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Clayton Yoga Teacher Training Manual

Yoga Alliance 200 Hour Certified



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I do not think the selfishness is wrong. Loving oneself is crucial. It seems that when people talk of compassion, they have the notion that it entails a sacrificing of one's interests. This is not the case. In fact genuine love should first be directed at oneself

-The Dalai Lama-

“Yoga is strong medicine, but it is slow
medicine” Julie Deardoff



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Clayton Yoga™

Yoga is a 5,000-year-old practice that reintegrates the mind, breath and body, providing each practitioner with a practice of recognizing one's true nature: wholeness.

Transforming our sleeping dragons of limitation, fear, and inadequacy through the practice of loving and witnessing our whole self brings us to a place where we stay open to the present. Each Clayton Yoga asana class challenges the student to witness their inner dialogue, create equanimity and move the body into anatomically challenging and safe vinyasa sequences bringing us to our full potential and creative possibilities.

Michelle Maue

Received her Masters in Social Work at SIUE in 2001. She designed a corporate yoga program and has taught to over 100 students at A G Edwards Headquarters, in downtown St. Louis. She also began a yoga studio in Clayton, Missouri and is currently leading a yoga alliance registered teacher training for 200 hours. Her teachers include Dana Nellen, John Friend, Baron Baptiste, Tias Little, Seane Corn, Jonny and Bryan Kest. Her inspiration comes from following the rapture of her soul while watching her students remember and embrace their sacred path.



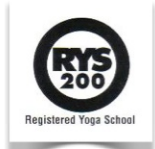
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CLAYTON YOGA VINYASA STYLE

One of the most fundamental tools to great yoga and a healthy body is the yogic breath. Our body is built on a network of wiring called the central nervous system. This system is made of a balance between two important and different functions called the sympathetic and parasympathetic. The sympathetic is like an alarm clock inside our body, helping us to get up and go while the parasympathetic is our resting state where we allow our body to repair. A good example of the sympathetic system is when we mobilize our energy to quickly complete a project or drive to get somewhere. When we wish to let go of our day, soothe our energies, we are igniting the parasympathetic....

Vinyasa yoga a style of yoga that works with the breath continuously. Each movement begins first with the breath and turning inward. Then we can begin to let go of the attachment we have in yoga and life. When we breath, we are sending loving kindness to ourself and the world. Yoga deep breathing is easy, what becomes challenging is the continuity of breath throughout class. When you wander away or become distracted, come back to the breath and remember to keep practicing.

In Vinyasa yoga, it is generally believed that injury occurs because our mind has gone someplace else. With the mindful breathing, we will be able to detect what it is we need in every pose. The journey of yoga is one of empowerment and learning to trust in yourself. The breath is the edge detector letting you know if you have gone too far and need to honor the first sign of resistance. Utilize the breath as the edge detector and remember when you make a mistake or push too hard, begin again and always be gentle. Yoga postures promote



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healing and stimulate circulation in the body. When we feel sensation or reactivity in the body and stay with the breath, we learn to remain, neutral, calm and empowered. It is then that we are able, right in the middle of our stressors of a busy workday, to pause and remember all that we are: our whole, good, creative, appreciative, vital and wise. Breathing also provides us with sanctuary, a stillpoint or place where we may cultivate greater perspective, increase our energy, and garner the courage to go past the daily drama, or crisis, and retrieve our sacred center.



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Clayton Yoga Teacher Training

Each student by the end of the training:

- Will be able to practice the Primary Series for Ashtanga.
- Understand the three main bhandas, dristi, and eight limbs of yoga.
- Demonstrate clear and simple directions in their yoga classes.
- Will be able to safely sequence a 60 minute Vinyasa Flow class.
- Able to confidently adjust students one to one.
- Able to develop a theme and maintain that focus throughout the class.
- Develop a broad understanding of anatomy and alignment.
- Can recite all eight limbs of the practice.
- Understand how to safely move students to their edge particularly in backbends and inversions.
- Proficiency in Sanskrit.
- Creating an atmosphere of trust by encouraging students to honor their body.
- Create and maintain a regular personal practice of yoga and meditation.
- Always remembering to honor the higher power as the source of inspiration, movement and protection.



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Yogas-citta-vritti-nirodhah

~Patanjali, the Yoga Sutras, Book 1, Sutra 2

Yoga is defined as the “cessation of the fluctuations of the mind.”

It is said that when the vrittis are removed, all that is left is joy and love. In practical terms then, what are the vrittis? They are any impurities-anger, fear, passion-anything that takes us away from the realization of Self, the inner being that dwells with equanimity inside us. The Buddha breaks these impurities down into 2 categories: craving and aversion. When we experience some pleasure, we wish it to happen again and we develop craving. When we experience pain or something distasteful, we try to avoid any recurrence of the event, and aversion sets in.

How does yoga assist us to rid ourselves of the vrittis? Through the use of posture and breath, yoga creates awareness and balance-a kind of witness consciousness through which we can disengage from our identification with our feelings. This creates space through which the impurities dissolve. It is this equanimity that is the basis of wellness-both of the mind and the body, which are inseparable from each other. From the platform of an equanimous mind, we are able to relinquish our attachment to what we crave and have aversion to. From the inner calm created by our awareness of breath and body, we are able to accept the fundamental law of existence: annicha, or impermanence.



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BREATHE How much can you feel your breath right now? Focusing on your breathing is an essential practice that draws your awareness inward and helps you experience the presence and flow of energy. Take a few slow, deep breaths and notice how each one moves through you.

How much do your lungs and belly expand on the inhalation and soften on the exhalation?

As you become absorbed in your breathing, you'll be more aware of the sensations surrounding the rising and falling of your belly. You'll notice the sensation of breath moving through your lungs and trachea.

As you deepen your focus, you'll notice the flow of air moving through the sinus cavities in your head. You'll feel the breath moving through your nostrils. You may even notice that one nostril is more open than the other.

In your own time, shift your concentration from controlling your breath to simply watching your body breathe. Is the sensation of the breath predominant in one area-the belly, the throat, the nostrils?

Rest your awareness on one particular area of the breath, and when you notice your mind wandering, bring it back again and again to the direct experience of your body breathing in this moment.

RELAX How much more can you relax right now? Relax the muscles of your face.

Relax your lips and tongue. Relax your throat and neck. Relax your shoulders and arms, elbows and palms. Relax your belly and lower back. Relax your hips, knees, ankles.

Relax the soles of your feet.

The more you relax, the more you deepen awareness of sensation. As you release your awareness into your body, observe who you are as a being of energy.

FEEL How much more can you feel right now? Feel the points of contact between your body



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and your cushion or chair. Feel the vibration of the sounds around you. Feel the texture and temperature of the air touching your skin.

As you focus on feeling, you may find areas of tension, stagnation, or congestion. You may encounter surprisingly strong new sensations. See if you can soften around those areas.

Let your sense of feeling move beyond physical sensation. Feel your heart and the state of your emotional body. Sense the general feeling tone of your body and the quality of presence.

Acknowledge who you are as a being of energy.

WATCH What are you noticing right now? As you breathe, relax, and feel, invoke a quality of spacious awareness. Sense who you are as a witness; be a scientist observing phenomena arising in and around you. Notice the rational mind that serves to compare, judge, and seek understanding, and in your own way notice the quality of awareness beyond the rational mind.

ALLOW How much more can you allow your experience to be exactly what it is? What would happen if you added nothing to this moment and renounced the need to change anything? Awareness has been described as a vast, spacious sky. Feelings, thoughts, and sensations constantly change form and shape like weather patterns passing through. Sense who you are with no preferences. Be present to the process of your life unfolding moment by moment.



Yoga Breathing

Mindful Breathing brings you into this precious moment. Practice this as often as possible. Some yogis believe we are allotted a certain number of breaths per lifetime. Many stress-related diseases are due to lack of breath. It's so simple, breathing is the first thing we do when we are born and the last thing we do before we leave our bodies. Mindful breathing is the foundation of all action.

Benefits:

- Strengthens your respiratory system and reduces stress (anxiety and fear)
- Energizes and facilitates greater alertness to your body and mind
- Speeds healing on emotional and physical levels
- Teaches you how to let go, or better yet as Paul McCartney says, "let it be".

a. Observing the Breath

Gently relax the soles of your feet into the floor. Soften your buttocks and notice equal weight on both sits bones. Float your lower ribs away from your hips using your back muscles, lift your chest and slide your shoulders down your back to relax your shoulders. Soften the muscles of your face, even the spaces under your cheeks. Breathe naturally through your nose relaxing your lips and tongue. Please listen to the rhythm of your breath allowing it to sing to your inner body sweet songs of peace.

b. Counting the Breath

Anchoring your feet in to the floor sit very tall. Soften the hollows of your throat and mouth, relax all your face muscles, even the spaces under your cheeks. Gently close your eyes and begin breathing long and deep. Relax your lips and tongue.

Explore the natural rhythms of your breath by allowing your inhales to be the same length as your exhales. Perhaps start at a three count, inhaling three counts and exhaling three counts. If that's too easy, try a four or five count. Remember your count will change over time and practice. Do not strain your breath or body while counting your breath, especially your muscles around your eyes and forehead. Try at least ten rounds of counting



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your breath (you can keep count of each round with your fingers.)



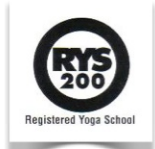
Breathing Script

Lets begin our journey into our selves.

As we begin this journey, relax and fit into your body, close your eyes and find your breath. As you become aware of your own breath, relax and become aware of the rhythmic passage of your breath as you inhale and exhale. On your next inhalation relax and fill the stomach with your breath and let the breath rise up and fill the ribs and rise into the chest. As we exhale take time to feel the unique passage of our breath.

No two breaths are identical. On your second inhalation, become more aware of the length and the sound of your breath, this is your breath. As you exhale, relax and breath, feel your breath and beome aware that with each inhalation and exhalation you are experiencing the depth's of your inner being through your breath,that only you can experience.

On your next breath, listen and connect with the sound of the inhalation and exhalation and let go. As your mind travels to other thoughts, acknowledge them and simply



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return to your breath. Think of your breath, the inhalation and exhalation, your inhalation as the ocean waters come in and return out, your breath, your passage, your connection, your own unique flow.

On the second inhalation become more aware of the count from one to four beginning at the belly, 1-2-3, moving through the rib cage 4-5-6 and pause and with a count of 1-2-3 from the belly, 4-5-6 from the rib cage and 7-8-9 as the chest drops. Feel your breath and become aware that with each inhalation and exhalation you are experiencing the depth's of your inner being through your breath.

As you continue with your count and passage of your breath begin to let the breath passing through the nose resonate on the back of the throat and the sound will mirror the sound of the ocean, continue with your breath and the sound of your breath as you relax further into your mat. Remembering that this is your unique breathe and that you are unique and special.

You will have thoughts that will come into the mind, while you are relaxing and breathing, so let them come in and let them float out, like a cloud and go back to your breath, stay engaged with your breath and feel the power



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and serenity of your breath. This is your passage. your journey, relax and embrace this time. This is your special time to relax and breathe and connect with the spirit of your breath. Remember that(your passage or...)



Val Weaver

10 Minute Breathing Exercise

2min

Let's all start by taking one big exhale and getting rid of all the "old air" in the lungs before we start our breathing exercise.

4 count inhale and 4 count exhale through the nose. Clear your mind and focus on this moment. Try not to think about what's going to happen next or what you are going to be doing an hour from now. Give yourself this gift of meditation and relaxation. Our breath is so powerful and is an unconscious as well as a conscious activity of our body. Take this time to focus on your deep breathing, to reduce your stress levels, regulate your blood flow and heart rate, as well as clear your mind.

2min

1, 2, feel the belly expand as your breathing into the diaphragm

3,4 breath into the ribcage and feel it expand

Hold

1,2, releasing the breath, feel the belly fall back down toward the spine

3,4 let the ribcage come back together as the breath leaves your body

2min

Cultivating our Ujaji breathing with a slight constriction on the back of the throat so that the breath is audible to yourself, your neighbors, and me. (Darth Vader) Let your breath be my music. On the inhale, the breath is a (ssss) sound, on the exhale the breath is a (hhhh) sound.

2min

With each inhale feel the belly expand using the diaphragmatic breath, and with each exhale feel the belly coming back down against the spine.

Bring the left hand over the heart and the right hand over the belly. On each inhale let the fingers spread apart as your belly expands and the air fills deep into the lungs.

On each exhale let the fingers come back together as the belly drops back down towards the spine expelling the breath from the lungs.

1,2,3 feel the belly rise

4,5,6 breathing into the ribcage

7,8,9 feel the air come in and expand the chest

HOLD

1,2,3 exhale through the belly

4,5,6 then the ribcage

7,8,9 let the chest come back down

2min (on your own)

Make the breath consistent, so that each breath you take in, you are ridding your lungs of the same amount of air on the exhale, releasing toxins that lie deep in the lungs your exhale. (Lung capacity)



Deep Breathing-the Truly Essential Exercise

by Dr. Marcelle Pick

Can you guess the health habit my patients find the hardest to follow? It's regular exercise. Despite their best intentions, most of my patients allow exercise to fall by the wayside when life gets busy or stressful — which is all the time, right? But there is a way to begin or renew your commitment to physical fitness, something that should come easily to every woman because you have to do it anyway.

The secret is simply to breathe...deeply and often. Whether you are currently exercising or not, think about how your routine could be enriched by paying more attention to your breath. Mindful exercise that synchronizes movement and breath has the power to change more than how you look. In a 2005 review and analysis of several studies, Richard Brown, MD and Patricia Gerbarg, MD reported that yogic deep-breathing techniques were extremely effective in handling depression, anxiety, and stress-related disorders. These techniques can serve as an excellent adjunct to conventional medical treatment — or in some cases as a suitable substitute — in treating myriad psychological disorders, as well as eating disorders and obesity.

I have noticed that a surprising number of my patients show irregularly high levels of carbon dioxide in their blood. Interestingly, the carbon dioxide level is often abnormal when all the others tests of the blood are fine. In fact, I probably see more abnormal tests for carbon dioxide than for standard glucose, kidney or liver tests.

While this is not life threatening, it does tell me that my patient is not inhaling enough oxygen or exhaling enough carbon dioxide, which can have consequences such as fatigue, mental fog and decreased tissue function. I often note “needs to breathe” on a patient’s chart. Not the shallow chest breathing many of us default into, but deep, meaningful breaths, or “belly breathing.” So let’s discuss why and how you should learn to breathe for your health.



Breathing for health

At Women to Women, many patients come through our doors knowing that diet and exercise form the cornerstone of good health. They want to “be better” about going to the gym but just can’t seem to stick with their exercise plan for more than a month or two. Most of my patients find it much easier to change their diet than their physical activity levels because they have to find time to eat — not so with exercise.

One of the reasons aerobic exercise is good for you (and is so good at clearing away mental cobwebs) is that it ups your heart rate and forces your lungs to take in more oxygen while expelling more carbon dioxide. This gives your heart a good workout — it is a muscle after all — and pumps a quick jolt of oxygen through your cells, even those that may have been operating at reduced capacity.

Shallow breathing (or chest breathing) causes a constriction of the chest and lung tissue over time, decreasing oxygen flow and delivery to your tissues. Deep, rhythmic breathing expands the diaphragm muscle, the cone-shaped muscle under your lungs, expanding the lung’s air pockets, invoking the relaxation response, and massaging the lymphatic system.

Stimulating the lymphatic system

Breathing serves as [the pump for the lymphatic system](#), just as the heart serves the circulatory system. Your cells must have oxygen to survive moment to moment. To thrive, they rely on a complex exchange between the circulatory system and the lymphatic system. Blood flow carries nutrients and ample amounts of oxygen into the capillaries, while a healthy lymphatic system carries away destructive toxins. Proper breathing is the moderator of this exchange. We don’t often think about our lymph nodes unless we hear about someone with cancer, which is surprising, because we have twice as much lymphatic fluid as blood in our bodies.

So what is the lymphatic system? It could be likened to the body’s sewer system. Lymph vessels form a drainage system throughout the body. Our cells swim in an



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ocean of lymphatic fluid that carries away the detritus of our immune system, including dead white blood cells, unused plasma protein and toxins.

It works like this: blood is pumped around the body by the heart, transporting nutrients and oxygen to the cells. Once the cells have absorbed what they need, they excrete debris and toxins, which then get flushed and deactivated by lymphatic fluid.

The lymph fluid then drains into the circulatory system through two ducts at the base of your neck (the thoracic duct), and becomes part of the blood and plasma that pass through the kidneys and liver. But unlike your circulatory system, your lymph system does not have a built-in pump. It relies on the act of breathing and bodily movement to move all that waste fluid around.

The consequence of a sluggish lymphatic system is that you cannot detoxify properly. And if you aren't breathing deeply or moving regularly, chances are your lymph fluid is not flowing as well as it could. As you can well imagine, this can lead to health concerns over time, including weight gain, muscle loss, high blood pressure, fatigue, and inflammation.

But the great news is that you can improve your lymph system cleansing by learning to practice deep breathing. The expansion and contraction of the diaphragm actually stimulates your lymphatic system and massages your internal organs, helping the body rid itself of toxins, and leaving more room in the cells for an optimal exchange of oxygen.

And while you are helping your body to clean house, you'll also be fighting stress. Breathing exercises and the relaxation response. Deep breathing is the fastest way to trigger your parasympathetic nervous system, through what some practitioners call the relaxation response. Further review and analysis of research by Drs. Brown and Gerbarg resulted in the development of a new neuropsychological theory for how yogic breathing may affect the stress response system and calm the mind and body. Their recent article in *Current Psychiatry* shows how trained deep breathing can relieve trauma symptoms.



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The sympathetic nervous system, which is stimulated in times of stress and anxiety, controls your fight or flight response, including spikes in cortisol and

adrenaline that can be damaging when they persist too long. As many of you know, chronic stress depletes the body of nutrients and destabilizes brain and endocrine chemistry. Depression, muscle tension and pain, insulin sensitivity, GI issues, insomnia, and [adrenal fatigue](#) among scores of other conditions are all

related to an overworked sympathetic nervous system. What counteracts this mechanism? The parasympathetic nervous system.

Breath is the fastest medium by which these systems can communicate, flicking the switch from high alert to low in a matter of seconds.

When someone is frightened or stressed, they tend to hold their breath or take rapid, shallow breaths. The heart pounds and muscles clench as the adrenaline kicks in. (For more on this see our article on [anxiety](#)). When the stressor is resolved, they let out a deep breath, signaling the brain that everything is okay again. If deep breathing continues, the heart rate decreases, the lungs expand and the muscles relax. Equilibrium is restored.

Many Eastern cultures have long recognized the importance of breathing to cultivate a positive relationship between the body and the mind, one that results in a more tranquil state of being and a more resilient physiology. Yoga, [qi gong](#) and t'ai chi are such healthy practices in large part because they combine deep breathing and movement to support a steady central nervous response. This provides at least a partial clue as to why Asian women report fewer menopausal symptoms, including hot flashes. Several studies on women during the menopausal transition show that paced breathing and other relaxation techniques reduce both frequency and severity of hot flashes. This is noteworthy because there are no adverse effects to deep breathing!

And this is also important when you are trying to lose weight and burn fat. Weight loss and deep breathing — aerobic and anaerobic exercise
Deep breathing delivers many of the benefits of exercise, including facilitating weight loss. Though not a substitute for exercise, it's a great first step for women just beginning an exercise plan, and deep breathing enhances the benefits of any



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form of exercise. Let's look at how these effects take place and their relationship to weight loss.

One basic measure of fitness is cardiovascular capacity — how much oxygen our heart and lungs can deliver to our cells. When muscle cells spring into action, they must have energy to burn and the waste products of that metabolism removed. When our cardiovascular system can keep up with those demands, the exercise is said to be aerobic. When the demands of the exercise exceed our cardiovascular capacity, the exercise is anaerobic, and the metabolic steps

change, so the cells begin tapping energy stored in the form of glycogen. But once the accumulated toxins reach a certain point, the muscle can't keep working, and we "hit the wall."

Aerobic or low-demand exercise has many health benefits. But anaerobic exercise is especially good at raising the capacity of the cardiovascular system — hence the term, "no pain, no gain." The good news is that deep breathing also helps raise that capacity. Another virtue of aerobic exercise is that it burns fat for energy rather than using up the cells' energy supplies — an essential element in weight loss. We believe that deep breathing encourages the burning of fat even in low-demand activities. And don't forget — whenever you are stressed, your body tends to burn glycogen, not fat, and through triggering the relaxation response, deep breathing encourages your body to burn fat instead. So now that you know why breathing well is so important, let's look at ways to practice it!

Breathing — the truly essential exercise. What kind of breather are you — chest or belly, nose or mouth? Try this test: Place one hand on your chest and one hand on your abdomen. Take a normal breath while looking down. If the hand on your chest rises first, you tend to breathe in your chest. If the hand on your abdomen rises first, you are more of a belly breather.

To find out whether you are a nose or mouth-breather — if you don't already know — just ask a friend, your workout buddy, or sleeping partner. Chances are, they've noticed if you're a mouth-breather. Breathing through the nose is axiomatic to invoking the parasympathetic nervous system and the attendant



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relaxation response. But whichever form of breathing comes naturally to you, the following breathing exercises can teach you how to breathe more fully. They don't require a lot of time, but work best if you commit to practicing them for a few

minutes every day. Over time, you will find that you are breathing more deeply throughout the day, even when you exercise — the best of both worlds!

If you think you can't find time to practice deep breathing exercises regularly, take a deep resounding breath, then think again. The irony here is that women forget to breathe because they are so busy cataloguing what they need to do for everyone else, yet deep breathing is something you can do just about anywhere while doing just about anything — while washing up, grocery shopping, or

commuting to work, while listening to others, standing in the shower, or sitting in a meeting. If you must, post sticky-notes with the word "Breathe" around your house, your desktop or your steering wheel. Stoplights make a good mnemonic, too — fully exhaling and inhaling helps counteract road rage. The point is, breathing is something you simply must do — so make the most of it, and it in turn will serve you well.

Breathing techniques

Simple deep breathing

The most basic thing to remember is that your breath begins with a full exhalation (I know this seems counterintuitive, but it's true). You can't inhale fully until you empty your lungs completely. It is also important to breathe in through your nose. Now try this: Sit in a comfortable position with your hands on your knees. Relax your shoulders. On your next exhalation, breathe out slowly through your nose, counting to five. Tense your abdominal muscles, drawing in your diaphragm to help your lungs deflate. At the bottom of your breath, pause for two counts, then inhale slowly to the count of five. Expand your belly as you breathe in. Now close your eyes and repeat 5–10 times. Think of your diaphragm as the pump and your breath as the power.

If you find that your mind wanders during this exercise, don't worry. Just refocus on your counting. Some of my patients find it helpful to think of a happy color (like



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yellow) when they breathe in and a droopy color as they breathe out (like grey). As your awareness of your breath increases, you'll find that it becomes easier to breathe deeply without so much attention.

