

# YOGA AASANA COURSE FOR BEGINNERS

## Learning objectives

- To enhance flexibility of the body
- Appropriate breathing techniques
- To enhance awareness of our body
- To enhance being willful (haTHa, persistence, determination)

## Benefits

- Enhanced blood circulation around the body including rarely used muscles
- Enhanced vital capacity of lungs
- Being mindful – a preliminary requisite for Dhyaana and samaaDhi

## Competence gained

- Enhanced flexibility of the body
- Enhanced awareness to various parts of the body
- Enhanced awareness to the intake of our food
- Journaling new learning and/or insights about our body
- Benefits that each aasana brings to our well-being
- Willful discipline of yogaasana practice
- Fulfills pre-requisite for Intermediate Level Yoga offered at V.E.D.A.

## Duration & Brief Syllabus of the course

10 Weeks of one hour sessions that include warmup and cool down.

Syllabus: Backward and forward bends, twists, key aasanas such as bhujangaasana, shalabaasana, Dhanuraasana, padhahasthaasana, paschimottanaasana, thrikonaasana, aDhomukhasvanaasana, arDhamatsyendhraasana

## Course instructor

Rajesh Sengamedu has been practicing yoga, pranayama since 30+ years and has been a yoga teacher since the last five years. He has taught more than 300 colleagues, friends & family members to achieve flexibility of the body, improve posture and beat stress. He has an active yoga blog, followed by over 640 people, where he writes about his personal experiences and shares his thoughts on how yoga helps us to lead happy & stress free lives.

Rajesh's philosophy combines slow yoga movements and breathing, emphasizing mindfulness and body awareness. His style is a combination of BKS Iyengar + Sivananda Yoga and Bihar School of Yoga, Munger.

He actively blogs at <http://harnessingyourpotential.com>