

AMMA'S YOGA ASANA SESSIONS with Lily Gonclaves

OCT 2 - 4, 2020

How to prepare to get the most out of your practice:

1. Pick a private place free of distractions to practice. (Turn off phones, alarms, and limit any disturbances or drafts).
2. Practice on an empty stomach (ideally at least 1 - 3 hrs after eating).
3. Practice on a yoga mat or comfortable surface – Amma suggests that if practicing on Mother Earth, we should place a cloth on top and/or darbha mat to prevent the Earth's gravitational pull from drawing out our energy.
4. Gather any props, such as pillows, folded blankets, bolsters, yoga straps, and blocks that you may have to help you in the practice to ensure comfort in the body and avoid aggravating any existing injuries.
5. Wear comfortable, loose, and natural fabrics to allow the prana to flow freely throughout the body.
6. Listen to your body, make any necessary adjustments, and be guided by your breath. Avoid jerky or rapid movements, but rather focus on slow, continuous, and conscious movement with the breath.
7. If you have stopped breathing, feel tension, anxiety, pain, nausea, numbness or tingling, or feel a shortness, irregularity, or rapidness in the breath, it likely means that you've gone too far into the posture and you will need to gently come out in order to regain balance and equanimity.
8. If you are pregnant and new to Yoga asana, it is best to seek the advice of a physician and work directly under the supervision of an experienced Yoga teacher when doing Yoga asana while pregnant. If you already have an established Yoga asana practice and would like to continue doing Yoga asana during pregnancy, it's advisable to take Prenatal Yoga classes so you can learn how to adapt the practice as you go along through the various trimesters of pregnancy.
9. Women on their menstrual cycle can do all the poses in Amma's asana program. In general, they should avoid inverting the body and refrain from using Mula Bandha, Kapalabhati and Bhastrika (or any heating pranayamas) during this time.
10. If you already have a breathing technique that you employ during Yoga asana, for example the 3-part breath or Ujjayi breathing, please go ahead and continue with your breathing technique. Otherwise, it is encouraged to allow the breath to be full, natural, and complete – allowing the breath to pervade the entire body. This means that the belly, ribs, and upper torso may expand with the in-breath (inhale) and retract with the out-breath (exhale).