The Bellows, or Fire Breath

Many forms of yoga begin with breathing techniques, or pranayama. Prana means 'breath' or 'life force' in Sanskrit. The bellows breath is a yogic exercise that stimulates energy when you need it, toning the abdomen and massaging the internal organs and lymph system. Though not deep breathing, the bellows does activate the lungs, neck, chest and abdomen so that deeper breathing comes more naturally.

Again, sit in a comfortable position. With your mouth closed, breath in and out through your nose as fast as possible. Think of pumping up a balloon or water

toy. Try to breath in and out as equally as possible. Continue for 10–15 seconds, no more at first. As you become more accustomed to this technique you can increase the exercise to one full minute.

Three-part breathing

This yoga technique is very useful during times of stress, or at any time you need to relax. It is extremely relaxing and can be done before bed to assist with sleep issues. Again, sit comfortably and close your eyes. With your mouth closed, exhale deeply through your nose. Imagine that you are pouring the breath out of a jug, starting at the top of your chest and moving down through your mid-torso and into your diaphragm. Pause for two counts at the bottom of the breath, then inhale through your nose. Refill the "jug" slowly, counting to five (or seven if you can make it). Start at the bottom, expanding your diaphragm and belly, then your mid-torso, and lastly the top of your chest and lungs. Pause for two counts and exhale as before. Repeat 5–10 times.

Making time for yourself a priority

We have a saying at Women to Women: "Pay yourself first." So often, women make time for everyone else, rising to meet the demands of others before they



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nurture themselves. Learning how to breathe more fully and deeply is a very small but vital way to honor yourself and your miraculous life. In many cultures and religions, breath is life — a divine connection to a force that binds us all to the ebb and flow of nature.

By taking a few moments in your day to really pay attention to the inhalation and exhalation that supports your life, you will slowly and surely move toward a healthier and happier place. Remember, small changes add up to big improvements — and what better way to begin than breathing?

<http://www.womentowomen.com/fatigueandstress/deepbreathing.aspx>



Breathing Exercise

Sit cross-legged, comfortably on your mat.
close your eyes, place your hands on your knees, and touch
the tip of your thumb to the tip of your forefinger.

Inhale deeply, holding the breath in..and exhale, sigh the breath out.
Again inhale deeply and sign the breath out. Make a noise, make a
face. One more time...in and out.

Empty your mind and begin to concentrate on your breath.
Breathing normally and regularly, feel the breath coming into your
body and flowing out.

Hear its natural rhythm. Begin to concentrate on your belly.
Think of filling your belly with breath on each inhale.
Feel your belly expand and round out.

As you exhale, feel your waist collapse, your belly
button reachig in wards towards your spine.

Inhale into your belly, filling your lungs and expanding your chest.
Hold your breath in for a moment. Pause and feel the fullness of your
torso. Exhale slowly, releasing the breath, the waist, the chest.

Hold the breath out for a moment. Feel the emptiness of your torso.
Inhale again, filling your waist, chest, and lungs. Inhale into any area
of tension and as you exhale, feel that tension release, freeing you.

Use the breath to cleanse the body of toxins. Toxins are eliminated
through the breath, carbon dioxide being the greatest toxin. The
deeper and more completely we inhale and exhale, the more carbon
dioxide we expel from the body. Relax your entire body. Feel the day



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melt away. Agenda does not matter. Feel tension leaving your body on each exhale.

Inhale and exhale at your own pace. Feel the breath easing and softening the areas of tension. If your mind begins to wander, that is ok. You can greet each thought in your mind and then bring yourself back to the breath.

(Wait for a few minutes, allowing for a time of natural breathing and personal meditation. Remind students that if their mind wanders, to bring it back to the breath).

Inhales into the belly 1, 2, 3 and pause. Exhale from the belly first 1, 2, 3 feeling your waist soften and fall into your spine. Inhale 1, 2, 3...exhale 1, 2, 3. (Repeat two more times).

Now we are going to breath deeper. Inhale into the belly 1, 2, 3, pause. Inhale into the chest 4, 5, 6 and hold the breath in and exhale form the belly 1, 2, 3 and from the chest 4, 5, 6 feeling the ribcage fall. (Repeat two more times).

Inhale and Exhale, concentrating on the breath. Notice where you feel less tension, where you feel more relaxed. Notice what is different and what feels the same. You do not have to do anything about it, just notice it. Begin to think on what you would like your intention to be for your practice today. Feel that intention flow through you with your next inhale and feel any fear or resistance to fall away from you with your exhale. Open your eyes (Begin practice).



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Opening the Heart

Begin by sitting down in a comfortable position, closing your eyes. Sit with your back erect, without being strained or overarched.

Take a few deep breaths, relax your body. Feel your energy settle into your body, into the moment.

See if certain phrases emerge from your heart that express what you wish most deeply for yourself, not just for today, but in an enduring way. Phrases that are big enough and general enough that you can ultimately wish them for all of life, for all beings everywhere.

Classical phrases are things like, "May I live in safety. May I be happy. May I be healthy. May I live with ease."

Gently repeat these phrases over and over again, have your mind rest in the phrases, whenever you find your attention has wandered, don't worry about it. When you recognize you've lost touch with the moment, see if you can gently let go and begin again.

May I live in safety, be happy, be healthy, live with ease.

Call to mind somebody that you care about--a good friend, or someone who's helped you in your life, someone who inspires you. Visualize them, say their name to yourself. Get a feeling for their presence, and then direct the



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phrases of loving kindness to them.

May you live in safety, be happy, be healthy, live with ease.

Call to mind someone you know who's having a difficult time right now.

They've experienced a loss, painful feeling, a difficult situation. If somebody comes to mind, bring them here. Imagine them sitting in front of you. Say their name. Get a feeling for their presence and offer the phrases of loving kindness to them.

May you live in safety, be happy, be healthy, live with ease.

Think of someone who plays some role in your life, some function that you don't know very well, that you don't have a particular feeling for, or against.

Maybe the checkout person at the supermarket where you shop, the gas-station attendant, somebody that you see periodically. If someone like that comes to mind, imagine them sitting in front of you, and offer these same phrases of loving kindness to them.

May you live in safety, be happy, be healthy, live with ease. We connect into these phrases, aiming the heart in this way, we're opening ourselves to the possibility of including, rather than excluding, of connecting, rather than overlooking, of caring, rather than being indifferent. And ultimately, we open in this way to all beings everywhere, without distinction, without separation.

May all live in safety, be happy, be healthy, live with ease.



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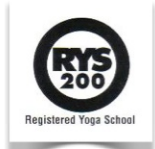
All people, all animals, all creatures, all those in existence, near and far, known to us and unknown to us. All beings on the earth, in the air, in the water. Those being born, those dying.

May all beings everywhere live in safety, be happy, be healthy, live with ease.

You feel the energy of this aspiration extending infinitely in front of you, to either side, behind you, above and below. As the heart extends in a boundless way, leaving no one out.

May all beings live in safety, be happy, be healthy, live with ease.

And when you feel ready, you can open your eyes and see if you can bring this energy with you throughout the day.



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CLAYTON YOGA

RESTORATIVES TEACHER TRAINING

Postures that are designed to help facilitate the use of primary breathing muscles:
the diaphragm, belly and rib cage.

Practice breathing here from the belly, then ribs and then the upper back both on the
inhalation and the exhalation.

Basic Relaxation Posture

Bolster

Blanket

Eye Pillow

Bolster Under the Knees

Blanket small roll under the neck

Eye pillow

Supta Baddha Konasana

Reclining Bound Ankle

Belt

Block

Bolster

Blanket

Eyepillow

Place the block on medium and under the bolster 2/3rd's up!

Bring the blanket into a half fold from short side over

+place at the top of the bolster for a gentle upper body and neck support

Using a strap, cinch the buckle, make a loop and bring around waist.

First bring strap up and over the legs and around the feet, then recline the body



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back over the support.

Once you are in a very comfortable position for all parts of the body, cinch the strap a little more or less depending on what level of traction you would like for the legs. Recommended strong traction without any discomfort to the knees

The postures helps to support and open the inner groin and thighs

When the body is ready, helps to release these areas

Benefits

Supports long spine

Replenishes tissue of low back

Lengthens the breath

Gives support to the entire back

Allowing the front of the ribcage to soften and the chest or heart to open

Circulation through the "pelvis region" and "26 major muscles" of this area

Improves digestion

Dead Frog

Open the legs wide apart from table

Take the feet wider than the knees

Keep the tailbone from moving forward prematurely.

Watch for the placement of the hips and then bring the tailbone to the imaginary line that would connect both knees.

The work is in the energetic tucking under of the tailbone and dropping it back toward the ankles.

Benefits

Opens the first chakra and all areas of the hips.

Helps to relieve much pressure in this central tension building area of the body.

Engages the inner groin and inner thigh muscles and expanding the connective tissue



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throughout the “pelvis region” thereby replenishing tissue and giving support to these major energy meridians of the body.

Reclining Backbend Series + Benefits

2 blocks bolster blanket

Blanket 2/3

Block

Roll the blanket long edge to long edge into 2/3 and place under the shoulder blades
Place the block on low under the back of the head

Heart Opener

Grab opposite elbow with each hand and bring arms next to the ear
Creating a box or platform for the upper back, shoulders and neck

Easy Reclining Forward Bend

Blanket

Eye pillow

Roll the blanket short edge to short edge in a tight bundle
Place the roll directly under the sacrum, not lower back.
Bring the knees to the chest

Benefits

Soothes the entire nervous system
Quiets the mind
Releases tension and compression in the hips, low back and legs.



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2 Blocks

Place the first block on the low side

Place the second block on the medium side

While again providing support to the upper back, shoulders and chest,

Lengthen the sides of the body

Easy Backbend

Blanket

Eye pillow

Roll the blanket short edge to short edge in a tight bundle

Place the roll directly under the shoulder blades or “angel wings”

Recline over the support

Breath 5-10 minutes

Blanket

Block

Bring the blanket into a square from the short side to the short side twice

Take a block and bring it under the heart on low

Take the blanket and bring under the head

After 5-10 minutes, take position, bringing the blanket under the shoulders and the block under the head

Modifications with all backbends

If low back bothers you [Same directions for Savasana]

Walk the feet toward the hips 1/2 and rest the knees above the feet

This will relax and soften the low back into the earth

May bring your hands to the abdomen and notice the belly rising and falling with



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each breath

Other times, it feels good to put greater pressure for the low back

Bring the soles of the feet touch or lengthen the legs completely

This will give support and relaxation to the entire back body and put gentle pressure to the low back.

Benefits

Supports the muscles of the upper back, chest and shoulders

Opens the chest and squeezes the "Rhomboid muscles"

Cultivates a healthy support for the upper back

Relaxes head, neck and shoulders

Improves circulation in these neglected and tight areas

Relieves headache and migraine

Lengthens the breath

Feel the lungs open in the posture and expand in all areas helping the "intercostals muscles" to release and lengthen when they are ready.

Opens and supports the overworked and tight muscles of the upper back

Great counter pose for everyday 'slouching'

Relieves hypertension and supports circulation in the upper chest

Practice breathing from the belly, then the ribs, then the upper back both on the inhalation and the exhalation.



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Butterfly

2 blocks

Place the block on the high end between the feet

Bring the second block on the low end directly on top

Make sure your legs are far enough forward, that when you look down, the legs are making an “even square” (roughly 15 inches)

Sit on a single folded blanket so that the hips may tilt forward

Safely bring the forehead forward to a block or two.

Benefits

Opens tightness in the sacrum and releases the pressure and overworked areas around the low back

Supports the hips to open and encourages the inner groin and thighs to release

Is a forward bend and soothes the “frontal lobes” overactive parts of the brain

Draws the energy inward and back into the body

Is beneficial to turning our attention to the breath + enjoying the moment!

Supta Virasana

Reclining Hero Pose

Block

Bolster

Two Blankets

Eyepillow

Place the block on medium and under the bolster (same as supta baddha konasana)

Bring 2 blanket into a half fold and stacked at the top of the bolster for a gentle shoulder and neck support.

For those who have lots of difficulty, place a block on low in front of the bolster.



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Bring yourself into virasana in front of the bolster.

Move the calf muscles back, providing the knees with safe and supportive alignment.

Sit between your feet with your tailbone just in front of the bolster (or on top of a block for those needing it)

Slowly, tucking your tailbone under and toward the front of the mat, bring your hips and body back over the bolster using arms for support until you may allow the front body to release into the support of the props.

A key point to remember is that you will want to feel the pressure more in the quadriceps than the low back. Students will need to modify this pose by coming onto their elbows or even staying up higher with the use of simply their hands for props.

Benefits

Opens and Supports the legs

Replenishes tissue of the knees

Lengthens the breath

Brings awareness to the tailbone

And releases the low back and hamstrings

Allowing the front of the ribcage to soften and the chest or heart to open.

Cannoli Roll

2 Blankets

Open blankets so that they are wide open

Take the long edge to the long edge

Make a long roll

Come onto the back over the cannoli roll

Feel the support of the blanket roll under the spine

Open the arms and legs and relax the entire the body



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Benefits

Releases the whole body
Facilitates relaxation and preparation for yoga class or Savasana

Side Lying Stretch

Bolster

Blanket

Eye Pillow

Place the Bolster parallel to the front of the mat

Take the long to long side of the blanket together (single fold) and place on top of the bolster

Take the hips across the top and center of the bolster

Place your hips onto the center of the bolster and stretch your body sideways.

To deepen the stretch, take the top arm over your head using the opposite arm to grab the wrists and gently pull the arm away from the hips.

Benefits

Opens the intercostals and lungs.

Releases the lower trochanter muscles which help support healthy hips Helps to consciously relax left and right side body, in energy medicine this equates with the

masculine and feminine sides.

Supports the lengthening and relaxation of the iliotibial band.

YIN VARIATION POSE

Lay on your back

Take your feet to the sides of the yoga mat

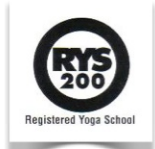
Bring your knees to the right side

Walk your left foot over to the left side

Keeping the left knee in line with the left hip

Place the right foot on the left knee and feel this same area getting

Deeply stretching the front groins, lesser trochanter, hip flexors and iliosacral and



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lumbar spine.

Working the stomach and spleen meridians.

Benefits

Opens the greater trochane and abductor muscle

Circulates energy in the hips and stretches open the connective tissue

Replenishes synovial fluid in the joints

YAN VARIATION POSE

From Uttanasana

With your feet about hip distance apart

Take one foot flexed and out to the side, keep extended leg and standing leg with all ten toes in line. Hold for 5 breaths.

More challenge, turn the toes of the extended leg out slightly.

This will fire up the same area and strengthen the abductor muscles very quickly.
(greater trochanter)

Tina's Twist

Bolster

Bring the bolster parallel along the right side of the body and out about 6 inches.

Lay on your back and slowly bring the left knee to the right and rest the leg on the bolster with the knee at 90 degrees.

Take the left arm toward the left side of the yoga mat and rest on the floor and open the entire front side of the body for this shoulder opening, full body twist.

Reclining Back Bend with a Chair

Chair

Strap

Blanket

Eyepillow

Take an open faced blanket to the chair.

If you want even more support and traction, bring the yoga mat into thirds and place



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across the chair instead of the yoga mat

Loop and place the strap around the mid-shin and place the feet and shin bones on the chair

Tighten the strap so that the lower half of the legs is firmly supported

Lower the back to the floor

Bring the chair closer to the body

Ideally, you would like to have the knees directly above the hips.

Breath 5-15 minutes

Benefits

Supports the torso and lengthens the back

Inverts the body and brings blood to the heart

Releases tension and improves circulation in the lower back region

Chair with legs reclining

Sticky Mat

Strap

Bring the sticky mat into a 3 fold and place across the top of the chair.

Make a loop with the strap and bring the lower legs over the chair.

Take your loop and make a bind in the mid-calves.

Bring the chair closer to your body so the legs are at a 90 degree angle.

Benefits

Placing the lower legs into gentle traction is beneficial to release stress in the hips, legs and lower back. Enjoy!

Basic Relaxation with Chest Elevated

3 blankets

Sit in front of the short end single folded blanket long ways.

Place another single folded blanket at other end crossways to support the head and shoulders.



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Bring a long roll blanket under the knees

The head is higher than the chest and the chest is higher than the abdomen

Feel completely at ease and support by props.

Benefits:

Open the heart

Gentle restorative posture good for beginners

Basic relaxation with Legs Elevated

1 single folded blanket

Strap

Block

Sit and bring the hips next to the wall

Slowly elevate the legs up the wall and lay back on the sacrum and spine for support

Bring the tailbone as close to the wall as possible

Take the block under the sacrum on low level after about 1-2 minutes

Rest with the block under the tailbone for 5-10 more minutes

Bring a standard fold under the head for greater support optional

Supported Child's Pose

Bolster

Blanket

Eye Pillow

Place the Bolster parallel to the length of the mat

Take the long to long side of the blanket together and place on top of the bolster

OPTIONAL: Add a single folded blanket between the heels and back of the thighs.

Bring the body into a child's pose at the base of the bolster

Use your props to rest the whole torso and take one ear and cheekbone to the support

Change ears as often as if comfortable

Stay here for 5-10 minutes.



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Benefits

Lengthens the back.

Lowers the heart rate.

Improves circulation in the body.

Soothes the nervous system and quiets the mind.

Supported Twist

Bolster

Blanket

Eye Pillow

Place the Bolster parallel to the length of the mat

Take the long to long side of the blanket together and place on top of the bolster

Bring the body to the base of the bolster and turn with your belly first, then your rib cage and chest toward the bolster.

Gently ease your front body over the bolster and take the opposite ear to the support if not too tight.

Stay here for 5 minutes and change sides.

Benefits

Massages the internal organs.

Detoxifies the bloodstream.

Lowers the heart rate.

Improves circulation in upper back and neck.

Soothes the nervous system and quiets the mind.

Savasana Basic Relaxation Posture

Blanket

Eye Pillow

Place a blanket roll under your calf muscles

Bring the elbows alongside the rib cage and press down to allow the shoulders to roll under the upper back and release the tension in the upper back



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Feel a softening in the back of the neck and head

Place the arms with the palms face up

Cover your eyes with an eye pillow

Relax the whole body for 10 minutes.

Yin Pose
Upavista Konasana
Bolster
Block

This calming forward bend can be practiced by first placing the hands behind the hips and pressing down into straight arms.

Feel the sides of the waistline reach up and the spine lengthen up as you press down.

This dual action will soften and open the front groins permitting a release in the lower back and an opener for the hips.

Breath to fill in the back of the torso, release all tension in the lower back and open the belly.

Come forward into a forward fold by floating the kidneys and bringing fullness into the back. We do this by leading with the spine long.

This will keep the heart open and the low back neutral.

Bring the bolster and block in front of the body and gently fold forward.

Use the height of the block to help with support.

If this pose is too difficult, go back to the forward fold with the chair.

Benefits

This posture grounds and releases the hip flexors and femur, allows the inner psoas and groins and safely releases the back.

Soothes the brain and supports the brain to move into deeper longer brainwaves.

Also this pose energetically allows the first chakra to be gently supported, opened, embraced and loved.



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Forward Bend with a Chair (good when hip hinging is difficult)

Chair

Bolster

Blanket

Eyepillow

Bring the hips on top of the bolster or a blanket.

Take the legs into a comfortable straddle outside the chair.

Press hands alongside hips and into the earth, lengthen spine, hip hinge, and fold forward slowly

Take the arms to the top of the chair.

Try to feel the pelvis into a forward tilt and make sure the rib cage is drawing back.

Lengthen the sides of the torso upward and allow the body to rock forward and lengthen.

Benefits

The chair and the bolster help support the hips to release and open.

Helps students with tight hips take a safe forward bend.

Supports and opens the inner groin and thighs.

Placing the forehead on the chair is soothing for the frontal lobes of the brain.



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Overview and Benefits of Yin Yoga

Some of this material is taken from Paul Grilley's Yin Yoga CD.

Yin Yoga is a unique style of yoga that emphasizes relaxation while also providing a beneficial stimulus to the bone and connective tissue of the body, promoting optimal functioning. The emphasis is on holding poses for long periods of time while relaxing the muscles of the body.

Jack Lalanne, who passed away at 96, worked out 2 hours per day and contributed regular exercise and nutrition to his longevity and great health. In the early 1950's, many people avoided exercise believing that exercise was detrimental to one's overall well-being. Jack Lalanne, coined the term "use it or lose it". Many people at that time avoided exercise, believing that exercise wasn't helpful and even posed a risk to one's longevity, diminishing the number of heartbeats. Imagine...

In a very similar way, Yin Yoga educates us about the powerful proactive steps we can take to reduce the fixation and immobilization of joints and improve the overall mobility and posture of our body. Up until recently, doctors believed that it was not wise to put pressure or to exercise the joints, believing joints would only wear out.

Although western medicine has been skeptical about the existence of these energy pathways, recently there has been research exploring the prospect that the connective tissue may act as a conduit for the flow of energy through the meridians. By activating the connective tissues it may be possible to directly stimulate the meridians and this can profoundly affect health in a positive way.

In this yoga training, you will learn how to strengthen and improve the joints and the body. Yin Yoga is a beautiful discovery of energy meridians that are located throughout the body and ways we can connect with this powerful 'chi' or energy that expands and moves through our own connective tissue.

Yin Yoga is very similar to acupuncture and works with the meridians or energy lines of our body. Additionally, placing our body into particular postures sends electrical currents back to the internal organs which in turn help to promote overall long term health and healing. For the self-aware practitioner, this can provide another aspect of practice where by specific postures are selected to support the health of particular organs or to even rebalance disruptive emotional states.

For example in traditional Chinese medicine, the health of the liver and gallbladder is associated with emotions such as anger and frustration. By practicing yin yoga poses such as swan and dragonfly the flow of energy through the liver and gallbladder



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meridians can be enhanced and the practitioner may find relief from these imbalances.

Improving the flow of energy through the meridians can also be of particular benefit for individuals with chronic health problems that may be resistant to standard treatments for people who are recovering from illness. What makes yin yoga especially suitable in these cases is the fact that it is not a strenuous form of yoga and within the capability of most individuals. Even if some of the poses are difficult they can generally be adjusted so that the practitioner can maintain a relative degree of comfort during the practice of Yin Yoga.

Yin Yoga can help to promote meditation and general relaxation, the importance of which should not be underestimated. A wide range of health conditions are stress related and any practice that reduces stress will have far reaching effects on the general health of the individual. In addition when people are calmer they will be more likely to engage with their family, friends and all others that they encounter in a positive way, which then will improve the health of the social environment on more subtle levels.

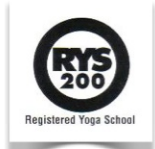
Yin opens the deep connective tissue and strengthens our joints. Weight bearing postures on the joints take tensile pressure to that part of the body and target the fascia. In general, Yin Yoga postures work the deepest layers of tension located from the top of the knee to base of rib cage. Movement in upper back or head can be kept relaxed and at ease.

Yin takes the practitioner past the physical body into the energy body where deep connective tissue is stored. It can then be utilized for opening up channels of healing. Rather than repetitive quicker movements; yin is a slow, yielding, practice, which promotes deep relaxation and inner stillness.

