

Living our Yoga: Yamas in Practice and Beyond

Presented by: Nathalie Lacombe



- Reviewing the 8 limbs of Yoga: the awareness of Yamas and Niyamas
- The ethical practice of Yoga
- Profound qualities of our humanity; understanding ourselves and others better
- Guidelines for living on and off the mat
- Recommended reading: Deborah Adele's « The Yamas & Niyamas » (YogaFit booth)

Yamas in practice and beyond

- ✓ “Restrains” we willingly and joyfully place on ourselves: a positive force of focus
- ✓ The social disciplines to guide us in our relationships with others
- ✓ Choosing a focus for our classes: opportunities for mindfulness
- ✓ Transitioning off the mat: setting goals for ourselves and our class participants

YogaFit Sample Class

Mountain 1 – Warm-Up: Ahimsa (non-violence)

Supine – breath work; Heart Sutra

Seated heart openers – cat/cow with hands on floor, lateral extension

All 4's - modified Half Series (Child's Pose – Kneeling Plank – Crocodile on Knees – Cobra)

Downward Facing Dog – Half Series (DD – Plank – Crocodile – Cobra)

Stepping into Lunge flow with heart opening twist

Mountain – half Sun Salutation with hands at heart centre in chair

Valley 1: Satya (truthfulness)

Sun Salutations Series – mindfulness of what we need for each vinyasa

Mountain 2 – Work Phase: Asteya (non-stealing)

Downward Dog + 3 legged-dog + hip opener

Cheetah flow to step in

Crescent Lunge with upper body twisting flow

Warrior 2 with finger hold + triangle with hug arms

Downward dog – option to rest or flow (Vinyasa)

(Repeat other side)

Valley 2 – Balance: Aparigraha (non-possessiveness)

Eagle pose with reverse hug arms

Dancer's pose

Mountain 3 – Floor Work + Deep Stretches: Brahmacharya (non-excess)

Restorative Forward Fold – both hands towards each foot

Camel pose

Restorative Child's Pose – “wiggle the child”

Boat

Butterfly – float the wings

Figure 4 pigeon (or extended)

Seated lateral stretch

Knees to Chest

Flowing supine spinal twist

Restorative fish (supported)

Final relaxation

