOGNE – **Just don't use any.** This is a matter of courtesy and thoughtfulness, and you should follow this advice when taking *any* group exercise class. Many of our students suffer from asthma, and are allergic to scents of all sorts. If you sit next to one while wearing perfume, she won't be able to breathe.

If you are attached to your trademark scent, please carry it in your purse and apply it in the restroom after class is over. If you receive one of those new "Aroma Mats" for your birthday, keep it at home and enjoy it there. We will all be grateful.

DIAPHRAGMATIC BREATHING

Nature intended mammals to breathe from the diaphragm, the strong tray-like muscle which lies underneath the lungs and heart and on top of the stomach. If you observe dogs and cats lying on their side, you'll see the tummy going up and down as they breathe. If you observe human beings - also mammals - sleeping on their backs, again you'll see the tummy rising and falling. We breathe not so much in the chest (unless there's a serious medical problem present), but in the belly!

Another time we breathe in the chest, is when we're under Stress - and this is why it is important for us to learn this. Chest breathing does not oxygenate the blood stream and brain properly, and it only makes matters worse, resulting in Anxiety and Panic attacks. If we want to stay calm and able to think clearly, we have to "mimic" the way we breathe when we're relaxed - in other words, in the diaphragm and not in the chest.

The Heimlich maneuver uses the diaphragm. Pushing IN on the abdomen makes you EXHALE - like getting punched in the stomach. In order to inhale, the abdomen softens and expands, like a balloon.

A good way to practice this (and at first you'll only be able to do it when you're calm and under control), is to lie on your back and place a 5-pound soft weight on your abdomen - above the navel, below the ribcage. This will get you in touch with the feeling of breathing - how the diaphragm has to push the weight up in order to breathe in, and how to slowly lower the weight on the exhale so as not to lose all the air at once.

Another position, favored by some people, is to lie comfortably on your stomach and feel your Back muscles expanding and relaxing as you breathe. You'll feel this on both sides of your spine, right above the hip bones, where your kidneys are located. This part of your back will expand like a bellows when you breathe in, and will soften and relax when you breathe out.

Practicing both these techniques will make you very familiar with how the diaphragm works, and after a while it will be easy for you to tell whether you're breathing properly. Then you'll be able to breathe this way in any position. If you do this consciously when you're sitting in the dentist's office, or before taking a test or going in for a job interview, you will be amazed at how calm you remain and how much better everything goes.

And then you'll be ready for the final test - remembering to breathe properly in a crisis, with no fore-warning. You will be able to do this, given enough practice. A part of your brain will simply remember it, like a survival instinct, even while the rest of your brain is trying to cope with the stressful onslaught of unwelcome information. You will be aware that in order to remain functional and get through this, you must control your breathing and keep from going into panic. And, you *will!*

It's also important to practice this breathing if you have Asthma. It will help you to increase your Vital Capacity, and - over time - to breathe more easily and have fewer attacks.

ALTERNATE NOSTRIL or SUN & MOON BREATHING (*Nadi Shodhanam*)

Alternate Nostril Breathing balances the left side, or Moon energy, and the right side, or Sun energy, in your body. (*Nadi* is a Sanskrit word for the nerves in the astral body, through which this energy flows.) It is very effective in getting rid of headaches, and is the best breathing technique possible for calming yourself in times of stress and anxiety.

You can also use *Nadi Shodhanam* to reduce cravings. If you're trying to keep from eating that donut or having that cigarette, try sitting down and concentrating on Alternate Nostril Breathing for five minutes or more. You may find that the craving lessens, and that your body gets enough satisfaction from the exercise alone.

This technique is also an excellent way to prepare for Meditation. If you find it hard to meditate because you're going 90 miles an hour and can't slow down, *Nadi Shodhanam* may be just what you need. Five minutes of doing this before starting your mantra, will make all the difference in the world.

This technique is easier to learn if you have mastered Diaphragmatic Breathing first. The breath doesn't have to be huge, but it should be comfortably efficient.

Sun & Moon Breathing is done with one hand only, usually the right. Your thumb closes-off the right nostril. The left nostril is closed - later - with another finger of the same hand - usually the ring finger, but we won't get picky. The point is, you needn't switch hands when you switch nostrils. It could distract you.

To stabilize your hand, you may rest your index and middle fingers on your forehead or between your eyebrows.

Traditionally, there are many different patterns that are used in Alternate Nostril Breathing. Some can be quite complicated. But this is the most commonly taught method, and has excellent results. To keep it as simple as possible:

1. Close your Right nostril with your thumb.
2. Breathe all the way Out through your open Left nostril.
3. Breathe all the way In again through the open Left nostril.
4. Close your Left nostril with your ring finger. Open the Right nostril.
5. Breathe all the way Out through your open Right nostril.
6. Breathe all the way In again through your open Right nostril.
7. Go back to Step 1.

Remember: The first thing you do after opening the new nostril, is breathe OUT. Then you breathe IN again, on the same side. Then switch.

GENTLE YOGA CLASS ROUTINE – 1 HR, 30-40 MINS.

(It's better not to have eaten for 2 hours or so. Use common sense where medical conditions are present.)