Yin Yoga Enhances Self-Awareness

Yin Yoga can also challenge yoga practitioners in a unique way whereby the long hold times can often produce a sense of discomfort which may begin as a physical sensation but can develop into psychological unease. In this way, by working on the level of the deep connective tissue, Yin Yoga, can foster an increased awareness of the deeper aspects of our selves as they rise to the surface to be confronted. Yin Yoga allows us to draw our attention towards the internal phenomenon within us so that we are able to come closer to maintaining awareness of the subtle flow of energy. We may become awakened to the way we store tensions within the body and as we release the physical pressure, we allow and let go of the cellular memories and can gain access to an enhanced sense of clarity.

This facet of the practice, in addition to the sense of quietude that can be



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experienced during a Yin Yoga session, can result in quite intense and illuminating occurrences that are invaluable for those seeking personal and spiritual growth.



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Benefits of Yin Yoga

Prolonged pressure (without force) increases synovial fluid and hyaluronic acids, keeping joints supple and pliant (opposite from atrophy, imbalance, fixation, dried out, brittle, hard, and more susceptible to injury)

- ☀ Feeling of calm and balance
- ☀ Regulated energy levels (chi-energy)
- ☀ Greater strength
- ☀ Improved health
- ☀ Stress levels lowered
- ☀ Greater stamina
- ☀ Flexibility of the body's connective tissues and joints
- ☀ Slowed signs of aging
- ☀ Improved meditation
- ☀ Deeper Relaxation
- ☀ Improved practice of yang yoga
- ☀ Conditions you to sit longer and more comfortably
- ☀ Also helps lengthen response time, strengthens limbic system, hypothalamus, aid in the treatment of drug and alcohol, pain and trauma recovery, and eating disorders.
- ☀ Improves physical health as well as mental stability
- ☀ Unblock negativity, fear, rigidity, guilt, and doubt



People are often unreasonable, irrational, and self-centered.
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.
Be kind anyway.

If you are honest and sincere people may deceive you.
Be honest and sincere anyway.

The good you do today, will often be forgotten.
Do good anyway.

In the final analysis, it is between you and God.
It was never between you and them anyway.

-Mother Teresa



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YIN YOGA POSTURES + BENEFITS

Happy Baby Pose

Hip Opener

Strengthens the biceps as you pull feet down using flexion in the arms,
Compresses and decompresses the sacroiliac (SI) joints.

Wide Knee Child Pose

Gently stretches hip, thighs and ankles.
Calms the brain and relieves stress and fatigue.
Relieves back and neck pain when head is supported.

Twisting Dragon Pose

Take a lunge forward with the right foot and turn the sole of the foot toward the front corner of the mat, bringing a twist to your upper body and place the right hand on top of the right thigh.

Normal for the body after 30 seconds or so to make 'subtle adjustments' so if you would like to shift the hand, arm or feet, that is perfectly fine to do so. Yin targets the area almost solely around the knees up into the hips so keep the upper body neutral.

In this pose, we make good contact with the whole foot and floor. We twist to stretch and get low.

YIN YOGA HINT: Two common mistakes in yoga is that there is no effective stretch taking place or the stretch is too aggressive.

Seal/Sphinx

Keeps the spine healthy, relieves backache.
Improves communication between the brain and body by delivering larger amounts of blood to the muscles that run along the spine, relieves constipation, stimulates appetite, tones kidneys and liver, strengthens the adrenals, aids in the function of the thyroid, opens the chest, and is excellent for slipped disc or sciatica.



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Can be a deep compression and stimulation of the sacral-lumbar arch. Tones and strengthens the spine, stretches the lungs, chest, shoulders and abdomen. Firm the buttocks, stimulates the internal organs in the abdomen and relieves stress.

People with bulging herniated disk, can find this to be very therapeutic. If the neck is dropped back, this can stimulate the thyroid in full seal, the stomach can receive a very nice stretch as well.

Cobbler

Stimulates the abdominal organs, kidneys, ovaries, and prostate gland. Stimulates the heart and improves circulation. Stretches the inner thighs, groin and knees. Prevents and eases back and knee pain, improves urinary conditions, stretches the tendons in the pelvis and prevents prostate cancer. Helps relieve mild depression, anxiety and fatigue. It also helps with sciatica and menstrual pain.

YIN YOGA HINT:

Please note:

(Supta Pandangusthasana, Downdog, Wide or regular child's pose)

Wonderful to do in between the following stretches.

Dragon

Also a lunge but a shorter step forward.

The front foot stays parallel with the sides of the mat.

More emphasis on the front leg.

Can move back leg back slightly.

When you lift the torso up and place both hands on the front thigh, you can put more pressure on the back leg.

Benefits:

Opens ankles and Achilles, 2 major meridians for kidney and urinary bladder. When ankles get tight, we become less effective

drawing energy up from the earth and more easily fatigued.



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Butterfly

Relieves inner thigh muscle tension.
Relieves tiredness from hours of standing and walking.
Gently stretches the lowers back, opens the hips and lifts the mood.
Stretches the lower back without loosening the hamstrings
Good for kidneys, prostate gland, and urinary bladder
Great hip opener.
Stimulates abdominal organs, ovaries, prostate gland.

Half Butterfly

Stretches the lower back without requiring losse hanstrings
Targets the ligaments along the back of the spine
Stimulates the liver and kidney and aids in digestion
(when folding over the straight leg)

Squat

Opens the hips and strengthens the ankles
Releases the lower back
can be a great pose to prepare for childbirth
Offers great relief for women suffering severe lower back pai due to menstrual cycle

Dragonfly

Great hip opener.
Opens the hips and groin, back of the thighs and kness.
Stimulates the ovaries.
Gentle opener of inner knees.

Upavista Konasana with Variation.
Slowly try to role the pelvis forward
Great hamstring stretch

When the bones in the hips are very tight, place the hands behind the legs and press down into the palms to keep the spine and torso erect. This posture requires little effort or strength to balance and so resembles a purely yin movement.

You can also come into a very wide child's pose which is also helpful to rotate the pelvis forward getting same benefits, minus hamstring stretch.



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Benefits: “Upavishta Konasana” and “Wide child pose” both work the hips, opens the liver and benefits the kidney meridian by application of weight on the groin.

Pigeon

Stimulates the internal organs, stretches deep gluteal muscles, groin, thigh, and back. Eliminates stress stored in the hips, helps with urinary disorders and alleviates sciatic pain. Pigeon not just a hip opener but stimulates electrical currents of prana through the iliotibial area that directly affects, strengthens and supports the gallbladder. These packaging areas of the body tell the story of our psyche or soul. We may feel on an unconscious level imbalanced, doubtful and separated from our desires.

This pose also opens chest and shoulders.

In pigeon, the neck of the femur and acetabula are completely different and this demonstrates itself when we see how high the inside foot can go without stresses on the knee or ankle. Every pigeon is different because every single person has a different size and length to their bones.

Shoelace

Opens hips, stretches the joints of the hip and lower spine.
Great hip opener and good for lower back.
Also, benefits the liver, kidney and gallbladder.

Right leg over left. Begin in the double pigeon. Draw your body forward. If the top knee is too high, bring the leg over the bottom ‘tightening the shoelace’ and then come forward.

With 80% of the Western world suffering some kind of chronic low back pain, these yin postures serve to open up the lumbar, the hip flexors, and decompress the sacrum. It’s that lack of mobility in the lower region of our body that causes the sacrum to compress, jam and become fixated.

Let the bones fall apart and yield.
Knee height not due to muscular tension but to skeletal differences.
This rounding action stresses the lateral facial band of the hips and legs as well as a great stretch for the length of the back.



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Recline Half Hero

Keep in mind: if it makes you cringe, don't do it. It is unwise to place undue stress on the knees or ankles so don't risk abusing the extremities to open the deeper core areas.

Taking the right foot behind like the hero and recline back. You can sit on the heel of the foot and bring the knee slightly up to start. Recline back. This is the first variation. Stay with it if more is too much.

The second variation is to sit just inside of that foot and recline back. Lastly, if you have the bones in your hips for it, you can flex the foot out to the side and then recline back.

This posture exaggerates internal rotation femur and puts more stress at the mid thigh. If the knee is lifted off the floor, it is not a bad thing. Just don't take the next couple of modifications. To exaggerate the movement, three things, take the opposite foot on the floor or even bring that knee to chest. Also, you may tilt the pelvis to one side which will also exaggerate the stretch.

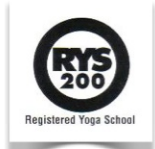
Benefits: Pressure on the gentle arch of the back, the iliosacral joint, the trochane and hip flexor. Thus stimulating the stomach and spleen channel.

Supta Virasana

Bring the feet parallel, follow the path of least resistance here. Start by using a bolster if needed. Sit on the feet knees apart like a V. Recline.

Safety Tip: Makes sure that the sensation in the legs is always stronger sensation in the lowerback.

Second, sitting on your feet with the knees parallel, recline. Third, sitting between the feet, recline. And finally, feet flexed out (because the internal rotation of thigh bones allow for it), recline.



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Benefits are the flexibility of the hip flexor and trochane compressing the lumbar and iliosacral joint.

Pentacle

At the end of practice, time to rest the body.

The pose helps you to benefit from the strength and health of your body.

Relax the body, but remain aware of the relaxation.

Great time to experience your energies as they flow

Experience the flow of chi and prana as they flow in and out of the areas you worked during your asana practice.

Very similar to savasana.

Legs wider than hips.

Arms above head like a V.

Feel consciously attentively energy up and down

Feel natural pulsing movement into body.

With all the differences, keep in mind that what is important are the major elements, like joy, that we all share in common! Paul Grilley



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To bow to the fact of our life's sorrows and betrayals is to accept them; and from this deep gesture we discover that all life is workable. As we learn to bow, we discover that the heart holds more freedom and compassion than we could imagine.

The Persian poet Rumi speaks of it this way:

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture.

Still treat each guest honorably,
He may be clearing you out
For some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond



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Dr. Andrew Weil

After spending two decades as a traveling physician searching for potent herbs and other forms of traditional and modern medicine, Dr. Andrew Weil finds that the single most potent and practical tool is our breath.

Today in medical school, Dr. Andrew Weil finds that BREATHING is not included in conventional medicine.

Proper breathing is the **KEY** to Great Health Proper breathing cures common conditions and more serious diseases

This is...

- FREE
- NO EQUIPMENT NECESSARY
- RIGHT UNDER OUR NOSE

Stress is widely agreed by doctors everywhere to be a **the primary** or aggravating cause of illness. In Africa, 95% of all doctor's visits are peptic ulcers, neck and back pain and headaches which suggest that **even in third world countries**, lack of proper breathing is also the main cause and source of problems.

Working with the breath **changes consciousness.**

- ♥ Provides tools and ability to center our mind.
- ♥ We can turn our direction away from the material to the non-material.
- ♥ Working with the breath, we have the chance to change physiology.



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Breathing is both conscious-voluntary and unconscious-involuntary.

We all live in 2 different worlds sympathetic and parasympathetic nervous system. Dr. Andrew Weil says that most of us are imbalanced and overly sympathetic.

A good indication that patients had this imbalance, he would find cold hands. Too much sympathetic means that our system is hardwired for “the fight or flight” response too much of the time.

Some other very **serious indications** of an over active sympathetic nervous system include:

- high blood pressure
- slow digestion
- increase blood flow to the skin and surface of the body
- constant stimulation
- irregular heartbeat
- body responding to constant threat that never goes away
- drugs suppresses tendency of the body to rebound

Watching our breath or meditation, helps us shift from the unconscious to the conscious.

This “witness of breath” helps raise the **parasympathetic nervous system** where we may quiet and raise the balance energy of our nervous system.

The parasympathetic calms, soothes and repairs our system.

With breathwork,

- ◆ blood pressure and heart rate lower
- ◆ goes to the root of imbalance (not immediately but overtime)



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- ◆by providing right input to the body and mind- effect harmonizing
- ◆keep attention on the breath-remain neutral (there are a lot worse places to be)
- ◆Raising awareness and moving energy
- ◆bring patients out of atrial fibrillation (serious medical condition)
- ◆reduction or elimination of anxiety and panic disorder (can even cause agoraphobia or fear of going outside)

The universe is alive and based on breathing.

Based on expansion and contraction, the stars and the body simultaneously breath. Breath is a concentrated, still essence of being. We are not trying to change the breath, simply observe the breath. Eventually, Dr. Andrew Weil believes you may reach enlightenment.

4 TRAITS OF PROPER BREATHING:

♥deeper ♥slower ♥quieter ♥more regular

=more relaxation and harmony in life!

Type of breath correlates with states of mind.

Rapid, shallow, irregular, noisy breath equals an angry, afraid or upset state of mind.



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3 KEYS TO GREAT YOGA!

Honor your Body

Slowing down to listen to the body and then allowing yourself to be guided from within builds patience, confidence and trust for the smaller steps on the road to success.

Continuity of the breath is the secret of success.

Begin with gentle support and keep going. When your mind gets distracted or wanders away, simply come back to the breathing practice.

A posture only becomes a “yoga posture”....

when it is used to weaken the tremendous amount of attachment we have in our lives, revealing our true impermanence and natural state of equanimity and bliss.

(Jonny Kest)



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Breathing with conscious awareness brings the mind into greater balance, ease, vitality and awareness. We learn through the practice of “meditation yoga” directly that we are always connected. We use this inner faith and apply transformation into any area of our life by seeing the ‘vritti’ or chatter of our mind and not getting caught. The metaphor as being a fish, seeing the hook, but not taking the bite.

So, we come back to our breathing, that indivisible wellspring of goodness and bring it into our everyday life to discover that the power, and faith has always been within. Letting go of our need to know why things happen or unfold as they do and practicing this prayer of surrender reconnects us to our ‘inner mystic’. As we continue practicing, we become more confident that a healthy attitude is the way to accessing true potential, wisdom and health.

Meditation reduces stress, anxiety and depression. Other benefits include increased energy, more confidence in reaching goals, greater clarity, improvement in our decision making and better sleep patterns. It is from this harmony that is there all the while, we just need to be still, that we attract the right people, the right circumstance and all abundance. Rumi has said once that all



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we need to do to tap into this infinite strength is “to sell our cleverness and purchase bewilderment”.

Train your mind to stay focused on the present and you will like a gatekeeper be able to choose how you wish to see the world. Ghandi once said “you must be the change you would like to see”. It is not about the mistakes or being perfect or pleasing others. Meditation frees up energy so that we can clearly remove those criticisms and reflect on all the good. And with ‘loving metta’ or awareness, we begin to touch this wisdom that interconnects us all.

According to spirit, the source of all problems begins when we believe we are separate from spirit. It is when we believe that we are somehow separate that we create problems. The heart of any compassionate practice is to shift your focal point to present moment and away from distraction.

When we place our awareness in the breath, we train the mind to remain neutral. It is their that we become empowered and understand that in order to make a difference in the world, we must first make the change from within.



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In life, there are so many things we cannot control, like the newspaper articles, but what we can affect is our own outlook or attitude. In truth, no one may find our solution. We must learn by our own behavior to set a better example.



List of 50 Challenging and Accessible Yoga Poses:

#1) Locust – Salabhasana (sha-la-BAHS-anna) –

Good beginning or ending pose. Lay on stomach, lift both arms with the inhale. If easing the student into the pose head up first rotating from right to left. Slowly work the student to lift the head, chest and arms eventually working up to feet. Do 3-4 times then add lifting the legs as well. Do 6-8 times taking opposite ear down to the floor each time. Very easy to do, easy for almost everyone. Inhale with the lifting and exhale when legs and arms are lowered. Excellent warm-up pose.

#2) Bow – Dhanurasana (don-your-AHS-anna) – Begin in Locust and reach for the feet. Bend your knees and grab your ankles or feet with your hands. Inhale push the ankles against the hands. The root is in the feet. Open according to your comfort zone. Relax into the pose. Great heart opener and massages rhomboids (second liver). Legs do the work in this pose. Keep the tailbone tucked and leave the back neutral.

3) Child – Balasana (bah-LAHS-anna) –

Keep the knees wide, and give the students option of wide knee. Breath into your back, feeling the back of the lungs open. If student has head and neck issues they may want to try supported child with a block, blanket or bolster.

4) Low Lunge with one knee down – Great hip opener.

Hands above the head or loosely clasped behind the back opening your heart. Also, placing the palms on the low back or sacrum with fingertips facing upright squeezes the shoulders together to make the pose a heart opener as well. Can take low lunge to a high lunge bind and into bird of paradise.

5) High Lunge – Keep the ball of the back foot pressing down to begin, arms overhead, make sure all ten toes are facing the front of the mat and the spine is stacking on top of the tailbone turning slightly under. Keeping pressing back and down on the back foot. Raise the hands above the head. Alternate pose



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here is to bring the arms out to the side for a Flying Lunge (Airplane).

#6) Low Lunge Bind to Bird of Paradise – Start in bound ankle pose. Bring gaze to the floor, step back foot forward, keep bind. Balancing posture. Slowly come up to standing, extending the bind leg out, look over opposite shoulder.

#7) Camel (Variations) Ustrasana (oosh-TRAHS-anna)

– Come from Balasana and rise to the knees. Keep the tops of the feet down, Exhale lean back and place your heels in the palms of your hands with fingers running down the soles of your feet. If too intense, you may curl toes under and reach back for one foot at a time. Drop head back only if comfortable.

#8) Warrior II – Virabhadrasana II (veer-ah-bah-

DRAHS-anna) – From tadasana, step feet wide apart. About 3 feet depending on person. Turn your left foot in slightly and right leg out directly to the side. Bend the right knee toward 90 degrees. Keep your knee and ankle aligned. Gaze over your front hand, palms facing down. This opens hips safely and very easy for all level students yet challenging too. Press through the outside edge of both feet. Lift all 10 toes for more action. Make adjustments with the back leg/foot. Keep the back heel and front arches lined up.

#9) Tree – Vrksasana (vrik-SHASH-anna) – Pose is rooted in

the foot. When feeling strong take right foot to left leg and place either below the knee or above the knee. Opens hips. Never rest the foot against the knee. Hands can be in Namaste at the heart, take gaze and arms up to sky eventually opening palms to the sky. Or keep palms in front of the heart and smile. This creates more heat in the pose. Stretches sacral-iliac joints, improves balance, strengthens lower back.

#10) Standing Pigeon – Place one ankle across the top of the

opposite knee and draw arms in front of the torso holding parallel to the earth. Keep breathing. Opens hips and works on balance and mental focus and equanimity.



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#11) Fold Forward (wide stance) – Prasarita Padottanasana (pra-sa-REE-tah pah-doh-tan-AHS-anna) – Effective way to stretch the back of your legs. Step ankles wide enough to fall under wrist when arms are fully extended. Keep knees microbent, lift up from the toes, and allow body weight to shift into front of the feet. Be gentle on your hanstrings.

#12) Warrior III – Virabhadrasana III (veer-ah-bah-DRAHS-anna) – Tadasana arms overhead, bend at the hips flat back, right foot grounded left leg extended straight back. Faze forward or to the ground. If stable take arms to airplane mode. Excellent for balance, wakes connection between legs and the rest of the body

#13) Hands & Knees Rocking – Small rocking motion. Use this as a warm up. Can also be done as Table Circles or shifting from child pose to modified up dog posture.

#14) Supported Side Plank – Vasisthasana (vah-sish-TAHS-anna) - Shift to the outside edge of your left foot. Stack your right foot on top of your left foot. Swing your right hand to your right hip and open your torso to the side wall as you do. If this is difficult drop to your left knee. Keep the foot, knee, and hand in a line as if on a tightrope. Make circles with the free arm, opening the shoulders. For more difficult challenge, lift the top right leg and reach for big toe, extending leg in the air. Improves strength of whole body, improves balance, wakes central nervous system

#15) Side Bow – From hands and knees, reach for same side foot and open directly to the side stacking the hips and staying calm. For fun, you may also begin in Locus and reach for back feet, Dhanurasana, and rock the body from side to side while laying on the stomach. All postures open the chest, heart and hip flexors.

#16) Lizard- Take left knee from low lunge back about 1-3 inches more, release elbows to floor, hands together in prayer or palms on the mat. Relax large muscle groups, and breath.



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#17) Table – hands and knees- Move into balancing table by extending opposite hands and feet. Reach for back opposite foot and bind. Works the paraspinal, paravertebral, sacrum and central nervous system.

#18) Three-Legged Down Dog – Keep the hips square and the neck loose. Lift one leg and alternate. Hang the head and keep the work and weight in the hands. You may open the hip by turning the foot out or keep the hips squared when back toes are turned down working a more internal spiral. Be sure the hips are square before bringing the foot forward to end the pose.

#19) Pigeon – Opens hips- Start right knee forward, slowly slide left leg back, Right knee comes down to mat with knee and feet angled inwards place foot where comfortable the closer to the body less difficult. Stretch arms forward and place elbows on mat, or move into deeper stretch if comfortable for you, chest, face and arms to the mat. Raise hands above head for Flying Pigeon. Grasp foot of back leg for King Pigeon.

#20) Seated Twist – Ardha Matsyendrasana (Half Lord of the Fishes Pose) – Place left foot across the right knee from seated pose and bring left arm around top knee

pressing down into the big toes of the left foot. Keep your low back and sacrum out of it. Keep the hips square and pressing into the mat through your sits bones. Keep the twist in the upper abdomen and chest area. Great for digestion, releasing toxins, and opening the heart.

#21) Reverse Table – Exhale place hand flat on the floor behind the hips with fingers facing toes or facing back mat. Keep the hips lifted in line with the torso the entire time. Push into the arms and shoulders first, then drop the head back if that feels comfortable. Stabilizing pose, great for the rhomboid muscles. From this pose, you could go into Navasana or low lunge with cactus arms. Massages the rhomboids. Prepares the back for a deeper arch, such as a back bend or wheel pose.



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#22) Wheel – Urdhva Dhanurasana (ERD-vah don-your-AHS-anna) (Upward Bow, Backbend, or Wheel) –

Exhale lie on back, bend knees, place hands next to shoulders, finger tips coming in, brings elbows together, and rise up to crown of head, while armpits are hollow, slowly lift body up completely into full backbend. This works the Central Nervous System, strengthens the arms and spine.

#23) Supported Shoulder Stand – Salamba Sarvangasana (sah-LOM-bah sar-van-GAHS-anna) –

Reverses the blood flow in the body. Feeds the brain and thyroid.

#24) Straight Arm Cobra – Increases communication between the brain and the body by increasing blood flow to the muscles on either side of the spine. Aids digestion, relieves constipation, stimulates kidneys and adrenals, and liver, opens the chest, great for slipped disk or sciatica, relieves backache, aids thyroid function.

#25) Butterfly – Relieves inner thigh muscle tension, relieves tiredness from hours of standing and walking. Gently stretches the lower back, opens the hips and lifts your mood.

#26) Triangle – Scoop the Tailbone

#27) Standing Splits – Effective way to stretch the back of the legs and hips. Great balancing pose. This pose makes you feel energized because your head is below your heart. You may want to take triangle into this pose. Opens the sacrum

#28) Half Moon Extend -Maintain external rotation of the hips while transitioning; keep the standing foot from turning in; extend the lifted leg straight back from the hip; radiate out from the belly through the legs and spine, from the heart center radiate out through the fingertips. Lift back leg up from Triangle and keep gaze on back toes, squaring hips and opening the chest and heart.



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#29) Bridge – Releases endorphins, eases menstrual discomfort if done supported w/block under sacrum. Stimulates thyroid, strengthens thighs

#30) Crescent Lunge with Twist- protect lower back by pulling navel in and lengthening the spine.

#31) Dolphin- From down dog drop onto elbows, extend tailbone upward. Keep forearms pressing into the earth and creating length in the spine.

#32) Little Dancer – Balance and wakes connection between body and legs

#33) Plank – Core strength. Improves posture

#34) Cat/Cow- Inhale chin up gaze up belly dropping to the ground. Exhale round spine up, belly in, chin down towards chest gaze toward belly. Tailbone tucked in, repeat. Can relieve back pain, and fatigue.

#35) Dolphin Plank – All benefits of Plank, with added bonus of strengthening upper arms and shoulders. Better than sit ups for exercising abdominal muscles. Alternate toes on backs of heels for added challenges

#36) Dolphin Side Plank – Come into this from Dolphin Plank

#37) Table Twist – Opposite arm on sacrum or raised above head

#38) Boat – Inhale lift and straighten both legs with feet together. Arms straight and parallel to the floor. Lift to “V” , pull belly in. Lengthen spine. Variations – Seated with feet on floor w/knees bent. Reach one arm forward, switch back and forth. Both arms can come



up, or both arms can go to one side. One leg can be lifted. You can also pull on the wrists for added stretch.

#39) Classic Sit-Up

#40) Core Side-to-Side Straddle – Begin in Dragonfly, seated upright. Hands behind head, touch elbows to knees. Alternate back and forth.

#41) Archer – Warrior lunge with added stretch in arms w/bow and arrow.

#42) Plow – Inversion increases blood flow to head and scalp. Increases cell turnover and hair production. Stretches

vertebrae in spine, muscles of low back. Feeds the brain, thyroid, and aids with circulation.

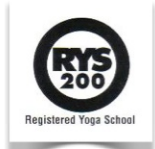
#43) Thread the Needle (Reclining Pigeon) – Opens hips more gently than pigeon. Great opener for a sequence

#44) Reclining Big Toe - Supta Padangasthana – Strengthens knees, relieves menstrual discomfort, frees congested energy in the abdomen

#45) Mountain pose with Block – Allows full engagement of arches and inner thighs for pose

#46) Sphinx – Strengthens the spine, stretches lungs, chest, shoulders, and abdomen. Firms buttocks, stimulates internal organs, relieves stress

#47) Twisting Dragon – Low lunge with a twist. Stretches hips, groin, hip flexors, and aids in sciatica and digestion



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#48) Eagle – Garudasana (gah -rue- DAHS-anna) – Strengthens muscles surrounding shin bones, stretches shoulders and hips, improves balance.

#49) Sacral Massage – Lay on back with hands on knees. Move knees in small circles, massaging the sacrum. Make the circles gradually larger, then reverse directions. Relaxes the sacrum. Great to use after Triangle sequence.

#50) Happy Baby – Opens hips and massages kidneys, back, and spine



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Daily WEEKEND WORKSHOP Journal

Section One

Each daily journal entry will include 4 paragraphs the focus on one or more of the following points.

Meditation
Asana
Relational Work

Each entry will pertain to your daily practice of yoga and meditation and how that relates to your life. For example, you may want to set a goal for yourself to learn headstand. You will probably want to make a commitment to meditate twice a day for 15 minutes and begin to lengthen your time. Try not to be rigid but rather exploratory as you take each new step.

Remember to Have Fun!

Section Two

Each Yogic Meal entry will record when and what you ate. What did it feel like to be present for your meal without any outside interference? What are you learning about eating mindfully? Any deeper appreciation or connection going on?

Section Three

Each Reflection on silent mindfulness will be a description of your activity to take four hours out of



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any day and be completely silent. You may go to the park, hike, drive or clean your home. Just do so mindfully and with full awareness of your commitment to not speak for four hours.

Your reflection on silent mindfulness will be a description of your activity to take four hours out of any day and be completely silent. You may go to the park, hike, drive or clean your home. Just do so mindfully and with full awareness of your commitment to not speak for four hours.



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Clayton Yoga Yogic Meals

Eating Awareness Guidelines by Jonny Kest (www.jonnykest.com)

1. Remain seated.
2. No conversation while chewing.
3. While eating, refrain from any external distractions: reading anything, watching TV, listening to music, etc.
4. Wait until food is completely chewed and swallowed before picking up your next bite.
5. Refrain from putting more than 2 handfuls of food on your plate at any one time. Finish eating your 2 handfuls, then wait 3-5 minutes before taking more food on your plate.
6. Wait until food is completely digested (2-6 hours) before taking your next meal.



45 Minute Yoga Sequence

By: Gina Grover

**Props Needed: Eye Pillow
1 Block**

Begin lying flat on the mat on your back. Use your eye pillow. Paying attention to your natural breath, feel the length of your inhale and the length of your exhale. Practice breathing in and out slowly. Calming the mind, letting go of the day, begin to feel relaxation in your arms, legs, and neck. Let your shoulders lay heavy on the mat. Let the feet fall apart. Breathe in deeply. Practicing belly breath, breathe in deeply into the belly and feel it expand. Hold the breath in. Feel the power of your breath. Exhale, emptying the torso. Continuing to breathe into your belly breathe in, feeling your whole body full with the breath. Feel it in your toes and fingers. Exhale. Inhale 1, 2, 3, 4. Exhale 1, 2, 3, 4.

Remove your eye pillow.

Reclining Pigeon or Thread the Needle – (2x on each side) This pose reduces stress, increases blood flow to the reproductive organs, and gently stretches the hips. Like inversions, this pose is excellent for fertility, but it is safe to do alone and at home and beginners can practice it as well as advanced yogis.

Supta Padangusthana (Reclining Big Toe) – (2x on each side) This pose relieves menstrual discomfort, strengthens the knees, and frees congested energy in the abdomen.

Hug Knees – Comfort pose

Table



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Cat/Cow Pose – Warms the spine and massages the organs in the belly

Down Dog – Relieves menopause symptoms, is good for those with high blood pressure, improves asthma symptoms, and energizes the body

Low Lunge (R) – Relieves sciatica

Pigeon (R) – Deep hip opener, relieves stress in the hips & sciatica

Locust – Improves posture, strengthens back and spine

Balasana (Child) – calms the brain, relieves stress and fatigue

Table Circles - (go left and right) – warms the hips and low back

Low Lunge (L) – Relives sciatica

Pigeon (L) - Loosens stored toxins in the hips and pushes them into the bloodstream for elimination

Plank – Core workout. Improves posture and strengthens the muscles of the back and along the spine

Straight Arm Cobra – Increases the communication between the brain and the body by bringing increased blood to the muscles and nerves of the spine. Relieves constipation, stimulates appetite. Conditions the kidneys and the adrenal glands. Opens the heart and lungs

Balasana – (Child) – Curve spine in opposite direction after Cobra.



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Table Circles (R and L)

Down Dog – Let the head go. Reverses blood flow to the brain.
Strengthens upper arms and shoulders

Vira I (Warrior I (R))– Hips squared, front leg lunges deeply.
Arms rise above head. Stretches
the sides of the body and the front of the
hip flexors

Vira II (Warrior II (R)) – Increases stamina, excellent for
pregnant women in the 2nd trimester to
relieve back ache. Improves carpal tunnel
(stretch through to the fingertips)

Plank – Abs and core

Side Plank (R) – Improves balance, strengthens core

Plank

Side Plank (L) – Stretches and strengthens wrists, arms, belly, and
legs

Plank

Down Dog

Vira I (Warrior I (L)) – Head drops back and it opens the
thyroid, letting blood flow there

Vira II (Warrior II (L)) – Helps with flat feet (lift through the



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arches) and sciatica. Back foot
controls difficulty

Down Dog

Walk Feet to Hands

Tadasana – (Mountain) – Use a block between the thighs.
Reduces flat feet and relieves
sciatica

Tree (R) – Stretches the sacral-iliac joint. Stretches inner thigh

Tree (L) – Strengthens low back, improves balance, helps with flat
feet

Tadasana (with block between thighs)

Forward Bend (with block) – Calms the brain, relieves stress,
depression, and headache

Arda Uttanasana (Flat Back) – Improves posture, strengthens
and lengthens the back

Forward Bend – Aids in digestion and relieves menopausal
symptoms

Hop back with block still between thighs, drop to elbows

Dolphin Plank – Core strength with added bonus of
improved upper arm and shoulder
strength. Better than a sit up to reach every
muscle in the abdomen



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Drop block to the mat and walk feet into

Dolphin – All benefits of down dog for depression and stress and quieting the brain, with added bonus of extra core and shoulder strength. Excellent for Osteoporosis. Any weight-bearing exercise strengthens our bones

Balasana (Child)

Down Dog

Side Angle (R) - Stretches spine, groin, legs, knees and ankles

Rotate feet on mat

Side Angel (L) – Opens the whole side of the body and increases stamina

Wide Angle Forward Bend – (Arms clasped behind back) – stretches hamstrings, low back

Seated Forward Bend – Stimulates ovaries and uterus, excellent for high blood pressure, stimulates kidneys, relieves menstrual cramps, calms the brain, relieves mild depression, and relieves headache and anxiety

Half Fish (2x right and left) – Stimulates the kidneys and liver, aids digestion, excellent for infertility, asthma. Destroys disease in the body

Butterfly – Relieves inner thigh tension. Removes tiredness from



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legs after standing or walking for long periods of time

Bridge – (2x – 2nd time supported with block) - Releases
endorphins, relieves depression,
aids in digestion, feeds the thyroid.

Supported – Relieves menstrual discomfort,
supports sacrum

Reclining Twist (R and L) – Aids digestion, calms the nervous
system

Happy Baby – Stretches groin and hips, relieves fatigue

Legs Up the Wall (Eye Pillow) – Calms the nervous system,
slows the heart rate, relieves
stress and fatigue. Blood flow the face and scalp
means increased cell turnover – making us look
younger. Also, hair follicles are stimulated for
growth.

(Waterfall Imagery down legs, pool at hips, spread to
heart) – Focus on 2nd Chakra which houses reproductive
organs



Instructions for Teaching

Step One

Be Yourself.

Set the right environment.

Adjust mats, temperature and lighting!

Use the language of “WE” rather than “I”, for example.. “what were looking for today”

Many students feel vulnerable, awkward and frustrated.

BE ENCOURAGING.

Use yoga props!

Support students and encourage them to listen to where they are right now!

PRACTICE SELF-FORGIVENESS and FORGIVENESS for all others.

Step Two

Tell the students to notice the first sign of resistance.

Suggest the student come to their breath.

Ask students to play their edge in every pose.

Emphasize the full and complete breath.

Speak in a soothing, natural, and normal voice.

Step Three

Use simple and clear directions and good choice of words when teaching.

Challenge and ask students to stay calm in the most challenging of postures.

For example, tell them to feel the supportive earth below their body.



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Have them notice how supportive, empowering, refreshing, and soothing just the first few deep breaths really is both for the busy mind and body.

Step Four

Inspire students with a personal story or authentic sharing.

Stay proactive, there you will be required to tap into new levels of support finding greater space and freedom.

Remind students to back off, to not push, strain or force.

Point out 2 or 3 yoga research benefits and findings.

Keep classes interesting and students happy with new yoga specialty sequences, different kinds of themes and fresh yoga handouts.

Continue to encourage your students to keep going, to keep expanding awareness.

“Continuity of practice is the secret of success” Jonny Kest

Step Five

“Savasana”

Rest in Savasana for at least 5 minutes.

Ask students to stay with their breath and no talking here!...



Added Yoga Teaching Tips

- ✓Have more fun!
- ✓Smile in meditation...
- ✓Laugh in the face of all these serious things.
- ✓See how being a misfit, often transports us to higher levels of attainment.
- ✓Welcome students as a group of individuals.
- ✓Each student bringing a uniquely different set of needs.
- ✓Have a sequence or practice ready and also prepare to teach to the student in front of you!
- ✓Use motor boat lips to release the jaw.
- ✓Ask to release the muscle first.
- ✓Vocalize aaHH
- ✓Take Lion Pose and cough up something STUCK. ew.
- ✓Slap your body!
- ✓Bring awareness to all the things that are working! YAY
- ✓Bring crayons and share them.
- ✓Wiggle hands and feet.
- ✓Circle and wave through these postures, like cat and dog and downward dog.
- ✓Turn the corners of those lips upward.



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Corporate Yoga Marketing Tips

- ⊕ In survey after survey, Americans identify stress as their number one health concern today. More than 50% of adults in the U.S. report high stress on a daily basis. Untreated, stress can seriously affect performance, health and well-being.
Mind/Body Medical Institute: <http://www.mbmi.org>

- ⊕ Reporting in the Journal of American Medical Association, a team of researchers from universities argue that stress can lessen a person's immune response and that change can make them more susceptible to infectious disease. They also say that increased stress may lessen the effectiveness of certain vaccines.
The Ohio State University "Research News"

- ⊕ After a 5-minute period of stress induction, Yoga breathing exercises were shown to lower systolic blood pressure more quickly when compared to classical music and natural sounds. (In other words, even calming music was less effective than proper breathing.)
American Journal of Hypertension: http://yogamoment.com/yoga_benefits.shtml

- ⊕ A study done at University of California at San Francisco has confirmed that stress really does age you. Constant stress causes the telomere, the tiny caps on cells' chromosomes that govern cell regeneration, to get smaller. When the cell's telomere become too short, the cell stops dividing and eventually dies. Shorter telomeres were also correlated with an individual's perception of their own stress levels. According to Thomas Perls, M.D. and director of the New England Centurion Project at Boston University, "It isn't the amount of stress that matters, but how you manage it."
From the article, "10 Secrets to a Good, Long Life" found in the July/August 2005 issue of AARP, The Magazine



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Benefits of Corporate Yoga Programs:

The effective antidote for the stress of modern-day challenges in business and in life!

Improved morale in the workplace

- ⊕ **Increased productivity and communication**
- ⊕ **Increased efficiency**
- ⊕ **Increased concentration**
- ⊕ **Decreased anxiety and tension**
- ⊕ **Decreased muscle tension and pain**
- ⊕ **Decreased sick time and absences**
- ⊕ **Ability to manage emotional stress**

Assets/Strengths of Corporate Yoga:

- ⊕ Expanding desire to have more joy
- ⊕ Lower heart rate
- ⊕ Lose weight
- ⊕ Notice how you're feeling & allowing yourself to feel better
- ⊕ Acknowledge health into our hands
- ⊕ Setting time aside for practice each week – enormous power in that!
- ⊕ Encourage what's going right and do so continually
- ⊕ Discover power/magic in letting go
- ⊕ Opens space for more good to come
- ⊕ Staying open: being ready for opportunities (common characteristic in successful CEOs)
- ⊕ Increased clarity/flexibility/resiliency in our minds
- ⊕ Redirect energy towards solutions / “lightening up”
- ⊕ Increased courage: being at peace with what we do not know
- ⊕ Focus: seizing what we would like more of
- ⊕ Client-centered: Teacher will walk around and adjust you
- ⊕ Increased vitality/energy/life force—72,000 energetic openings for the body
- ⊕ More on the job creativity & productivity
- ⊕ All-level classes—inspires students to move deeper towards trusting in themselves



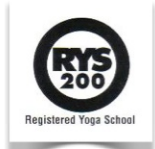
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CLAYTON YOGA PLAYFUL BASICS + ADJUSTMENTS

Healthy Posture

With poor core strength and unhealthy posture, next to improper chest breathing, this is the fastest way to tire out the body and overwork the muscles in the upper back and lower back. Another term for this is called 'slouching'. Take a minute and think, who would want to do twice the amount of work necessary to complete the same task?

Yogi's believe that a proper posture helps open our energy centers and bring about more peaceful and transforming energy. What is so important these days is to stay calm, not to react and send peace. As Ghandi once said "you must be the change you wish to see". Asked once why if he was so peaceful, he did not stay in the mountains and meditate! Ghandi replied that if the mountains contained the "heartbeat of humanity", that is where he would go. But he went on to say, that is not where, but rather in the character and shape of the everyday life.



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Difficulties

whether we like them or not, help build character, inner fire and language of soul.

Tadasana

Known in yoga as the blueprint of all yoga postures, Tadasana helps us find our center, both inside and outside the body.

Exploiting the flexibility of the lower back is the first common mistake in poor posture. So engaging the tailbone in most yoga postures including Tadasana helps neutralize the lumbar curve and create a stable platform for good posture. We may also lift all 10 toes off the floor and feel the whole leg including major areas like the shin and quadriceps strengthening. Relax the shoulders down, keeping the rib cage stacked on top of the pelvis which is in neutral.

Intuition

Use a block between the thighs and immediately wake up the 7,000 nerve endings (2nd only to the brain-WOW!) of the feet and toes. Activate the inner legs, ankle bones and area other areas that just feel stuck, lifeless, or droopy. Remember we practice to wake our relationship to this field of challenges called planet earth. When we work with and bless



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our lives, natural law states that we are protected and will expand. Cursing, excessive complaining and victimization is the recipe for disaster! Nelson Mandela, on the day he was freed, after living in a jail cell in Robyn Island for 27 years was photographed with his beaming, smiling and radiant smile.

A journalist asked him if for all of that time, why he was not angry? He said "if I remained angry, I would still be living in that prison!" So, to practice facing the wind, we allow yoga to help us become stronger.

Thich Nat Hahn has a prayer that says, Breath in and say to yourself mountain, breath out and say solid. Tadasana teaches us immediately about our surroundings and our relationship to the a higher source energy.

Try this exercise. If you stand in Tadasana with a typical everyday attitude and busy mind and just stand tall, notice a lack of awareness and power about yourself? Now have your partner come up and just push you. The pretense is up. You're actually not very stable at all, huh?

With your partner again, now take a moment to really commit to this present moment. Put yourself into this picture with all its surroundings. Take it all in, bend your knees, feel connected to earth, feel your energy concentrated and feel expansion moving out from your core.



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Ask your partner to now push you and see what happens. You are present, grounded and strong. When the winds of change or storms come, you will remain calm and collected.

You have discovered a healthy first chakra, or sense of security and tribal connection in the world. This is also the place where when we sit in meditation our energy drops and we feel what the Dalai Lama calls our interconnected and interdependent self.

If we were to float in outer space, for example, we would lose 30% of our bone density to the pressure we feel since we were born makes us stronger.

When we live our everyday life from this awareness, we are empowered, self-directed and full of inspiring creative ideas and clarity in thought. We get the noble truth that an advanced yogi is not someone who can complete the third series Ashtanga sequence or meditate for eight hours; but the one who keeps their inner light bright and can remain calm when even the most terrible, challenging and unpredictable conditions keep arising. And sacred teachers usually tell us that these challenges keep our ego at bay and strengthen our life-force if we let it!



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Non-competition/Team building skills

Child Pose

The universal sign of I need time to regroup. This posture is useful because yoga is not about achievement or competition. The sacrum is decompressing and releasing tension, the brain is calming, the low back is supported, the calf muscles are releasing and the legs are grounded.

Any qualified yoga instructor will encourage and allow their students to back off and take this pose. Building inner strength means listening to your body, to those challenges with greater compassion and that means backing off sometimes.

If the hips are too tight, take the knees all the way to the width of the yoga mat and bring the toes to touch. To adjust a student in child, you may either sit on the sacrum, roll onto the sacrum and press the sacrum strongly down with the flat of two palms.

Yoga Hint: Tight hips are common especially for stiff guys or beginners . Be patient if you feel the hips float upwards like a balloon! With practice your hips will open and your lower body will release to the earth.



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Bridge Pose

This posture will set things right! Laying on your back, place a block between your feet and with bent elbows at either side, press into the triceps, softening the base of the head and neck and lift the heart upward.

Relax the shoulders. Notice the external rotation in the upper chest and ask students to connect their palms now to their feet and feel the back body lift. Bridge is beneficial for lengthening the spine and strengthening the muscles of the back. Soften contracted buttocks and keep pressing into the feet as well as triceps and lengthen the arms (sometimes clasping) to press down into the earth.

Bridge Variation:

From Bridge pose, place your hands next to your ears with your fingers facing the shoulders. Bring your chin in toward the sternum and draw the elbows in toward each other. Now, come onto the crown of your head and breath. This is the foundation for wheel pose. This is a typical yoga posture as it strengthens what is too soft and softens what is too hard. Visualize yourself opening up those blocks which say I can't and allowing the rivers of 'earnship' or lasting happiness to flow...



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Just For Fun:

A great way to feel the benefits of bridge with a little more help is to place a block on high or medium directly under the sacrum. Relax around this support and allow the block to receive all the work in the legs and body. A small roll or blanket under the neck is also a nice support. This calming position supports a very important bone called the sacrum.

This bone is nicknamed 'holy bone' for good reason. It is here like a major highway in a busy city, that most of our central nervous system gets rerouted, actually over 65% of our brain and body speak to on another through this avenue.

Let the body and mind get reacquainted. They have each other's best interest at heart!

Downward Dog

Of course most of us are aware of the tension we carry in our back, but what about our arms or our legs! This brings us to what has been nicknamed "the salt of all yoga postures", downward facing dog.

The benefits of down dog are that we get to stretch out tension in the arms and legs, place the low back in traction and open the back of the legs.



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From child pose, or table, bring your hips up into the air and press your body into an inverted V. Push energy into the palms and let the hands do the work. You will want to find your tailbone and tilt your hips or pelvis forward slightly. Keep your whole body alive and knees bent as you work your openings slowly.

Yoga Hint:

If you compare yourself to others, you will not be listening to your own body! You may find you're not as flexible in this pose but don't compromise compression in your shoulders with egotistical thinking in your brain. Instead of trying to look good (outer body), be a warrior (inner body).

Use this as an opportunity to become more enlightened, present and courageous to be yourself.

Downdog and this "dual action" of pushing palms forward and allowing the spine to lengthen back, releases tension in our lower back, and as an inversion stimulates and nourishes the parathyroid, endocrine or master hormonal glands of the body. When we life up into Downdog, we get an opportunity to see the world with a heart higher than the head.



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Physical Adjustments

DD Intro

Stand behind the partner and place hands on top of their thighs and pull back. Take a block and feel the inner rotation of thighs draw energy in and down toward the heels.

Uttanasana

Keep the toes lifted the entire time and feel the legs acting like roots of a plant pulling nutrients from the earth.

Place weight equally into the four points of the feet

Shift weight into the front of the feet Lift and open the toes

Legs are strong and upper body light

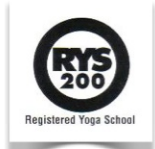
Verbal Adjustment:

Ask students to place their hands interlaced behind their neck where it meets the hairline and just rest the weight into the arms helping the neck to release more and more.

Uttanasana Variation

Interlace the hands behind the back and straighten the arms slowly.

Adjustment here is to take your hands to their triceps and pull open the



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upper arm bones.