LYING ON FLOOR – “THE ETERNAL OM” – MINDFULNESS

DEEP BREATHING – STRETCHING, ROLLING AROUND

(PARTNER WORK: HEAD-HOLDING TO EASE HEADACHES AND NECK PAIN)

SITTING – RUB HANDS TOGETHER, MASSAGE EACH LEG IN TURN

SINGLE LEG & ARM STRETCHES, DIAGONAL BENDS (*Janu Shirasana*)

DOUBLE LEG & ARM STRETCH, FORWARD BEND (*Paschimotanasana*)

LIE DOWN, REST. THEN SPINAL TWIST ON FLOOR

BRIDGE/WHEEL (*Sethu Bandhasana, Chakrasana*)

REST ON BACK (*Shavasana*). PLOW (*Halasana*)

FISH (*Matsyasana*) and SUPPORTED FISH

SITTING SPINAL TWIST (*Matsyendrasana*)

ON STOMACH – SPHINX, COBRA, BOW (*Bhujangasana, Dhanurasana*)

REST IN CHILD’S POSE (*Balasana*)

THE LION (*Simhasana*)

SITTING – LOOSENING & MASSAGING NECK AND SHOULDERS

STANDING; SUN SALUTATIONS (*Surya Namaskar*). CHEST EXPANSION (*Konasana*)

TRIANGLES (*Trikonasana*), SIDE STRETCH POSE (*Utthita Parsvakonasana*)

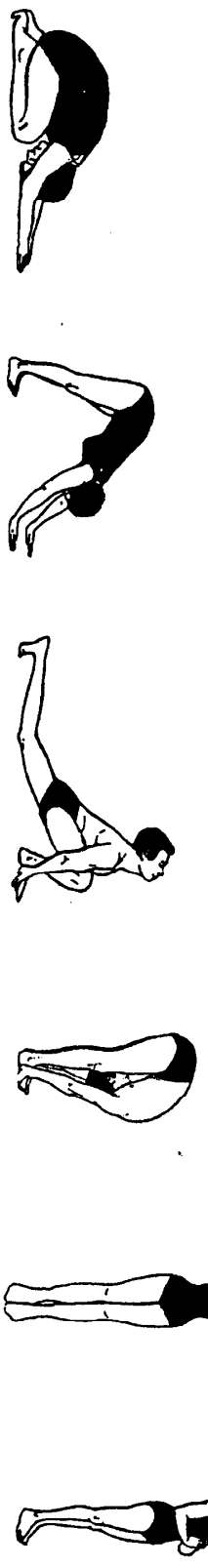
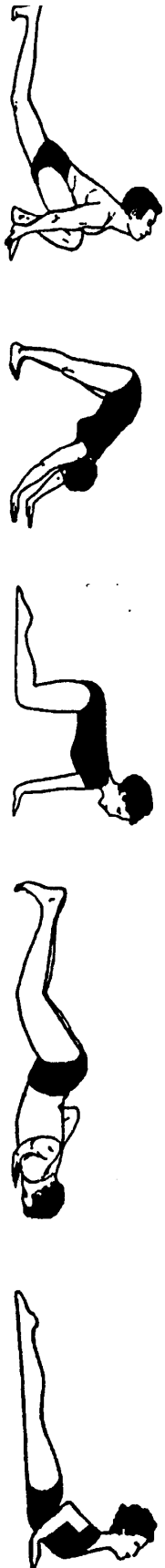
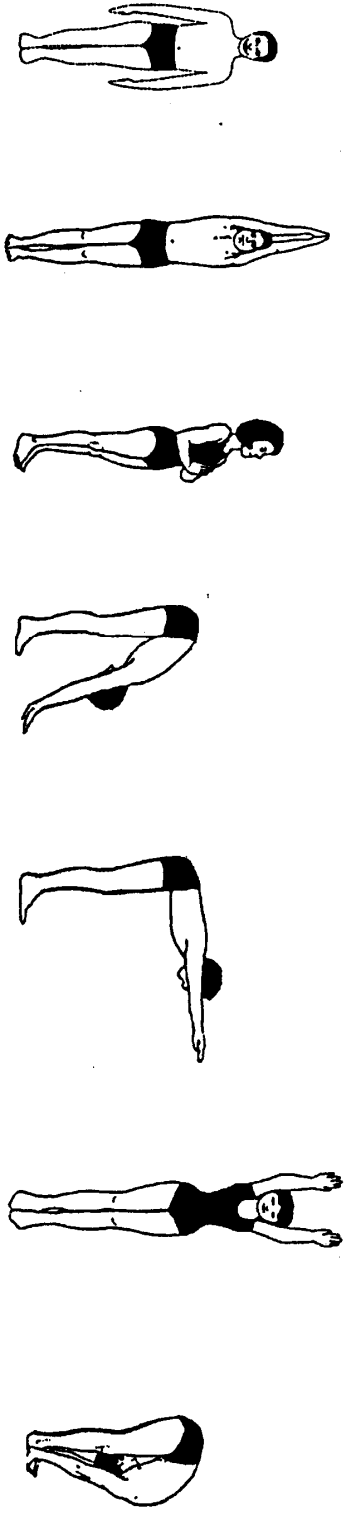
REST ON BACK (*Shavasana*) – RELAXATION TO ROUND-OUT THE SESSION

We rest on our backs between each sequence. During these periods, you can practice ALTERNATE NOSTRIL (SUN & MOON) Breathing, or PALMING for your eyes.