Cobra

Although cobra is never simple, this posture opens and improves posture in the upper back. The easiest way to practice is to remember this is about the whole body, not just the problematic tight upper back and usually poor core strength (my own included). When we keep practicing cobra, the result is a tremendous release of tension and stress.

Bring your hands under the elbows alongside the rib cage and fingertips facing the front of the mat. Engage the triceps long, retract the shoulders back and down, drop chin forward as if there is a small orange between the chin and sternum and lift from the back of the head (like the snake this posed is named after)!

COBRA

Lay on the belly, take the palms off the mat, lift the upper back off the mat. Feel the tired and overworked "zombie muscles" of the upper back slowly waking up!

Calf Press

Simply come around and press on the belly of the calf muscle while the student comes into cobra. Very beneficial for understanding that our legs or



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everyday, are very important to open our heart, our spirit!

Partner Shoulder Lift

Squat safely and reach for your partners shoulders and lift directly up. Reach over the top for 3 rounds and reach under the bottom for 3 rounds and pull those shoulders free again! Receiver, be a warrior here and keep trying! Allow your partner to take a break every other round and push yourself up to cobra. Even if it feels like your moving mud, something is happening, I promise.

This is therapy for a collapsed spine, shrugging shoulders, and shortened neck! Let's release comparison and negativity and improve our ability, posture, circulation and self-discipline.

Deep Partner Backbend Lift

Bring your knees to your partners butt. Ask them to bring you their arms, grab them and let you lift them up! On an exhale breath, fall back with a straight body and practice connecting to your tailbone and core power. 3-5 lifts.



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Salambasana

Practice lifting the arms alongside the body up slowly with the upper back. This intention will help students understand the movement of cobra. Keep the work in the whole back body: torso, legs, and feet. You can also have the student bring the arms out to an T.

Variation on Sukkasana

Have your student sit in a cross-legged position or 'sukkasana'. From behind ask them to lift their arms over their head. Grab your partner from the back and slowly turn their arms in and gently lift their arms up. This will feel like an amazing opening because it is.

Child on Child

My favorite yoga teacher, Jonny Kest has said that a single average American will not take one single backbend or heart opener in an entire one week period. And we wonder why our bodies are hunching over our children, our steering wheels, our dining room tables and our offices. We need a lot more backbends! They will increase the vital fluids like cerebrospinal and 'apana vayu', open energy currents, and feeling amazing.



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Standing Backbend

With a partner, grab their forearms from the back, step between their legs and take a moment to get grounded. Encourage them to bring their tailbone forward as you ask them to trust you completely and drop to their deepest level. The whole upper back is getting open, supported and stretched! Hold for 30 seconds. Repeat if you like.

Standing Child's Pose

Come together with your partner back to back. Place your elbows under your partner and gently take one small step forward. Get your connection and center first then, bend your knees slightly and bring your tailbone under your partner's tailbone and lift them off the floor (if they are ready), and fold forward halfway.

Partner Dog Pull + Squat

Face your partner, smile and reach for their forearms. Walk back about 3 feet. Keep the knees bent slightly and then fold forward keeping the knees bent. This action will create a deep release for the back and form a flat back or table pose. When both are ready, lower the hips! way down and walk back a few inches more. Feel the tremendous power and support in this supported squat.



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Puppy Stretch

Great way to warm up and open the upper back. Much less weight to carry for the shoulders. Great medication for Downward Dog posture.

Picture. Arms.

Wall Dog

A great modification for Downward Dog because of it's honesty. It will help students connect to their legs without needing much weight on their shoulders

Adjustment:

Place a block between the upper legs.

Thighs move in to strengthen the inner body through ankles, feet and toes.

Give your students great encouragement! Tell them how good they are doing for there own body type As a rule, keep ears in line with shoulders.

UpDog

Place a block between the inner thighs.

This engages the thighbones and helps the core stay connected to the legs and upper body. Neutralize the low back and lengthen.



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Intro to Savasana

Legs represent our sense of security in the world. It's how we get around in the world. Because of long term sitting, quick movements or standing on our feet all day long: our legs can also suffer greatly.

Lift your student's legs up off the floor and keep your arms straight. Make sure to keep your arms and their legs straight and walk back about 4 inches, pulling your students body toward you.

Picture

Come into a squat. Hold until you feel certain they have a deep stretch (about 10-20 seconds) and slowly release their legs on the mat.

Wheel Pose

For more advanced students and when the body is warmed up.

Face the student's shoulders and help them to bring their elbows in. When they get ready to push up, support their upper back with your hands.



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Creating the Greatest Ideal of Yourself

By Dr Joe Dispenza

What if, before you got out of bed and began your day, you took the time to ask yourself one simple question? “What is the greatest ideal of myself that I can be today?” If you were patient enough to wait for an answer, you would begin to think differently than if you just woke up and remembered yourself as the same person from the day before. In other words, if you waken in the morning, get out of bed on the same side, turn off your alarm clock the same way, use the toilet as always, look in the mirror to remember who you are, wash yourself in the shower the same way as the day before, groom yourself and dress yourself to look like everyone expects to see you, eat the same food for breakfast, drive to work as usual, see the same people at work that push the same emotional buttons and do the same memorized things that you know how to do so well, we could say that your mind and your brain would remain virtually unchanged.

A common principle in neuroscience says that “nerve cells that fire together, wire together.” Therefore, if you repeatedly think and act in identical ways on a daily basis, your brain will become molded into a specific hardwired pattern that will support the same level of mind. It’s ironic. Most people routinely think the same thoughts, perform the same actions, and secretly expect something different to show up in their lives.

If however, you were to sincerely think about a greater ideal of yourself before you started your day, you would begin to make your brain fire in new sequences, patterns, and combinations. And whenever you make your brain work differently, you just changed your mind. The working definition of mind, according to neuroscience, is the brain in action or the brain at work. You created a new mind than if you just continued on business as usual.

Because of the size of the human frontal lobe, you have the privilege of making thought more real than anything else. Thus, when you close your eyes and eliminate the barrage of stimuli from your external world, you can formulate a new image of yourself without distraction just by going within. And when you are truly focused and pay attention, there comes a moment when your brain does not know the difference between what is real in the external world and what you imagine in your mind. In fact, the thoughts you are embracing will become just like a real life experience in your mind. The moment this occurs, your brain up-scales its hardware to reflect what you’re imaging and intentionally thinking about. Consequently when you change your mind, you change your brain, and when you change your brain, you change your mind.

The quantum physics model of reality tells us that mind and matter are not separate elements. In fact, subjective mind has a true effect on the external objective world. Your mindful observation of reality matters. An intentional mind literally conditions and organizes matter into the blue prints of personal destiny. Hence, if reality is an extension of mind and your reality is your life



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then you might reason that by changing your mind, you should produce some identifiable changes in your life.

As you sharpen your abilities to observe some desired destiny from a new ideal of yourself instead of from the same old self, your life should reorganize itself in new and unusual ways. Why? Because the former personality, which is made up of how you typically think, act, and feel, created the reality you presently are living. But the new ideal has the ability to create a new life.

And lastly, if you committed to not arising to face the day until you actually felt like that new ideal, you would also be conditioning the body to finally work together with your new mind. Actually, your thoughts condition your mind and your feelings condition your body. And when you have mind and body working together, you have the power of the universe behind you. When you walk through your life that day, maintaining this modified state, something should be different in your world as a result of your effort. No one is excluded from this phenomenon.

I truly believe that every person is a divine creator. Independent of your race, gender, culture, social status, education, religious beliefs, or even past mistakes, there is a power within each of us that is common to every human being—and we are all connected to it. This invisible consciousness is the quantum field expressing itself in all things. It is both personal and, at the same time, universal. It is the giver of life. This refined mindful energy is conscious enough to support, maintain, protect, and heal us every moment. It keeps our heart beating hundreds of thousands of times per day; creates more than 60 million cells every minute; and organizes hundreds of thousands of chemical reactions in one cell every second, just to name a few. It is also the same intelligence that creates supernovas in distant galaxies, that keeps the planets rotating around the sun, and that loves the lily into bloom.

When we take the time to develop a relationship with this mind, when we make contact with it, when we use it to produce desired events in our future, when we ask it to intervene in our lives and finally, when we emulate by being a creator, when we express its power, love, and intelligence through us, we become more like it—we become divine.

A good first step on this path is to do something that breaks your routine. I have found over the years that when you retreat from the world and eliminate the typical environmental stimuli that cause you to think in routine ways, you can begin the process of true change. In order to change, you have to think greater than your present reality, you have to dream beyond the familiar feelings you've memorized that contribute to your identity-self, and you must create a life that exists in a future time.

Because we share the same brain, we all have the ability to accomplish this feat. It only takes learning and reorganizing your thinking in order to prepare the mind for a better future. In the Breaking the Habit of Being Yourself workshops you will be given the information and the tools to understand and rewire your mind and body so you can break the habit of being yourself.

- See more at: <http://www.drjoedispenza.com/joedispenza/ctab/TyVCOCVFMiVCRQ==/Creating-the-Greatest-Ideal-of-Yourself#sthash.nzLjhuQK.dpuf>



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MIND MATTERS MOST

Wayne Dyer once said change the way you look at something and what you look at will change. Ancient yogis believe the breath is the key to the mind. When we breath deeply and regularly, we unlock higher energies which support and sooth our nervous system. These powerful shifts help us to “get out of our head” or intellect and explore greater creative possibility in our day. Finding stillness and that place of infinite power helps us to observe the activity of our mind without judgment. We then have more compassion to allow the changes in our life to help us grow and make better choices. As we keep practicing, over time, we begin to thank those lower energies (fear, resentment, anger, jealousy) for slowing us down and teaching us how to allow more blessings and good energy to come into our lives.

This is why when most patients come to see Jon Kabot-Zinn, a highly regarded teacher of meditation and Director of the Mind Body Institute at University of Mass. Medical center, the first thing he asks them to do is to lay on the floor and teach them to breathe.

BREATHING

The physiological understanding of why the breath is so powerful has profound meaning. Our body is built on a network of wiring called the central nervous system. This system is made of two important and different functions called the sympathetic and parasympathetic. The sympathetic is like an alarm clock inside our body, helping us to get up and go while the parasympathetic is our resting state where we allow our body to repair. A good example of the sympathetic system is when we mobilize our energy to quickly complete a project or drive to get somewhere. When we wish to let go of our day, soothe our energies, we are igniting the parasympathetic.

Unfortunately in many cases, because of the way we breathe, and how important the breath is, we overemphasize the sympathetic nervous system and feel that we are under constant stress all the time. The Mind Body Institute, www.mbmi.org, found that over 50 % of Americans currently report high stress a daily basis. Untreated



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stress seriously affects our performance, health and well-being.

Breathing as Babies

The importance of utilizing proper breathing not only provides us with oxygen, one of our primary nutrients for all metabolic function but allows us to activate the cleansing process in the alveolar sacs which exchange oxygen for carbon dioxide. Each day alone, we get 22,000 breaths and if we placed all the alveolar sacs together: they would take up the size of over half a tennis court. Just by comparison, our skin or largest sensory organ is only 3 square feet by 3 square feet. What a difference!

We had this perfect yogic breath when we were babies! Our whole body expanded as we breathed on an inhale and softened as we exhaled. According to yoga, we are not quite sure why we began breathing incorrectly. Maybe it is our tendency to look outside too much. We do know that we during the course of reaching adulthood, most of us lost have lost the art of deep breathing.

Sympathetic Nervous System

When we breathe unconsciously or quickly, we are using our upper chest or secondary breathing muscles. Rather than originating the breath in the belly: we grasp at the breath. This makes a deep, rich, flowing and nourishing breath impossible. According to yoga, this area has been nicknamed the 'anticipatory muscles' because it is both stress inducing and the cause of stress itself. Dr. Andrew Weil from the Arizona Institute for Alternate Medicine finds that the main reason for the stress epidemic in the United States is an overactive sympathetic nervous system.

A study done in 1946, by the New England Journal of Medicine, found that 96% of backache complaints were not structural in nature but due to psychological factors. Breathing short and shallow puts us into a constant state of fight versus flight. We go about living our life as if there is a boat filled up with water and taking a pale to empty the water only to find that there are holes in the boat.



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DAILY IMPACT OF IMPROPER BREATHING

Our body interprets our 'overemphasis in the sympathetic system' as one foot on the gas and one foot on the brakes. When we do not breathe correctly, we are not present. We think too much. We cling to the past or some anticipated future event. It is only in this moment that we can appreciate the deep, rich, extraordinary possibilities life beholds. No wonder modern life is still trying to catch up with nature. Computers and globalization still leave us all feeling as if we are wanting something more...

Parasympathetic Nervous System

Using our primary muscles of breathing, we inhale, expanding the abdomen, allowing the diaphragm to release, the lung tissue to expand and the deep, rich oxygenated breaths to flow. The diaphragm muscle has been associated with courage. In yoga, we understand that as a living healthy organism, we must undergo change in order to remain healthy. When we stay connected to our breath, we let life unfold without attaching to results. We circulate the body with life force energy and wire our brain to stay calm, confident and centered right in the center of change.

From the first breath, we feel lighter, more at ease, more connected to our natural vitality and joy. As we exhale, we allow the belly to soften; the diaphragm will lift up back under the heart and push air out of the lungs. Placing our focus on the breath, we practice meditation, we let things fall apart and we stay centered. The way you know your yoga is progressing is your ability to take on more stress with less effort. True mastery is really living your everyday life sweetly.

Body/Mind Connection

Our body is directly connected to our mind and since breathing is on one level conscious and on another unconscious, breathing is something we can practice. Just by placing our awareness on the breath, we will begin to feel the body open, our lungs expand and our mood and energy soar.



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CHAKRAS ENERGY SYSTEMS

Clayton Yoga Teacher Training

According to ancient Indian Hindu belief, the body contains network energy of channels. The chakras are energy vortex's or centers that run up and down the spine. These electromagnetic 'wheels' facilitate the flow of energy into and out of a person's body and aura. There are seven chakras which begin at the bottom of the body and flow upward to the crown of the head.

Chakras function to vitalize the body and to develop consciousness. They are associated with our physical, mental and emotional interactions. When our chakras are balanced and flowing evenly and easily, it is said that we are more connected to our breath or spirit, and thus able to let go of the perfect way to do a pose and able to be available to this present moment simply allowing the mysterious of life to unfold.

Each chakra flows in opposite direction, either clockwise or counterclockwise, of the ones directly above and below it. This causes the energy to circulate or continuously flow up and down through the body.

Chakra One

Located at the base of the spine, the first chakra is about survival and its physical sense is smell. This is the center where we ground ourselves and take care of our basic needs. Chakra one is concerned with all matters of security, safety and support food, clothing, shelter, and the basics that keep us warm and safe.

When the root chakra is balanced, one has good energy, feels "rooted", secure and that the world is a safe place. Having an going healthy body awareness and practicing yoga postures grounds our first chakra energy and reconnects us to that place within us that feels supported by a bigger divine force.

Some of the issues relevant to this energy center, in addition to one's relationship with the earth, are one's relationship to one's family, tribe or community, stability and fear that personal growth will mean alienation from one's group.

If the first chakra is weak, the entire energetic system is at risk. Taking responsibility for oneself is the key to releasing the shadow or victim side of this chakra. For example, when I make the



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choice not to validate my ticket on public transportation, justifying that I am running late, and then trying to blame, this cannot work. I must always take the high road. Validate the ticket in this case and become more empowered. When I decide to wake up and take responsibility for my actions and even thank those around me for reminding me that I am in charge of my life, I am enhancing the nurturing mother archetype to flourish and the result is always a regain of balance and power.

If chakra one is imbalanced, we may have a tendency to hoard things. To counter balance this, you can release yourself of attachment by giving away clothes, food, and perform acts of kindness.

When the root chakra is imbalanced, our energy may be attached to emotional or childhood trauma, poor dietary habits and substance abuse. One may feel a lack of energy, resistance to change and the need to slow down. It is interesting to note that teenagers who often are looking for more direction enjoy wearing black because this color actually does strengthen this chakra's grounding energy (though the natural color of chakra one is red).

Unblocking this chakra and regaining balance can be achieved with time and dedication to positive thinking, meditation, physical exercise, improved diet and practicing yoga. Eating slowly and enjoying the experience of eating will decrease stress as well as adequate rest for the body and mind.

A balanced first chakra indicates that we trust in the natural flow of life like a dance. A great affirmation for the first chakra is that all is well. This world is a tremendous source of well-being. I am in touch with this truth and trust in myself and release my fears accordingly.

Suggested Yoga Postures: Dead Frog, Vira 1 and 2, Triangle, Pigeon, and happy baby!

Color: Red

Element: Earth



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Chakra Two

Chakra 2 is located near the lower abdomen or an inch below the navel and deals with families, emotions and setting boundaries. Its physical sense is taste. The emotion is desire, sexuality, and passion. Joy, movement, fluidity, and creativity all inspire this center of vitality.

Sensation is where we move beyond our basic needs into relationships with others. The second or sacral chakra is the “abode of vital force” that is related to emotions, feelings, grace, desire, sensation and movement.

When the pleasure chakra is imbalanced, one feels repression and feels disconnected to the senses. They are unemotional and not very open to others. Power struggles over little bothers is characteristic of an imbalanced second chakra. Over-active second chakras might mean acting out sexually having difficulty attaching themselves emotionally to others.

An incredible yoga teacher and friend of mine now for over 8 years is a classic healthy 2nd chakra. She is constantly listening to her intuition and inspires you right from the start with that twinkling in her eye. Her mischievous nature is lighthearted and her focus is always on being an example of grace.

She moves in the direction of feeling good and if someone is trying to bring her negativity, she does not counteract that force with more judgment, but steps back and blesses the situation. She moves along again with her day and may even use that situation of transforming curse into blessing for a perfect teaching later with another friend. She is magical because she inspires those that are watching how to live more deeply and trust in their own pleasure center.

When this chakra is open and balanced, there is willingness to be vulnerable and intimate, passionate and lively. One’s energy is stable, alert, and in touch with a sense of taste and appetite for life.

Suggested yoga postures: bridge pose, cobra, bow and baddha konasana.

Color: Orange

Element: Water



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Chakra Three

Chakra 3 is the center of motivation where we set our intentions and desires. This chakra is located at the solar plexus and calls us forth to develop greater will, self-esteem and autonomy. This is done not by keeping things safe, but by taking risks and venturing into the unknown. Although growth is scary and uncomfortable, choosing stability over growth will cause one to stagnate and feel helpless in one's own life.

When the power chakra is balanced, one achieves goals, is self-confident and has strong motivation and direction. The shadow side of the third chakra is the servant. The servant archetype lacks self-esteem and personal power; it undervalues itself and doesn't honor its basic worth. It looks for approval in others instead of sourcing it inside itself. The Warrior archetype on the other hand, is powerful and asserts its right to be the best person it can be. The Warrior makes a stand in life and is self-validating and self-loving.

The central theme or core issue of this chakra is finding our rightful place in the world. **When the third chakra is healthy and open you can draw upon this to develop strong boundaries and make sound decisions.** You have an honest relationship with yourself and others. The goals of this chakra are to have vitality, spontaneity in life, healthy self-esteem, strength and purpose.

The characteristics of an over energized Manipura are domination, aggressiveness, scattered, constantly active, you may blame others and not take responsibility for who you have become. When there is a deficit third chakra, you are more likely to experience poor self-esteem, a weak will and lack of purpose in your goals or direction. Cults or organizations that over dominate individual's willpower are extreme examples of this imbalanced third chakra. Here we see individuals risk their life, to follow some organizations claim to divine providence.

An example of an imbalanced third chakra is the drive for example within traditional schools of yoga to keep the younger, recently trained teachers outside certain circles of general acceptance. Just because shoulder stand was always taught and practiced a certain way does not justify a closed minded attitude toward new ways of practicing. Things are changing and rather than project one's own insecurity even in the yoga community, one ought to keep an open mind and always allow for new knowledge and information to spring forth.

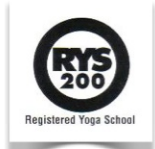


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Suggested yoga postures include: table pose, down dog to up dog, gate pose, dandasana, woodchopper, supine half moon.

Color: Yellow

Element: Fire



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Chakra Four

Chakra Four is located in the middle of the chest and the sense is touch. This center is our emotion of compassion, love, and empathy. When the heart is balanced, one feels love and connection to self and others. “Anahata” or the heart chakra is Sanskrit for “unstuck” or “stillness”. The challenge of the fourth chakra is self-love; this means having the courage to forgive. Forgiveness means transforming anger into love. This liberates a person to transition into higher states of consciousness and awareness.

The Actor is the dysfunctional archetype of the heart. The Actor acts as if everything is fine and does not love emotionally but intellectually. The actor is distant and not fully present.

The Lover archetype on the other hand, is free to give and receive love. The Lover holds no grudges and forgives easily. The Lover is deeply present in its life and with others. Love exists in the now and experiencing this is the purpose of being here.

Releasing the past, living in the present and experiencing ourselves as the source of love and joy is what spiritual growth is about.

Located between the roots and the spirit, this chakra represents having love for our bodies, selves and others and is core to being awakened in life and yoga. According to Buddhist teacher Tarthang Tulku, the heart chakra is very important for feeling existential fulfillment. Yoga as a teaching and practice encourages introspection of the heart space to reach fulfillment, ecstasy, rapture and joy.

When the heart chakra is imbalanced, one feels depression, loss of connection and lack of caring. It may be easier to communicate the physical to yoga students and recommend several supportive and restorative movements to open the chest and back. The heart chakra is said to unfold slowly over time so it's important to encourage patience and support for the many layers of history, fear, and co-dependency that may arise.



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Suggested yoga postures include:

Ukkatasana

Urdva Danurasana

Setu Bandha

Gomukasana

Anjali Mudra

Color: Green

Element: Air



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Chakra Five

This chakra is located in the throat and its physical sense is sound. The Visuddha or purification center as it is sometimes known regulates a person's communication or expression. Its energy flow is also related to creativity as well as inspiration and faith.

Visuddha also relates to the regions of neck, shoulders, arms and hands. The Throat Chakra physically regulates the thyroid and parathyroid glands. Physical problems such as a stiff neck, sore throat or cold, can occur when this chakra breaks down.

This chakra is sometimes associated with a blending of the heart chakra, green plus bright blue to make the color of deep indigo blue. Also when the throat is opened and there is pleasure through sound when practicing, the pelvis spontaneously moves as well. This seems to indicate a strong link between self-expression and passion.

The throat chakra can be balanced by chanting, singing, or listening to music. A very effective way to do this is by taking a walk while admiring the bright, blue sky.

When the throat chakra is balanced, one has inner trust, inner reliance and easily expressed ideas and thoughts.

When the throat chakra is imbalanced, one feels selfish, has feelings of rejection and has difficulty in expressing oneself.

In conclusion, the fifth chakra is responsible for everything associated with the throat and its surrounding areas especially communication and creativity.

Suggested Yoga postures include:

Fish pose

Half Shoulder Stand

Plow



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Camel

Crescent Moon

Standing Backbend

Color: Light Blue

Element: Infinity



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Chakra Six

Chakra 6 is the Ajna or to perceive. It is located between the eyebrows, just above the bridge of the nose. Emotions include higher consciousness, perception and intuition. Sixth chakra energy resonates with clear thinking, clear vision, psychic, emotional and mental intelligence.

Do you have an uncanny ability to predict the future? Are you a good student? Do you trust your intuition, but know when to go to experts for advice? If you answered yes, you are functioning with a robust sixth chakra, the center of our mental energy.

Using 6th chakra intelligence, we can identify behavior or thought patterns in our life. It becomes clearer to us how we got to where we are, and how to integrate our intelligence with intuition.

People who function from healthy mental energy don't let themselves get discouraged by roadblocks when they truly feel they are doing what is right for them to do. Instead, they search for alternative paths to the same goal, ask for advice from experts and rely on Divine Intervention. People who have an over-active sixth chakra may be unable to accept the reality of what is around them. They may suffer even from paranoia, hallucinations or nightmares. They may be hypersensitive, assuming that other's emotions are targets at them or reacting to imaginary situations.

People who have under-nourished sixth chakra energy tend to be insensitive, unaware of what is going on around them. They may need to be told bluntly how their behavior is hurting or offending another person.

We inhibit sixth chakra growth when we refuse to acknowledge that we don't know everything. This results in judgment of others. **When the intuition chakra is balanced, one feels strong intuition, imagination, a connection to oneself and mentally fit. When we are fully grounded and centered, we can learn from our dreams, trust our intuition, have the courage to be fully interconnected with all life.**

Suggested Yoga postures include:

Yoga Headstands



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Corpse

Supported forward bends

Alternative Nostril breathing

Eye exercises

Color: Dark Blue

Element: All elements



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Chakra Seven

The 7th chakra, Sahasrara is considered the “consciousness” chakra and is located at the crown of the head or the soft spot on a baby’s head.

This chakra, or “thousand fold” symbolizes detachment from illusion and is known as the psychic center for higher knowing. It receives spiritual energies and guidance necessary to activate one’s purpose. When this chakra unfolds, you know yourself as a spiritual being, temporarily located inside a body and mind. A healthy 7th chakra helps us to step back, dismantle the ego, become impartial and see how our thoughts, attitudes and actions affect the atmosphere around us. We feel that we are broadcasting mechanisms and are careful about what thoughts we choose to focus on.

This chakra is concerned with meditation or the ability to surrender to something wiser and larger than just ourselves. When we realize this connection with all beings and the universal spirit, we are able to transcend attachment and identification with a separate self or ego. We loose our attachment to things having to be “our way”.

The associated endocrine gland is pituitary which is responsible for many things including the regulation, growth, metabolic, reproductive and skin pigmentation of the body. An imbalance in this chakra is represented by materialism, apathy, skepticism and intellectualism. One feels loss of self, spiritual abandonment and lack of connection to the universe.

This chakra is the center of connecting to enlightenment and when balanced, one feels strong, unclouded and a joy for life. Being able to raise our energy to this point allows for the state of Samadhi, union with God and ability to feel our connection to the infinite.

We trust that the universe is unfolding in the most perfect way possible.

Suggested Yoga postures include:

Headstand

Four Arm Balance

Handstand



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Scorpion

Corpse

Color: Violet

Element: All elements



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THE FIVE WONDERFUL PRECEPTS

Taken from *The Present Moment* by Thich Nhat Hanh with Sister Chang Khong.

FIRST PRECEPT: Aware of the suffering caused by the destruction of life, I vow to cultivate compassion and to learn ways to protect the lives of people, animals, plants and minerals. I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking, and in my way of life.

SECOND PRECEPT: Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I vow to cultivate loving kindness and learn ways to work for the well being of people, animal, plants and minerals. I vow to practice generosity by sharing my time, energy, and material resources with those who are in real need. I am determined not to steal and not to possess anything that should belong to others. I will respect the property of others, and I will prevent others from profiting from human suffering or the suffering of other species of Earth.

THIRD PRECEPT: Aware of the suffering caused by sexual misconduct, I vow to cultivate responsibility and to learn ways to protect the safety and integrity of individuals, couples, families, and society. I am determined not to engage in sexual relations without love and a long-term commitment. To preserve the happiness of myself and others, I am determined to protect children from sexual abuse and to prevent couples and families from being broken by sexual conduct.

FOURTH PRECEPT: Aware of the suffering caused by unmindful words and the inability to listen to others, I vow to cultivate loving speech and deep listening. Knowing that words can create happiness or suffering, I vow to learn to speak truthfully, with words that inspire self-confidence, joy, and hope. I am determined not to spread news that I do not know to be certain and not to criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause diversion or discord or that can cause the family or the community to break. I will make all efforts to reconcile and resolve conflict, however small, and to speak in ways that bring joy and happiness to others and that relieve others of their suffering.

FIFTH PRECEPT: Aware of the suffering caused by unmindful consumption, I vow to cultivate good health—both physical and mental—for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I vow to ingest only items that preserve peace, well-being, and joy in my body, in my consciousness, and in the collective body and consciousness of my family and society. I am determined not to use alcohol or any other intoxicant or to ingest foods or other items that contain toxins—such as certain TV programs, magazines, books, films, and conversations. I am aware that to damage my body or my consciousness with these poisons is to betray my ancestors, my parents, my society, and future generations. I will work to



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transform violence, fear, anger, and confusion in myself and in others by observing a wholesome diet. I understand that a proper diet is crucial for self-transformation and for the transformation of society.



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Heart Meditation, Deepak Chopra

Experience gratitude in your heart by considering all the things in your life for which you are grateful. Think about all the people in your life you love and the people who share their love with you. Spend a few minutes reviewing the gifts in your life for which you are appreciative.

Keeping your awareness in your heart, let go of all grievances, resentments and regrets. Repeat, every decision I make is a choice between a grievance and a miracle, I relinquish all regrets and grievances and choose the miracle (Repeat 3x)

Think of anyone that you may be holding a grudge or resentment against. Visualize them in your awareness and practice forgiveness, recognizing that everyone is doing their best from their state of consciousness. Have the intention to forgive others and yourself from any actions that have resulted from pain.

Having let go of resentments, grievances and regrets and having embraced forgiveness, bring your attention back to your breathing.



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Yoga Anatomy Tips

8 Basic Postures of Sun Salutes Ashtanga

TADASANA

Pronounced (tah-DAHS-anna)

Tadasana is the starting position for standing poses.

But practicing Tadasana as a pose in itself is important to begin strong.

Step to the front of your mat. Take a deep belly breath. Stand with your feet facing front about hip width apart. Ground the weight evenly though out your feet. Spread your toes. Lift the inner ankles and strengthen the inner arches of your ankle and draw the weight slightly forward.

Firm your thigh muscles and tuck in your tail bones and make you stomach tight, then imagine a line or string that will stretch from your thighs to your core, neck, and head. You want to feel that all of your spine is aligned with your body and your ribs are aligned with your pelvis. Turn the upper thighs slightly inward. Double check that your tailbone is tucked toward the floor.

Drop your shoulder blades into your upper back. Without pushing your lower front ribs forward, keep ribs soft, lift the top of your sternum straight toward the ceiling. You want your chest to be strong.

UTTANASANA

Stand in Tadasana with your feet hip-width apart. Look down at your feet



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and check that they are parallel and that the inner edge of each foot is pointing straight ahead, spread your toes. Press your feet into the floor. Breathe in deeply.

As you exhale fold forward from your hip joints. The emphasis is on lengthening the spine as you move more fully into the position.

Go slowly. Clasp hold of your elbows and let your head and arms dangle, or clasp your hands around your legs and let your arms slide down the back of your legs. Press the heels firmly into the floor and lift the sitting bones toward the ceiling. Turn the top thighs slightly inward.

With each inhalation, lift and lengthen the spine just slightly; with each exhalation release a little more fully into the forward bend. Let your head hang.

Feel where your spine is, your core, and allow the spaces between vertebrae to expand. You'll feel your spine elongate as you breathe. Breathe smoothly in a relaxed strain-free manner. To come up, bring your hands back onto your hips, press your tailbone down and into the pelvis and come up on an inhalation with a long front torso.

Benefits:

Stretches entire backside of body, especially legs and lower back.

Elongates spine. Increases flexibility. Massages internal organs, tones liver, spleen, kidneys. Increases blood circulation to legs, torso, and brain.



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ARDHA-UTTANASANA

From forward fold (Uttanasana).

Inhale, raise head slowly, body tends to follow gaze.

Roll shoulders backwards, exhale, let arms hang down, hands on ground or just above your feet. Also you may place hands on hips or allow hands to grasp elbows. Feel the strength in your core build. Keep your back straight and draw your belly inward.

Relax the neck, jaw and shoulders. Inhale lift from your shoulder blades and elevate your torso while allowing arms to continue hanging till your hands reach the tops of your feet, ankles, or lower shins. (This will depend on your anatomy and comfortable range of motion.)

Roll shoulders backward as you elevate (Sexy Shoulders)

Modification: Make Lion face

COBRA

Lift slowly and with intention using the upper back and scapula

Avoid the quick sudden movement upwards

Placement of palms is key so bring the wrists back 2-4 inches until they are directly under the elbows and very close to the sides of the ribcage.

Feel as if there is a small orange between the chin and top of the chest.

Legs are also working strongly, push back again through feet and toes.



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Tailbone engaged and tucking under, bringing the pubic bone into the earth and softening the low back.

Lift slowly first with the top of the upper back. Soften the shoulders down away from the ears. Lift and support the heart to unlock and open forward.

Feel your courage!

Modification: Locust

ADHO MUKHA SVANASANA

(Downward-Facing Dog)

From Child's Pose keep your hands firmly rooted, tuck your toes under, extend your spine and lift the abdomen into Adho Mukha Svanasana. (You can also come into this pose from tadasana-exhale, bend at the waist and as your hands reach the ground step the feet back, one at a time).

Your big toes should be in line with your hip bones, broaden your shoulder blades and get your shoulders away from the ears-release

the head down. Push forward gently through your palms as if you are driving your hands into the earth and lengthening the front of the mat. From here you can move the fingers toward the outside of your mat to better lengthen your inner arms and biceps.

Push your bottom up while pushing heels toward the ground and keep the stomach/core tight and strong. Your sits bones are reaching for the ceiling, but your hands and feet are making you stay on the earth. Press into the base of each big toe and spread energy evenly through the four corners of your foot, making sure to lift up the inner ankle.



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Your neck will stay long as the shoulder and upper back muscles work to keep you stable and grounded, rock back and forth and make adjustments to find your right Adho Mukha Svanasana.

Your heels do not have to touch the ground, some of ours will not and that is okay! This is a great stretching pose, feel the stretch in the arches of the feet, through the hamstrings, along the dorsal and thoracic spine, into the shoulders, and right down into your palms.

Benefits: Strengthens the ankles and tones the legs, slows down heartbeat, reduces stiffness in shoulder blades, can help to prevent hot flashes during menopause. This pose can restore energy when tired and can be held longer when comfortable, listen to your body.

***do not practice during pregnancy, if you have high blood pressure, or frequent headaches.**

Modifications: Puppy pose

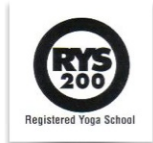
Teaching adjustment: stand in front of student and push with both arms into area surrounding sacrum, if this is comfortable for student you can put more weight into the adjustment by rooting your feet and pressing more into their pose. To make sure the arms are straight you can stand lightly on their hands then roll the shoulder blades inward gently.

URDHVA MUKHA SVANASANA

Upward Dog.

How to do the pose:

First Lie face down on the floor. Stretch your legs back, with the tops of



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your feet on the floor. Bend your elbows and spread your palms on the floor beside your waist so that your forearms are make a 90 degree angle to the floor.

Then inhale and press your inner hands firmly into the floor and slightly back, open your heart and roll your shoulders back and down as you slowly lift keeping your joints well stacked. Remember to allow the arms to bend gently, allow never lock the elbows. Keep the thighs firm and slightly turned inward, the arms firm and turned out so the elbow creases face forward. Lastly, press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks. Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, take care not to compress the back of the neck and harden the throat.

Modifications and Props:

Often it's difficult to keep the legs strongly suspended above the floor. Before you move into the pose, position a thick blanket roll below your top thighs. When you are in the pose, lightly rest your thighs on this roll as you press the tailbone closer to the roll.

Also you may like to use two 1/2 blocks under your hands to help the torso get added lift and the spine to lengthen providing adequate support to the strong legs and open heart.



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To increase the strength and lightness of this pose, push from the backs of your knees along the calves and out through the heels. The tops of your feet will press more firmly against the floor; as they do, lift the top sternum up and forward.

Benefits:

Focuses on wrists, helps with sciatica, Improves posture, Strengthens the spine, arms, wrists, Stretches chest and lungs, shoulders, and abdomen, Firms the buttock, Stimulates abdominal organs, Helps relieve mild depression, fatigue, and sciatica, Therapeutic for asthma.

Contraindications and Cautions: Back injury, Carpal tunnel syndrome, Pregnancy.

Chaturanga Dandasana

“Four-Chatur/ limb-anga/ danda-staff/asana-pose (seat)”

Is a very engaging and strengthening pose.

Although it is mainly a pose used in transition into Urdhva-Mukha-Svanasana (upward-facing-dog) or Bhujangasana (cobra), Chaturanga Dandasana can be a challenging pose in and of itself.

To start off, ensure there strength in the core muscles (abdominal muscles), upper back muscles (rhomboids, Subscapularis, erector spinalis groups), shoulder and fore/arm muscles (SITS group, teres major, deltoids, biceps, forearm and hand muscles). These are the main muscles that we



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use to engage in Chaturanga Dandasana.

Using the variations/modifications of this pose is very helpful.

There are three variations to this pose that I will now describe.

First the conventional pose, then the modifications and the reason why and how to use the modifications.

Starting from plank pose, engage the shoulder muscles and stack your joint all the way down to your wrist. Palms are firm and fingers spread wide and supporting.

Back is straight, lower back and glut muscles are relaxed, toes supporting as weight is distributed to your toes.

Begin to flex the elbow as your lean about 2-3 inches forward rolling from your toes. As you come forward, keep in focused intention with your head, but lead the pose with your chest. Lower till your arm is parallel with your torso, and your elbows are at or near a 90 degree angle, core and shoulder muscles are in full engage.

From here you can hold to build upper body and core strength by holding this position for a couple breaths.

The first variation is the same as above except in this version before lowering down, you slowly bring your knees to the mat. Here the feet are not as engaged. As you lower, still engage your core muscles and upper



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back; keeping the lower back muscles relaxed and not too

flexed. This is a great modification if the core, shoulder, and/or arm muscles are weak or damaged and need to be strengthened. The most challenging often for women and easiest version for men is to emphasize the upper shoulders.

In this version, first come completely down to the mat; arms to the side bent at the elbow as if you lowered down from a push up. From this position, engage your upper back muscles by bring your scapulas together, lifting your shoulders and chest up, hands flat and still flexed at the wrist floating off the mat. Perfect if there are any major damages to the core muscles, but still desire to strengthen the upper back muscles while resting the abdominals and leg muscles.

Chaturanga Dandasana is a great transitioning pose, but more that that is a great pose to strengthen the core and shoulder muscles, as well as, an excellent asana that offers variations that can build key muscle groups all on there own. Never to forget to BREATH!!!

UTKATASANA OOT-kah-TAHS-ANNA Awkward pose

Start with Tadasana or standing pose. Stand up strait with arms and hands by your side.



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Version 1

First inhale , Then as you begin to exhale bend your knees so it looks like your sitting but with out a chair. Drop your arms like you wish to touch the floor and feel the shoulders relax down. Next inhale as you reach your arms up over your head, and beside your ears. Hold yourself here for about 5-6 breaths . Take a nice big inhale as you straighten your legs and let your arms come back down along your sides returning to standing pose.

Version 2

From standing pose push your hips back and forth a few times just to get the feel of how they move. Then with your arms down by your side, roll your shoulders back so you can feel those big flat bones of your upper back pressing down your back.

Now as you begin to inhale raise your arms over your head along side of your ears. Be sure to keep your shoulders down your back. You may now close your hands together palms touching and look up at your thumbs or simply keep your arms shoulder distance apart. Hold this pose for a few breathe then on an exhale stand up straight with your arms at your sides.

Modification

If your knees are tight or week don't bend them quite so deep. If your arms are week try the pose with your hands on your hips.



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PADA GUSTASANA

The word 'Pada' would mean foot and the word ' Angustha' would mean the big toe. This pose is when you stand and hold the big toes.

This is a beautiful variation on the forward bend.

Start in uttanasana inhale and on the exhale bend a little deeper into the pose. Here extend the elbows out to the sides and breath.

Have the feet a foot apart, a comfortable position for you.

Exhale and bend forward and hold the big toes between the thumb and the first two fingers, for the palms to face each other.

Palms up and slide then under your feet bending deeper and extending your elbows out more and more with each inhale.

Tuck your tailbone under and elongate the spine.

This pose will strengthen the neck and back muscles while stretching the backs of the legs and hamstrings.

Reaching through the crown of the head.

You can get a really good stretch in the spine.

For a modification use a block under your hands for support either horizontal or vertical

Stand in uttanasana knees slightly bent and Elbows out.



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Benefits

This relaxes the brain and body

The stretching and pulling massages the abdominal organs.

PADA HASTASANA

Maintain your balance by keeping your eyes open and focused on the ground behind your feet bring your weight slightly forward while grounding your heels. Lift the toes and slide your hands under your feet

As one of the forward bending poses the focus should be to bend at the hip while keeping your upper torso as close as possible to your thighs.

The risks in this pose are injury to the hamstrings and lower back. Remind students to pay attention to their bodies and use modifications if they start to feel a strain in these areas.

Also, students with blood pressure issues may become dizzy from having their head lower than their heart. Remind them to breathe regularly while coming out of this pose slowly.

Remember to plant your feet firmly, distribute your weight to all four corners of each foot, breathe into your chest rather than your stomach and exhale as you bend forward at the hip stretching your elbows away from each other and shrugging your shoulder blades down your back.



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Ideally your eyes will be looking at or below your knees and the backs of your fingers will lay on the ground in front of you.

It is OK if you bend your knees to achieve this position, internally rotate the femurs (shins), rotate the pubic bone back and up and stretch your sternum toward the ground.

Modifications

Rest your hands on blocks on the ground in front of you or sit in a chair in order to position yourself in a forward bend with the backs of your fingers on the ground in front of you.

You will want to hold this pose for three to five breaths so the edge is to pose where the student can still inhale and exhale without straining.

Benefits

Feel the synovial fluid flowing in your spine.

EXTENDED TRIANGLE

Utthita Trikonasana

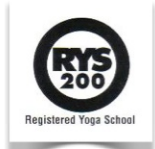
oo---TEE---Tah

trik---cone---AHS---anna

Start inTadasana

inhale. Exhale

Spread your feet wide apart.



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**Some say one leg width apart,
some say ankles under your wrist.**

**Depending on how wide your legs are apart
will determine how hard those front leg muscles
have to work.**

**However it may actually be easier
to keep the spine from bending if the legs are further apart.
In some cases you may have less hip rotation toward the floor**

Basically listen to your own anatomy.

**Inhale and turn your right foot and leg to the side, heel
lined with the arch of your left foot.**

Engage your leg muscles, draw them up from the floor to your pelvis.

**Bend the front right knee slowly, open the hip and lengthen from the side
waist. Lift all 10 toes off the floor and draw muscular energy into the entire
legs back and front.**

Work the sitting bones like a figure 8.

Exhale and allow your pelvis to extend sideways over right leg.

Inhale Exhale and continue to extend your spine over your right leg.

**Inhale Exhale and reach your right arm to your leg where ever is
comfortable just below your knee, the floor or to block place on the floor**



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below your shoulder.

Then look forward toward your left thumb.

Find your place in this pose where you can still breath and take five breaths.

Modification

Bring the pose against a wall with a chair. Take your front arm to the top of the chair and lift your opposite arm up the wall. Try to keep your shoulders planted strongly against the wall.

PARIVRTTA TRIKONASANA

Exhale, step your right foot back 3-3.5 feet, turn to the right and square your hips to face the back of the mat. Root down through your legs, tuck the tailbone under. If possible, the front and back heel are in line.

If this comprises your balance, take the right foot to the side a few inches, keeping the hips square.

Inhale and take the arms wide to the side, in a T shape. Relax the shoulders. Bend the front knee slightly and lifting out of the left side body, take the left arm forward and as you lengthen and move the chest and naval toward the right leg, pick up the back left foot.



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Draw the outer right hip back and bring the left hip forward.

Place the left fingers on the floor outside the right foot, or, to lighten, place the hand on the shin or on a block.

In the twists, you want to make sure the sides of your waist are lengthening. Keep both side body long and even.

Create a stance that is supportive and fun!

Beginners should keep the right hand placed on the lower back. When ready, lift the right arm up to the midheavens.

If your neck is ok, turn your head and look at the right hand. If this causes strain in the neck, keep looking forwards, keeping the spine and neck in one long line. Keep breathing, even though your breath is naturally constricted in this twist.

Keep the sacrum flat and keep rooting the back foot towards the Earth.

Breathe for between 5 and 10 breaths, focusing on the exhale. Come out of Parivrtta Trikonasana on an inhale, untwisting the same way you came into the pose.

Repeat on the other side.



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Parsvakonasana

Step the right foot back 4 feet and turn the right toes out 90 degrees.

Place the right elbow on the right thigh.

Stretch the left arm alongside the left ear.

The right knee moves for the right little toes and the right hip deepens, also the left arm elongates next to the left armpit, palm facing down.

The right hand may reach for the outer front right ankle. Or be placed inside the front foot, or elbow to right thigh for greater support.

Distribute the work evenly through the body and shift the weight to the back leg for greater support.

Modification

Use of block on either side of the front foot

Keep hands on both hips

Press energetically into the front big toe and the back little toe

Pavritta Parsvakonasana

Bring the palms to the heart center and turn to the right placing the left elbow on the right thigh.

Exhale. Open the right foot to the right.

Left foot flat on the floor, and slightly in.

Place the left elbow on the outside of the right knee, with the left hand on the floor.



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To create that rotation in the torso, you want to apply pressure between the arm and the knee. Elongate the spine.

Gaze at the fingers. STAY HERE FOR 5 LONG DEEP BREATHS.

INHALE.

Bring the torso all the way up. Close the right foot, open the left foot.

EXHALE. Repeat on the left side.

INHALE. All the way up. Feet parallel.

EXHALE. Walk or jump to the front of the mat.

Bring hands to prayer pose as to placing the arms to the floor.

Place a block next to the outside of the foot you are twisting towards; sitting it at the desired level.

Lay your hand on the block.

Modification

Place chair on the side you are rotating towards.

Come into the pose; resting your forearm on to the chair. Opposite hand to sacrum.

Bend at the back leg, placing the knee on the floor.

Benefit

This posture provides a great twist at the torso; giving the torso and the intestines a nice “ringing”. This pose is also a great strengthening pose for the quadriceps an a good heart opener for any practice.

Prasarita Padottanasana A, B, C, D



Balance on the four corners of your left foot.

Bend the knee to keep the spine straight.

A

Step your right foot back creating a wide stance lengthwise on your mat.