Other Vital Techniques: LIVER MASSAGE and BREATH OF FIRE.

Taken from these books:

The Complete System of Self-Healing Internal Exercises by Dr. Stephen T. Chang;
Meditation as Medicine by Dharma Singh Khalsa, M.D. and Cameron Stauth.



02/97 [Narāyaṇi]

sun salutation (surya namaskar)

ted's gentle yoga

HEALTH PROFILE – INFORMED CONSENT

It is important that you fill out this form completely. You cannot be compelled to divulge this information, but we request it for your own safety and benefit. I may be able to help you in relieving certain conditions – but only if you *tell* me about them! At least, I don't want to make anything worse.

YOUR NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 HOME PHONE: _____ WORK: _____ E-MAIL: _____
 YOUR AGE: _____ TODAY'S DATE: _____
 LOCATION, MEETING TIME OF THIS CLASS: _____

Note: The health information obtained below and while you are a participant in Gentle Yoga will be treated as privileged and confidential, and will be maintained by Ted's Gentle Yoga. It will not be released without your written consent.

YES NO (If YES, please give details on the back of this page.)

___ ___ Are you Hard of Hearing?
 ___ ___ Do you have a Heart condition? Please give details.
 ___ ___ Do you have a Lung (Breathing) condition? How bad?
 ___ ___ High Blood Pressure? If taking Medication, indicate on back.
 ___ ___ Pain/Discomfort in your Back? What part? Hips? Scoliosis, etc.?
 ___ ___ What about your Neck/Shoulders? Please indicate any Spinal surgeries.
 ___ ___ Do you have a Knee problem? Please circle Left or Right.
 ___ ___ Please circle Arthritis, Fibromyalgia, Lupus, M.S., Immune disorders.
 ___ ___ Please circle Pregnant or Post-partum. How many months?
 ___ ___ Please circle Detached or Torn Retinas, Glaucoma, Scleral Buckles.
 ___ ___ Please circle Hiatus Hernia, Ulcer.

Some yoga postures are not safe for certain medical conditions. Please indicate *anything else* that might impede your functioning – such as Carpal Tunnel Syndrome, T.M.J., Incontinence, Sinus problems or Migraines, Brain or Learning Disorders, Muscular Dystrophy, Diabetes, etc. Also, many **medications** can impair your balance or ability to concentrate. These will not bar you from taking class, but I would like to know about them. **WRITE ON THE BACK OF THIS PAGE IF NECESSARY.** (Mental and Emotional conditions are medical, too.)

Inherent in any exercise program is the risk of injury. You will be instructed on how to use safe techniques to avoid this happening, and it is important that you learn these techniques and incorporate them into your practice. Since many individuals are unaware of the state of their health, it is recommended that you consult with your physician before engaging in any physical education courses.

I understand the importance of having a physical exam prior to participating in this program, and I have elected TO/NOT TO (please circle one) have an exam.

I acknowledge my understanding of the risks connected with physical exercise programs, and I agree to assume full responsibility for any injuries sustained by me in the course of this training, at whatever facility I may be enrolled.

Signature of Participant: _____

DISCLAIMER AND PERMISSION FOR USING YOUR E-MAIL ADDRESS

There has been some confusion among students as to the purpose of giving me their e-mail addresses. Initially, of course, it is so I can contact them if there is a scheduling or room change during the semester.

However, since many of my students become friends – or at least long-time participators in my classes over the years - most of them appreciate receiving bulletins and articles from me after the semester is over. I love to write essays on Yoga Philosophy, and I also like to advertise upcoming classes that I think you would enjoy – not just my own, but friends’ classes, too. But some of my college students have thought I was a full-time employee of the College, and that it was inappropriate for me to advertise classes that I teach at other places, or to solicit business for products offered through my website.

Allow me to explain, therefore, that I am not a full-time employee of any College or Community Center. I am, like most Adjunct Faculty members, a private contractor with my own business, in this case called *Ted’s Gentle Yoga*.

Therefore, this is your opportunity to tell me whether *Ted’s Gentle Yoga* may use your e-mail address outside of this school semester or Community Center class.

I don’t appreciate unsolicited e-mails any more than you do, and I will understand if you choose to say “no.”

My name is: _____

My E-mail address _____ (please print clearly)

Yes, you may continue to communicate with me after class. _____

No, please limit contacts to this class only. _____

Today’s date (month, day and year): _____

By the way – if you are solicited by someone from whom you took a class, and you don’t wish to be, just “Reply” to the unwanted e-mail, deleting the words in the “Subject” box and replacing them with “REMOVE.” That person or business should comply with your request.

Thank you for your understanding and cooperation. May we all support each other in being prosperous, healthy and happy.

Namaste,

Ted Zucker

Ted’s Gentle Yoga