Position your feet parallel to the edges of the mat.

Place our hands on your hips and fold forward at the hips.

Place your palms down onto the mat and position your wrists under your elbows.

Lengthen the spine forward.

Pull the shoulder blades down and back against the ribs.

B

Step your right foot back creating a wide stance lengthwise on your mat.

Position your feet parallel to the edges of the mat.

Place your hands on the hips and fold forward at the hips.

Keep your hands on your hips.

Draw the elbows toward each other.

Expand your chest.

C

Step your right foot back creating a wide stance lengthwise on your mat.

Position your feet parallel to the edges of the mat.

Interlace your fingers behind your back at the lumbar spine.

Pull the shoulder blades together and down against the back ribs.



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Fold forward at the hips.

Gently stretch your arms up and over your head as you fold forward.

D

Step your right foot back creating a wide stance lengthwise on your mat.

Position your feet parallel to the edges of the mat.

Place your hands on your hips and fold forward at the hips.

Move your fingers to your toes and pull up on the big toes.

Find grounding in the four corners of the feet re-engaging pada bandha.

Aim the elbows away from each other.

Bring the shoulder blades down the back.

Emphasize:

-Position your hips directly over your heels.

-Keep your legs straight.

-Internally rotate quadriceps.

-In A, B, and D keep your hands on your hips during forward fold to encourage the anterior rotation of the pelvis.

-Draw the pubic bone back and up.

-Stretch the belly toward the mat in folding forward.

-Stretch the sternum toward the mat in folding forward.

-Bring the weight forward onto the balls of the feet.

-Ground the fronts of the heels onto your mat.

-Relax your neck letting your head hang like a ripe piece of fruit.



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MODIFICATIONS:

Bend your knees if pain is felt in the hamstrings or the lower back.

In C: if shoulders are tight you can use a strap between the hands.

In A: use blocks under your hands

Use a block under your head

C: flatten palms together behind your back, fingers pointing toward your head, and place in prayer position between the shoulder blades

Benefits

can be used as a starting stance for other standing asanas

**is a good preparation for the foundation of Bakasana and Tittibhasana
stretches the pectorals and the anterior deltoids**

**C can be used to open the shoulders for shoulder extension in Setu
Bandha Sarvangasana**

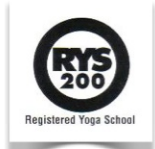
prepares shoulders for safe flexion in backbends

PARSVOTTANASANA

Stand in Tadasana. Exhale, step your right foot back 3-3.5 feet and square your hips. Root down through your legs, tuck the tailbone under.

Inhale, lengthen through the crown of your head and fold your torso forward. Stop when the torso is parallel to the floor.

Keep your hands on your hips and square your hips to face back of the mat. Place your fingertips on two tall blocks alongside the right front foot. Press the thighs back and lengthen the torso forward, lifting through the top of the sternum.



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Be sure to soften the front-leg hip toward the earth and away from the same-side shoulder while you continue squeezing the outer thighs. Hold your torso and head parallel to the floor for a few breaths. Press into the front big toe and the back little toe.

Then, if you have the flexibility, bring the front torso closer to the top of the thigh, but don't round forward from the waist to do this. Hold your maximum position for 15 to 30 seconds, then come up with an inhalation by pressing actively through the back heel and dragging the coccyx first down and then into the pelvis.

UTTITHA HASTA PANDANGUSTHASANA

Balance on the four corners of your left foot and lift gently your right knee.

Reach for the right big toe and extend the right leg to your degree.

Draw your head to knee.

Keep the right knee bent (if necessary) but the back straight.

Keeping your balance, take the right leg out to the right.

Bring your leg in front again, bring forehead to the knee and let go of the foot and hold the hips with both hands.

Stay here for five remaining breaths.



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ARDHA BADDHA PADMOTTANASANA

Start in Tadasana.

Take your right arm and put it across the small of your back.

You can keep your left arm above your head.

At the same time bring the middle of your right shin across the top of your left knee.

Then grab your big right toe with your right hand. Balance yourself and slowly exhale.

Slowly bend forward from the hips and lower your head as close to the floor as possible. Breathe in and out as necessary.

Place your left palm on the ground. Hold this position for 30 seconds.

Release your big toe from your hand.

Place both feet on the ground and both palms on the floor.

Exhale and slowly return to Tadasana and then do the same pose with your opposite limbs.

Modification:

Vrkasasana



VIRABHADRASANA

(Warrior 1)

Inhale

Step your left foot back on your mat, slightly angle the foot with toes pointing toward the left of the mat (if approaching from Adho Mukha Svanasana slightly angle left foot towards the left side of the mat then step your front foot forward between your hands.

Bend your right knee to a 90 degree angle.

Lift your arms out and up overhead

Keep your left heel in line with your right big toe.

Angle your left foot to follow the direction of your left knee keeping them in line with each other.

Bring the right knee toward the right little toe.

Keep your right knee stacked on top of your right ankle, do not extend the knee past the ankle.

Keeping the outer edge of your back foot firmly rooted down, try to maintain a feeling of pelvic neutrality while spiraling the inner thigh of your back leg strongly back.

Align heels of both feet or align the front foot heel to the back foot arch.

Lift the front of your hips away from your front leg while lightly drawing your lower belly and sacrum toward each other and tuck your tailbone under.



Turn the hips toward the front left corner of the mat.

Externally rotate your right quadricep.

Internally rotate your left leg up to the top of the thigh then externally rotate the quadricep and lift it up.

Draw your belly in, your belly button "touching" the spine of exhalation.

Lift your fingers high into the air feeling a lengthening on both sides of the rib cage.

Lift your rib cage up and away from your hips.

Sodten and roll the shoulders down and away from the ears and the blades back and down onto the upper back.

Extend the sternum forward to draw length in the spine and create more space in the neck.

Draw your chin slightly forward and down.

Lift the crown of the head to the sky.

Emphasize:

A steady rounding of the feet grounding all four corners of each foot into Mother Earth, balancing weight equally between the front, back. inside and outside of each foot

A steady energetic lifting through the spine, through the heart center, and out through the fingertips

A steady, fluid, and even inhaling and exhaling of the breath

your eyes are soft

your heart is open



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Modifications:

If there is pain in the knee or the lower back use less of a bend

If the student can keep the arms straight above the head encourage them to draw their palms together overhead

If it is OK with their neck, encourage them to lift their head up and back and bring their gaze up at the thumbs

Turn palms upward to externally rotate the arms at the shoulder joints then reach arms out and up overhead keeping the shoulder blades back and down.

Bring the hands to the hips for more stability and support

Take a lower lunge and bring the back knee onto the mat

Squarely face the hips to the front of the mat

VIRA II

(Warrior II)

You can start this pose from Tadasana or Vira One.

From Tadasana spread your feet wide apart, Prasarita stance.

Inhale and extend your arms wide to the side.

turn your left foot slightly to about 30 to 45 degrees.

Turn your right leg out about a 90 degree angle.

Left heel should be in line with the right foot arch.

engage your leg muscles and draw them up from the floor to your pelvis.



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Exhale, keeping your legs engaged, bend your right knee to 90 degrees. Keep torso vertical, right thigh parallel to the floor and right knee directly over the ankle.

Activate left leg fully allowing left heel to anchor to the floor.

Relax shoulders away from ears.

Hug upper arms to shoulder joints and lengthen arms outward.

Hold pose for five breaths.

Inhale as you come out of pose.

You may want to pivot your feet at this point.

You may also repeat pose on other side.

Take your arms shoulder height and energetically push into the back arm and back leg.

Lift and tone the abdomen in and up and find lightness in the torso.

Allow the ribcage to soften into the back body and pull back thigh in and up.

Modification:

Legs in shorter stance.

Place hand on back of hip or sacrum.

Back knee drops to the floor and front hand inside front foot and opposite arm

above the head.



PASCHIMOTTANASANA

(Wide Stance forward bend)

Benefits: This pose helps counteract the stress gravity puts on your spine, favoring exhalation and venous return from lower body. This is also known to be the safest most accessible inversion in all of yoga practice.

Pose A

First, spread feet apart check posture (tailbone tucked, shoulders down and back, ribs strong)

Breath into your belly and bend from the hips bringing your hands to the ground (in line with feet if possible), keep back straight, bend elbows. Hold for a few breaths or as long as feels personally safe

Pose B

Inhale and come up with straight back

Exhale and Place hands on hips and bring torso back down keeping hands in place

Hold for a few breaths and come up with an inhale

Pose C

While standing, clasp hands behind back, exhale and bring torso down folding from hips, keeping hands clasped

Pull hands away from body as far as comfortable and hold for a few breaths

Inhale and carefully come up

This is a seated forward bend, sometimes called a west bend.



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This stems from the idea that morning practice is done facing east to greet the rising sun.

The front of the body is considered east therefore the back is west.

This pose stretches the spine, the hamstrings and the calves, stimulates the kidneys, liver and colon as well as improves function of the lymphatic, digestive and reproductive systems.

It relieves menopausal, menstrual discomfort, headache and sinusitis, stress, anxiety and mild depression.

It soothes the nervous system, reduces fatigue, insomnia and high blood pressure.

From dandasana with legs extended knees slightly bent, push your torso up with your hands and lengthen your spine, drop into the hips, draw your low back in and push into your heels evenly.

Work the ten toes open and feel the solar plexus lift up and open.

Bend the knees and tilt your pelvis forward.

Modification

Sit up on a blanket or two and help the pelvis to rotate forward

Use a strap if you cannot reach for toes comfortably

Keep the knees bent entire time



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Work the soles of the feet and separate through the toes

Open the entire back leg of the body

It is important to remember lead with your heart and not with your head in order not to bend the spine.

Let gravity do the work of stretching the muscles.

Moving the elbows out and away from each other will help draw the shoulder blades down the back and help keep the spine straight.

See if you can grasp your big toes.

If you want a deeper stretch reach for the soles of your feet, or try crossing your arms.

If you are having difficulty reaching your toes, try using a strap looped around the soles of your feet.

Students with low back pain, injury or asthma should use a gentle variation for the pose or avoid it all together.

Pregnant students should use a gentle variation with their legs wider apart.

PURVOTTANASANA

From Dandasana, place with your hands about one foot behind your hips



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with your fingers pointing forward towards the hips.

Bend your knees slightly and place your feet flat on the floor, big toes turned inward.

Pressing your inner feet and hands down against the floor, lift your hips as high as possible,

Without losing the height of your hips, straighten your legs one at a time.

Lift your hips still higher without hardening your buttocks.

Bend knees and draw the feet closer to the hips and lift the torso and thighs up to a position approximately parallel to the floor, shins and arms parallel to each other (reverse Table Top)

Press your shoulder blades against your back torso to support the lift of your chest.

Slowly drop your head back carefully not to compress the back of your neck

After a comfortable hold, exhale and sit back down in Dandasana.

Modification:

Change direction with hand placement

Keep your head lifted

Stack your wrists and elbows under your shoulders

Try to press the balls of the feet firmly down

Internally rotate the thighs

Press the tailbone toward the heels

Expand across the chest by pressing the tips of the shoulder blades up into the chest

allow the head to drop back carefully to protect the neck



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ARDHA BADDHA PADMA PASCHIMOTTANASANA

Translates to 'Half-bound-Lotus-with-intense-stretch-of-back-of-body'

This pose is almost exactly like Ardha Baddha Padmottanasana except that the posture is seated.

Start in dandasana

Inhale, lengthen through the spine and crown of the head.

Create a bind with your right leg over your left and hold that foot with the alternating hand, stretching it over the length of the spine.

Exhale and fold forward keeping your spine straight.

In this pose, the core muscles must work harder to create extension of the spine without the aid of gravity (as in the standing version of the pose) to draw one deeper into the pose.

The pose also puts a gentle pressure to the abdomen, massaging the vital organs with the breath/stretch combination

The binding of the arm opens the chest and shoulder, encouraging a feeling of extension and spaciousness

in this forward bend rather than rounding or curling inward.

Repeat on the opposite side.

TRIANG MUKHA EKA PADA PASCHIMOTTANASANA



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Also Known As: Three-Limbed Forward Bend

In Three Limbed Forward Bend, you will start from Dandasana.

Exhale and fold the left leg back and place heel outside of your left hip.

Straighten the right leg out in front of you.

There should not be any discomfort in either of your legs.

If there is you can sit on a folded blanket or under the knee joint.

You can also use a strap to help reach the foot, if you cannot.

Inhale and stretch hand up, lengthening the spine.

Exhale, lean forward from hips and place hand as far as you are able to without curving the spine.

Be mindful not to hunch your shoulders. You want to hold the pose for 5 breaths.

JANU SIRSANANA

Sit on the floor with your sits bones rooted on a folded blanket and your legs straight in front of you.

Inhale, bend your right knee, and draw the heel back toward your perineum.

Rest your right foot sole lightly against your inner left thigh, and lay the outer right leg on the floor, with the shin at a right angle to the left leg (if your right knee doesn't rest comfortably on the floor, support it with a folded blanket).

Press your right hand against the inner right groin, where the thigh joins the pelvis, and your left hand on the floor beside the hip.

Exhale and turn the torso slightly to the left, lifting the torso as you push down on and ground the inner right thigh. Line up your navel with the middle of the left thigh. You can just stay here, using a strap to help you



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lengthen the spine evenly, grounding through the sitting bones.

When you are ready, you can reach out with your right hand to take the inner left foot, thumb on the sole. Inhale and lift the front torso, pressing the top of the left thigh into the floor and extending actively through the left heel.

Use the pressure of the left hand on the floor to increase the twist to the left. Then reach your left hand to the outside of the foot. With the arms fully extended, lengthen the front torso from the pubis to the top of the sternum. Exhale and extend forward from the groins, not the hips. Be sure not to pull yourself forcefully into the forward bend, hunching the back and shortening the

front torso. As you descend, bend your elbows out to the sides and lift them away from the floor.

Lengthen forward into a comfortable stretch. The lower belly should touch the thighs first, the head last. Stay in the pose anywhere from 1 to 3 minutes. Come up with an inhalation and repeat the instructions with the legs reversed for the same length of time.

NAVASANA

(nava=boat, asana=pose)

Navasana is a great pose for strengthening the core muscles (rectus abdominus, iliopsoas, transverse abdominus, internal obliques), as well as, developing strength in the antagonist lumbar/back muscles (external obliques, erector spinae, quadratus lumborum, serratus anterior and



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posterior).

Roll onto the front of your sitting bones.

Lift your legs directly in front of your chest.

Extend your arms straight out in front.

Keep a strong V in your back rather than a U.

Benefits are:

Strengthens the abdomen, hip flexors, and spine

Stimulates the kidneys, thyroid and prostate glands, and intestines

Helps relieve stress and conditions the body

Improves digestion

Contraindications & Cautions:

Asthma

Heart Problems

Insomnia

Low blood pressure

Menstruation

Pregnancy

Neck injury: Sit with your back near a wall to perform this pose. As you tilt your torso back, rest the back of your head on the wall.

Modification:

Keep feet on the mat.

Use a blanket as needed.

Bend the knees also if needed.



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Ubhaya Padangusthasana

From reclining, bring the legs over the head and bind the hands to feet. Keep the knees bent and push strongly with the back of the head and roll up along the length of the spine to sitting.

Modification:

Keep the knees bent

Urdva Mukha Paschimattanasana

While reaching for the sky, lengthen the sides of the waist, and look up with the chest broad and spine lengthened.

Modification:

Bring the knees toward the forehead

Urdhva Danurasana (Full backbend)

Take the feet to the floor under the knees hip distance apart.

Reach for the heel cords to find your correct length as well.

Bring the hands along either side of the ears with the palms toward the shoulders.

Press into the hands and come onto the crown of the head.

Draw the elbows together and triceps back in toward the armpits. Feel the shoulder blades on the back and press into the palms and lift the chest up



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off the floor.

Modification:

Come up to the crown of the head, bring the elbows in alongside the eyes, and remain here, practicing external rotation of the shoulders upside down!

Setu Bhandasana

Take the feet to the floor under the knees hip distance apart.

Reach for the heels.

This is the distance for your individual bridge.

Press gently into the floor with the elbows and lift the hips up off the floor.

Bring the shoulder blades under the upper back.

Feel the skin soft around the neck like a “sharpe puppy”.

Bring a block between the inner thighs.

Open the top of the chest like a dome.

Lift the pelvis up, interlace the fingers and relax the the butt muscles.

Modification:

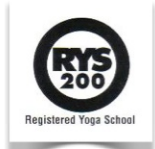
Place a block under the sacrum +

Interlace the fingers and roll the shoulders open

Salamba Sarvangasana

From the floor, bring the elbows in and take the legs up to 90 degrees.

Again, keep the shoulder open and upper back externally rotated. Skin soft around the upper back and neck like a “sharpe puppy”. Press into the



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triceps and lift the hips with a gentle rock back as you press off the mat. Lift the legs above the torso.

Take your hands to your low back bringing your hand to the skin of the back also creates more traction.

Make sure to keep the elbows in very important and legs together.

Walk the hands slowly up the back body and engage the front abdomen strong and lifted. If your cervical spine bothers you in anyway, bring your legs to a 75 degree angle.

Modification:

Candle

Uttana Padasana

Press into the elbows and shift the weight into the forearms

Take your head back and feel the crown of the head on the floor.

The full posture is to lift the legs to 45 degrees and straighten the arms toward the legs.

Sirsasana

Use a wall for support if you like bring yourself into 'Dolphin prep'.

Take the elbows to the mat shoulder distance apart and interlace the fingers.

Walk your feet toward your elbows, don't round the upper back. Keep the



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back straight and lightly hop into a ‘bunny hop’. Headstand requires a strong abdomen and uddiyana bandha.

Do not attempt to lift the feet off the floor until your Dolphin feels secure. Use a wall as needed.

Modification

Practice Headstand in stages.

When your bunny hop feels secure, then you may extend your legs directly upward.

Condition your body in these inversions beginning with one minute and with regular practice over several months hold as long as 8-10 minutes.

Savasana

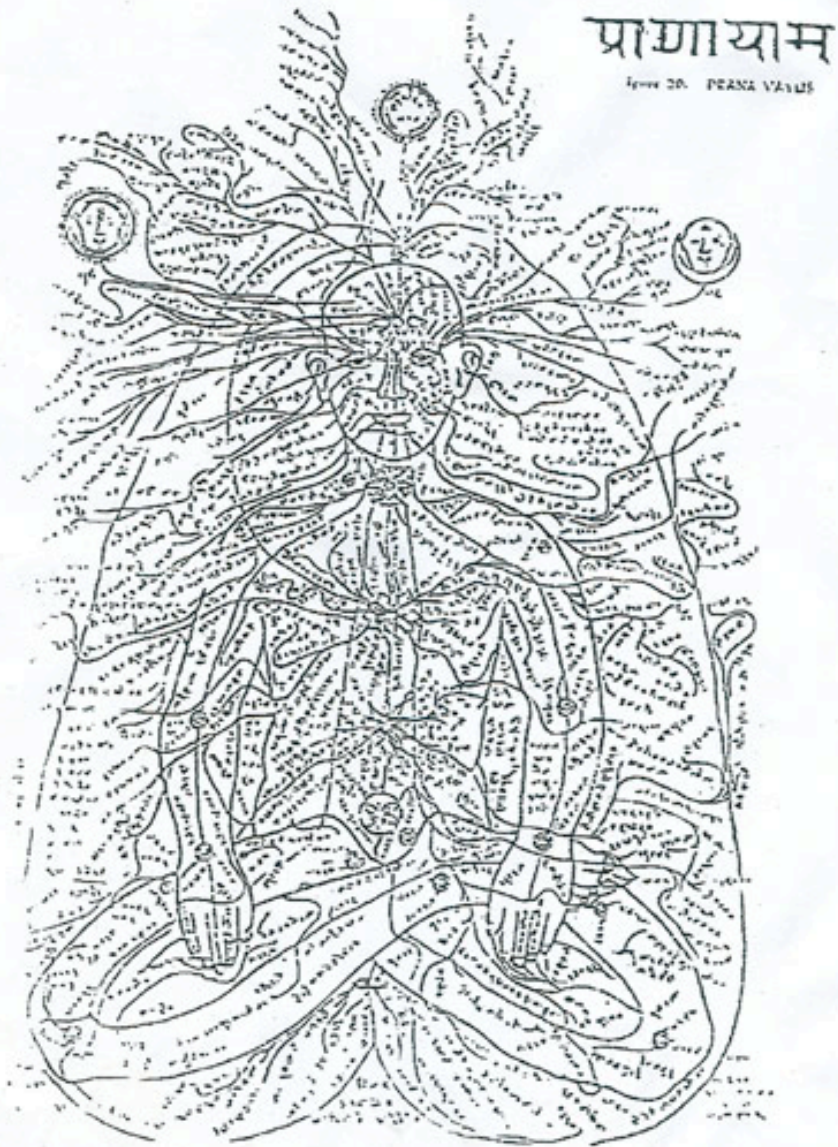
Take rest.

Manually adjust the shoulder blades under the upper back body.

The mind is alert and awake.

Stay present to the breath.

Enjoy the way that you feel and receive the peace that comes from this present moment.



Ancient Yogic drawing of the Nadis



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KEY YOGA RESEARCH FINDINGS

PEEKE PERFORMER

Dr. Pamela Peeke, an expert in nutrition and health, Medical Director for the National Women's Resource Center, has found that Toxic stress and fat are silent but deadly killers. She has found that yoga can be used as a lifesaving skill to fight toxic stress and fat.

Dr. Peeke recommends that mind, body, spirit therapies such as yoga should form an integral part of your routine. Yoga helps maintain and build flexibility and balance, reduce stress, while meditation can alter the pattern of the brain waves and help practitioners reach a relaxed state of being.

Stress affects everyone at some stage in their lives. For some it can be an ongoing problem. Dr Peeke identified "toxic stress" as "any stress that is associated with feelings of helplessness and hopelessness and defeat". She gives the example of being stuck in traffic. "Being centered, you wouldn't let a bunch of traffic get to you. If someone else was in the same traffic and experiencing real rage, saying this only happens to me, I have a bad life-that is toxic stress".



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Dr. Peeke associates this “toxic” level of stress with excessive, harmful levels of the stress hormone cortisol. This leads to an increased risk of suffering from disorders from heart disease to diabetes to ovaritis, as well as premature aging. Yoga and exercise encourages the brain to release chemicals called endorphins, which help to inhibit cortisol secretions, and bring levels down to a point where they are no longer toxic.

I tell people Dr. Peeke goes on to say that if they are not doing something like yoga, even if it’s a little here and there, then they are fools because yoga by definition allows you to allow mind and body to do things that are doable, reachable and achievable. Lastly, “we have found that yoga will bring down cortisol levels not only during practice but that this will continue throughout the rest of the day. That is very hot science. If you have what I call sustained endorphin release that’s awesome—who wouldn’t want to do that?”

NEW STUDY

In a recent study conducted at the Walter Reed Army Medical Center in Washington D.C, the beneficial effects of Yoga Nidra on military personnel suffering from post-traumatic stress disorder were



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impressive. During the study, a total of seven men and women (US active-duty soldiers experiencing PTSD from their experiences in the Afghanistan and Iraq war zones) were chosen to participate in a nine-week study that included 18 classes and a daily home practice using compact disks provided by the instructor. Changes in health status such as anxiety, depression, insomnia, pain and locus of control were assessed over the course of the study using pre, post and follow up data. The results were so overwhelmingly positive that the Samueli Foundation, which sponsored the original study, is now setting aside funding for a 200 subject, multi-site in depth research study using Yoga Nidra with active duty soldiers experiencing PTSD. (research and review new study)

The Healing Effect of Yoga on Post-Traumatic Stress Disorder
by Sharon Stefensen <http://www.yogachicago.com/mar07/yoganidra.shtml>

There is a stress epidemic. Everyday about one million Americans fail to come to work due to stress. The European Union estimated in 2000 that the annual price tag of stress, in the form of healthcare costs and lost of productivity amounts to some three to four percent of the European Union's gross domestic product. One in three adults in Europe and North America has high blood pressure which



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stress is an important causal factor as well as heart disease and stroke
Stress is also a major factor in depression and burnout.

Through breathing correctly, we can lower stress, negative emotions, and change our heart-rate from chaotic to smooth or coherent. The electromagnetic field of the heart (electrocardiogram) can be measured from between 2 and 3 meters away from the body. It has been discovered that if someone has a coherent heart rhythm, it has a demonstrably positive effect on other people in close proximity to him or her. In survey after survey, Americans identify stress as their number one health concern today.

More than 50 % of adults in the U. S report high stress on a daily basis. Untreated, stress can seriously affect performance, health, and well-being.

Mind/Body Medical Institute: <http://www.mbmi.org>

Reporting in the Journal of American Medical Association, a team of researchers from five universities argue that stress can lessen a person's immune response and that change can make them more susceptible to infectious disease. They also say that increased stress may lessen the effectiveness of certain vaccines...
The Ohio State University "Research News"

After practicing one hour of yoga per day including 20 minutes of



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relaxation techniques for a period of no less than six months, this study found that over 80% of the women who participated in the study lost weight and with continued practice kept the weight off.

Dr. Suneeta Vaze and Dr. Asha Damodaran

In recent research, it was found that patients who suffered from anxiety and short-term panic attacks showed not improvement with medication but improved significantly with the help of breathing techniques.

Author of The Relaxation Response

Dr. Herbert Benson

Meditation can be good for the soul, but apparently it is also good for our physical health and well being.

Researchers define mindfulness meditation as being able to focus one's attention on the moment and

noting thoughts and feelings as they begin to occur but without judging or

acting on those thoughts and feelings. The goal of the meditation is to

deepen one's awareness of the present and to cultivate positive emotions

in the here and now.

Findings for 25 subjects who received training in mindfulness meditation for one hour per day found that there was an increase in the left side of the frontal region of the brain which is associated with a more positive emotional state. Also this group of subjects showed a significantly higher level of antibodies versus the control group.

UW-Madison research team with Jon Kabot Zinn



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Reciting prayers or mantras is beneficial for your health!

Researchers found

that 23 women and men who recited "Om mane padme hum" and the "Ave Maria" prayer slowed their breathing to a rate of about 6 breaths per minute compared to spontaneous breathing and random talking.

According to Mehmet Oz, MD, the average person's breath is between 16 to 20 breaths per minute. What this suggests is that prayer or mantra chanting slows the "internal metronome" lessening the risk of heart attacks and strokes.

Slowing the breath rate to 6 breaths per minutes appears to synchronize

breathing with cardiovascular rhythms that also have a 6 per minute cycle. It is

suggested that in the Christian culture where body consciousness was not

encouraged, the rosary prayer may have taken hold because it was a method of

slowing the breathing and increasing concentration thus synchronizing

cardiovascular rhythms and creating a sense of calm and well-being.

Bernardi L. British Medical Journal. 2001; 323:1446

Mind Over Back Pain by John Sarno, M.D.

According the Dr. Dean Ornish, the perceived feeling of isolation is the

number one cause of heart disease.

Studies show that between 60-90% of all physician visits are for stress-

related complaints.

Mind/Body Medical Institute; <http://www.mbmi.org>

After a 5 minute period of stress induction, Yoga breathing exercises were



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shown to lower systolic blood pressure more quickly when compared to classical music and natural sounds. (In other words, breathing was more effective than even calming music)...

American Journal of Hypertension; http://yogamoment.com/yoga_benefits.shtml

Dr. Dean Ornish developed a 4 year yoga program for 1,800 elderly

Americans in 1999 as an alternative to heart surgery..."A mutual of Omaha study showed that for every \$1 spent on the Ornish program, \$6 was saved in the needs for surgeries and hospitalization."

Summarized in Namaste Newsletter San Diego Union Tribune October 2, 1999.

Dr. Walford's research on caloric restriction found that the oldest population of people live in Africa and in studies with chimps and rats, animals that ate 2/3 less calories live 30% longer.

www.walford.com

Physiological Benefits of Yoga

- *Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress-induced sympathetic nervous system dominance
- *Pulse rate decrease
- *Respiratory rate decreases
- *Blood pressure decreases
- *Galvanic Skin Response increases
- *Alpha waves increase



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- *Theta, delta, and beta waves also increase during various stages of meditation
- *Cardiovascular efficiency increases
- *Respiratory efficiency increases
- *Gastrointestinal function normalizes
- *Endocrine function normalizes
- *Excretory functions improve
- *Musculoskeletal flexibility and joint range of motion increase
- *Posture improves
- *Strength and resiliency increase
- *Endurance increases
- *Energy level increases
- *Weight normalizes
- *Sleep improves
- *Immunity increases
- *Pain decreases

Psychological Benefits of Yoga

- *Somatic and kinesthetic awareness increase
 - *Mood improves and subjective well-being increases
 - *Self-acceptance and self-actualization increase
 - *Social adjustment increases
 - *Anxiety and depression decrease
 - *Hostility decreases
 - *Psychomotor functions improve
 - *Grip strength increases
 - *Dexterity and fine skills improve
 - *Eye-hand coordination improves
 - *Choice reaction time improves
 - *Steadiness improve
 - *Depth perception improve
 - *Balance improve
 - *Integrated functioning of body parts improves
- AARP, The magazine from July/August 2005, article "10 Secrets of a good, long life".



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A study done at University of California at San Francisco has confirmed that stress really does age you. Constant stress causes the telomere (tiny caps on cells chromosomes that govern cell regeneration) to get smaller. When cells telomeres get too short, the cell stops dividing and eventually dies. It is not just having stress in one's life. Shorter telomeres were also correlated with an individual's perception of their own stress levels. According to Thomas Perls, M.D at Boston University director of the New England Centurion Project "It isn't the amount of stress that matters but how you manage it".
Journal of Alternative and Complimentary Medicine, April 2005.

Fight or flight, or frozen is an evolved survival mechanism- the body's response to stressful situations. Hormones are released- adrenaline and noradrenaline or epinephrine and norephinephrine- to increase the heart rate, breathing rate, blood pressure, metabolic rate and pulls the blood from the extremities back toward to center of the body causing poor blood circulation.

The relaxation response is also a natural evolved survival mechanism. It is the opposite- physiologic changes associated with correct breathing. It can prevent or compensate for damage done by nervous reactions. It is in the state that we heal and rejuvenate. There is evidence to support that the relaxation response



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brings about a marked decrease in the body's oxygen consumption, lowers the blood pressure and causes a decrease in blood lactate which is responsible for the anxiety levels in the body.
The Relaxation Response by Dr. Herbert Benson



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I do not think the selfishness is wrong. Loving oneself is crucial. It seems that when people talk of compassion, they have the notion that it entails a sacrificing of one's interests. This is not the case. In fact genuine love should first be directed at oneself

-The Dalai Lama-



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YOGA for BEGINNERS: A SKETCH OF A SEQUENCE

Child-Cat-Dog

PUPPY

- A nice backbend for the upper and middle back
- Will also open shoulders
- Softens the heart.

MODIFIED UP DOG-CHILD 3 Times

TABLE EXTENDED ELBOW TO KNEE

SUN SALUTE A (2)

SUN SALUTE B (2)

VIRA I

DROP CHEST FORWARD

EXTERNALLY ROTATE FRONT THIGH AWAY
GROUND BACK LEG
HANDS TO HIPS
AND INHALE LIFT UP

VIRA II

LUNGE WITH TWIST

LIZARD

TABLE BOW

RIGHT ANGLE WARRIOR



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TWISTED DRAGON

Prasarita Padottonasana

fingers in line with shoulder

heel toe feet together-Malasana-Dead Frog

MALASANA

- Opens the hips and strengthens the ankles
- Releases the lower back
- Can be a great pose to prepare the body for childbirth
- Offers relief to women suffering severe lower back pain due to their menstrual cycle [1]

DEAD FROG

- Deep groin opener (especially the adductors)
- Provides a slight back bend, which compresses the lower back
- Aids digestion and relieves cramps (both menstrual cramps and those from eating.)

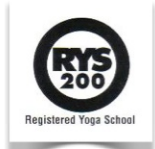
DD-VIRA I-VIRA II-PARSVAKONASANA-ARDHA CHANDRASANA

LOW LUNGE CACTUS ARMS

- Deep hip and groin opener that gets right into the joint
- Stretches the back leg's hip flexors and quadriceps
- Many variations to help work deeply into hip socket
- Can help with sciatica

LOW LUNGE HANDS TO LOW BACK FINGERS POINTED UP

DOWNDOG



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TABLE TWIST

TABLE SIDE PLANK

TABLE SIDE ARM CIRCLES

HIGH LUNGE ARMS OVERHEAD (5 BREATHS)

ABDOMINALS

PARTNER PRASARITA AND SQUAT

BRIDGE-BRIDGE ONE LEG LIFT AT A TIME

SUPPORTED SHOULDERSTAND

RECLINING TWIST

PASCHIMOTTANASANA

JANU SIRSASANA

UPAVISHTA KONASANA

SAVASANA



SPECIAL ISSUES IN YOGA

(Part of this information is taken from Beth Shaw's YogaFit Training)

Tailor the class to fit the needs and fitness level of your students. Notice what is going on in the room.

Useful tips include: knowing your modifications, clear, direct and simple instruction, giving verbal and physical adjustment and lastly rely on visuals and intuition when walking around the room.

*Bringing the student to their **BREATH** will protect you from liability about what everyone's own unique body is saying.*

*Take the first 10-15 minutes to bring students into the present moment. Also bring students back to the breath anytime you feel disconnected from the group. This will empower both the teacher AND students feeling of listening to their own **INNER TEACHER**. Very important.*

*Avoid showing a posture that is impossible or very challenging. Rather demonstrate several building blocks first so that students may feel comfortable with their own level of ability. Also, teaching a **VARIETY** of yoga poses- standing, seated, prone and supine will ensure that students needs are being adequately met.*

***CLUSTER** postures together so that the student can better understand what is happening in the body. For example, low lunge to high lunge to low lunge to hip opener with elbows inside of front leg bent to windmill arms arm and reach with back arm for the heel. Clustering allows the sequence to build and give the student ample time to quiet the mind, better listen to the body and absorb the benefits.*

***TAKE YOUR TIME** when you introduce new sequences and give students room to grow into their artistic work.*

***For BEGINNERS
PREGNANCY
SENIORS and***



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STUDENTS with INJURY

Develop a 'slower flow' yoga class that emphasizes a non-competitive tone. For you, this may feel like a constant string of warm up postures but the response is overwhelming positive rather than focus on pushing student always to their edge.

Especially with Seniors and pregnancy, the emphasis is on listening to the breath, the sensation in the body and learning how to incorporate balance, relaxation and equanimity.

Pregnancy

It is perfectly natural for women who are pregnant to feel worrisome about their body or try too overcompensate. Again, encourage students who are pregnant to back off of that edge and remind pregnant students especially during the forward bend sequence that ligaments are looser (to accommodate for the impending childbirth).

It is true in pregnancy that though there is less oxygen available for aerobic exercise to keep an open mind and again listen to their own bodies. Workout levels can be still challenging and exhilarating. Keep their heart rate lower than pre-pregnancy but continue to create a great workout.

Pregnancy includes hormonal changes which cause tendons and ligaments to loosen. Going too deeply into a posture may result in injury. Pregnant women should not increase their range of motion too dramatically at this time. Giving the female a chance to allow the body adequate room to back off of that extra stretch is a great plan.

Avoiding stressful positions for the body will reduce the likelihood of mother's blood pressure and/or limit the flow of blood to the fetus. It is this reason that, pregnant participants should avoid

- *radical breath changes*
- *inverted postures*
- *lying on their back*
- *lying on their right side for extended periods.*
- *lower spinal twists*
- *inversions*
- *breath retention*

Lying on their left side is (to date) the safest position for



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pregnant women to assume for extended periods of time.

Make sure she stays fully hydrated, and at a comfortable body temperature.

In the third trimester, as the center of gravity changes, suggest a wall or chair and avoid long periods of standing.

Body changes remain 4-6 weeks after delivery so post natal mothers should be careful not to over extend themselves and should take their time, gradually working back in to their regular practice.

Seniors

The single most important focus for elderly students is to emphasize deep breathing.

Always show proper respect. Workouts may be less intense than your regular classes but not be presented in a condescending manner.

Encourage regular participation and stress the many benefits of keeping fit!

The flow of postures should emphasize simple, functional, and repetitive movements and every class begin with an extended warm up period and allowing time for focusing on breath and balance.

Seniors can even practice asana with the help of a chair or wall. The important is to create greater support so they seniors may enjoy greater balance and flexibility in their work.

A sample workout would incorporate lots of shoulder openers to help improve posture, functional strength and gentle range of movement for all joints.

**Chest expansion, using a bolster*

**Shoulder openers with a strap*

**Functional movements, ex. like getting up and down from the floor*

**At least 10 minutes of relaxation at the end of class*

AVOID

Extended period of inversion

Extended periods of floor postures and forward bends

Postures requiring a great deal of strength

Complex Postures



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TIPS FOR INJURIES:

When working with specific injuries, try to bring circulation to the area, never however, target the eye of the injury or work on the spine!

Sciatica:

Avoid prolonged forward bending. Keep knees bent during hip hinging.

Hypertension or High Blood Pressure:

Avoid breath retention and fully inverted poses, such as Shoulder Stand and Plow.

Glaucoma and other Eye Disorders:

Avoid breath retention and fully inverted poses, such as Shoulder Stand and Plow.

Lower Back Injuries:

Allow a slight bend in the knees during all types of forward folds. Contract abdominal muscles up and in.

Upper Back, Neck Injuries:

Avoid ANY inverted postures, including Bridge, Plow, and Half or Full Shoulder stand. Do not drop head back during back bends.

Knee Pain

Modify any pain-inducing pose, such as Pigeon. Place extra padding under the knees if needed.

Wrist Pain

Modify any painful position including cat/cow, spinal balance, plank, crocodile, upward facing dog by resting on the knuckles instead of the palms.



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Menstrual Cycle:

Women on their Menstrual Cycle may want to avoid fully inverted postures.



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Yoga Evaluations

3=Needs Improvement

2=Good

1=Great job!

Warm-up

Teachers helped the students adjust their mats and created the right temperature and lighting

Attention to natural breath

Transition into the diaphragmatic breath

Established an intention and kept focus on that intention throughout class

Directions simple and straight forward

Content

Teacher's level of presence felt authentic and supportive (giving students permission to explore)

Sequence was appropriate and safe

Knowledge of Sanskrit

Observing moments of silence

The breath was emphasized throughout the class

5 minute Savasana supported quiet time

Emphasis on feeling, sensing, intuition and growth (vs. thinking, evaluating and judging)

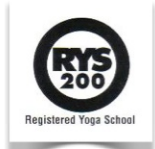


Clayton Yoga Teacher Training Evaluation Form

1) Breath is the foundation of the yoga practice. Did the class begin with a 10 minute emphasis on breath? Was there an emphasis on the breath during the postures and if so, to what extent and what kind of breath. _____

2) Did the instructor verbally include an intention or theme for class (such as cultivating gratitude)? If so, in what way was this theme interwoven throughout the class. Please explain. _____

3) A great teacher will help all students feel comfortable. Were the instructions presented in a clear and direct manner? In what way did the instructor balance the group energy with individual student's challenges? Personal stories, individual adjustments, demonstrations, etc. _____



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GREAT YOGA AFFIRMATIONS (hint...) YOU- R- THE ANSWER!

I can be happy regardless of what anyone else does and I will feel good regardless of what others are doing. I can deliver excellent classes!!

My ideas **are** good ones. **We live in a wonderful time of wonderful awakening...**

Allow yourself to identify source energy and feeling good. Our goals are to make better choices that will affect our good feel energy.

Are you in connection with your broader knowing or critical of your creative process. Feed and focus on the wisdom-the rest will take care of itself!

Grieving for a loss without adequate support may not necessarily be the best way to handle the problem.

Yoga and spirit teaches us to look at our own resistances with love.

We may use this as an excuse to not excel but in reality we do not suffer, only the person we imagine ourself to be, suffers. Clarion call to bring the world closer to god. Closing the door on an unrealized expectation of who I wanted my mom to be. With detachment, I can let it go.

Social support has been researched and found to be the most powerful form of support. In yoga class, we utilize this group energy. Along with social support, bring awareness with love, not guilt, or self-loathing, but pure love. This is the basis for the most powerful form of transformation.



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Allowing ourselves an adjustment period is critical to new birth. By making a list of positive aspects toward our current situation is the best way to move toward improvement.

However, there is a point of diminishing return where we may overdo, strain or force something to occur. The Buddha taught that attachment is the cause of our suffering.

We are reminded by a famous Zen saying in yoga that the grass does not strain to grow. **The missing piece in our day is often being in our center, at peace, having greater self-acceptance and acknowledging the positive steps of self-nurturing.**

Our practice of yoga and meditation give us the key to look at ourselves as holy or already whole.

From radical self-acceptance, we can declare to the universe what we intend, or would like. And by our own example living according to our own self-love and truth, we may inspire our students to do that same.

As a yoga teacher, we provide a container or space for students to feel comfortable taking the lead. We provide dynamic sequences and various levels in each posture and encourage our students to listen to their own process. This is empowerment.

“We then may become to being that which we would like to see”
Ghandi.

On my own path, I have seen for example, how different my relationship with my daughter has become. Now that she is a blossoming young woman, she has very different and unique needs.

A need to express her opinions separate from mine, her appreciation for new challenge and her growing curiosity about the world around her. I can act on feeling needy or use my daily meditation practice to step back and enjoy her changes, being more present in her life.

By staying calm, I lead by example and help her feel supported her own unique choices.



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Nisargadata thought for wisdom: enlightened teacher Hunger and starvation is part of god's perfection, but so to is the desire to end it.



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SAVASANA AND EMOTIONAL RELEASE

Savasana has been said to be the most challenging of all postures because it deals with stilling the mind.

According to sacred yogic texts, the mind has been compared to a monkey bit by a scorpion and now is also drunk. Quite a challenge indeed!

It is also been widely believed that the body carries truth or wisdom and the mind is often the one to be cautious of.

It is perfectly OK to cry or have an emotional release in Savasana, as long as it does not disturb anyone else

Myth of “perfect silence” in meditation

Meditation and Savasana is more about a conscious yielding

Always go in and out of the flow

So this is not a problem, but the problem is when you react to this

Sometimes there is a need to be restless or learn how to sleep (i.e insomniac)

Savasana is a skill or a training

Restlessness itself is again not bad but our identification with it makes it so

Obsessive thoughts need a plan

For example--

Paying bills

Sexual thoughts

Don't want to identify with that but something else

How do we cope?

We learn to practice identification with the breath or even the use of mantra to help

When we identify with our breath, we connect with source energy. We remove ourselves from the identification of ourselves as separate, as I, me, or mine. As this or that.



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Yoga NIDRA

Nidra means sleep

Yoga Nidra is a deep psychic sleep that produces complete physical, emotional and mental relaxation.

There are typically several components to yoga nidra:

*setting a sankalpa (resolve, intention or affirmation)

*rotating awareness systematically through the body, which relaxes and clears nerve pathways to the brain

*awakening polar opposite sensations...hot/cold, heavy/light, pain/pleasure, this improves the body's ability to regain a state of balance

*visualization, which helps to resolve unconscious conflicts, desires, memories, etc.



YOGA NIDRA

Relax the toes
Relax the feet
Relax the top of the feet
Relax the heels
Relax the toes
Relax the bones of the feet
Relax the soles of the feet
Relax the heel chord
Relax the lower leg
Relax the calf muscles
Relax the knee
Relax behind the knee
Relax the top of the knee
Relax the quadricep
Relax the hamstrings
Relax the entire left leg
Relax the entire right leg
Relax the pelvis
Relax the muscles inside the pelvis
Relax the hip flexors
Relax the gluts
Relax the entire lower half of the body
Relax the abdomen
Relax the internal organs
Relax the lower back
Relax the middle back
Relax the upper back
Relax the right arm
Relax the left arm
Relax the right fingers
Relax the right hand
Relax the left fingers
Relax the left hand
Relax the throat



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Relax the jaw

Relax the face

Relax the crown of the head



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TESTIMONIALS

My blood pressure has dropped 50 points and nothing seemed to work. I love to practice yoga and I can feel my health is now in my own hands. Thank you so much!

Helen Zhou

My blood sugar is down to 5.5 from 6.8. Yoga works!!

Carla Johnson

My strength, energy and flexibility have improved after having 2 surgeries in 2009 for cancer.

Walter Jones

My stress definitely was lower the session I took yoga. Also my physical energy was improved. I could not do last session and definitely missed it.

Susan Freise

This class is a good stress reliever for me. Before taking the yoga class, I was having chest pains and I have not had them since starting yoga.

Phyllis Dilworth-Weaver

I had migraines up to 16 times a year before. Since starting yoga 7 months ago, I've had 2! I'm off my migraine maintenance medication, and only have pain meds for migraines now.

Kathy Eller

Yoga has helped me reduce stress and tension. My balance has improved as I am getting older. The breathing aspect has helped me to quit smoking.

Donna Boeger

I lost 40 lbs over the past year. Yoga has helped me lose and maintain the weight loss and made me much stronger in the process. I love yoga!

Darlene Rich



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Yoga has helped me become stronger and calmer, improve my balance, and helped me maintain my goal weight as a weight watchers lifetime member.

Paula Lemerman

Yoga gave me more flexibility in my joints, and I have better control of my stress and shoulder aches have disappeared.

Nora Pullen

Yoga is good in retaining focus on multiple tasks and demands at work and home. Also keeps me focused on improving my health.

April Schutte Wilson

Yoga increases my productivity in my daily job, by increasing my ability to focus, decreasing my stress level, increasing my flexibility and degree to which I am comfortable at my desk.

Mary Coffindaffer

Yoga has improved my overall health and attitude personally and professionally. I am stronger, calmer and more focused. I recently participated in the biometric screenings and ALL of my numbers were great.

Natalie Warren

Prior to yoga, my breathe was shallow and I was constantly choking myself. Now I know how to breathe more deeply and effectively and it has helped me to remain calm in stressful situations both at work and in my personal life.

Katrina Sommer



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