

Ashtanga Yoga in Depth Study

with Laruga Glaser



Dates

17 - 20 March 2017

21 - 24 April 2017

12 - 15 May 2017

Daily Hours: Friday - Monday 8:00 - 17:00

Class Room Hours: 96

Homework Hours: 12

Total: 108

Required Reading

Ashtanga Yoga Anusthana

R. Sharath Jois

Yoga Mala

Sri K. Pattabhi Jois

Krishnamacharya, His Life and Teachings

A.G. Mohan

Guruji: A Portrait of Sri K. Pattabhi Jois Through the Eyes of His Students

Guy Donahaye and Eddie Stern

Light on Life

BKS Iyengar

Inside the Yoga Sutras

Reverend Jaganath Carrera

The Untethered Soul

Michael A. Singer

Functional Anatomy of Yoga

David Keil

The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy

Stuart Ray Sarbacker and Kevin Kimple

Who is the In-Depth Study Training For?

This training is for those who have an established Ashtanga yoga practice and motivated to go into greater depths inside the theory and methodology of this lineage based tradition within a supportive community.

It is important there is sincerity and resonance to the practice beforehand, for this is not a teacher training program in the modern sense. Even though we will be covering teaching methods, teaching only comes through years of consistent practice and devotion over a sustained period of time. This especially pertains to the Ashtanga yoga method in the tradition of Sri K Pattabhi Jois and R. Sharath Jois. Looking at the history of yoga, the crucial part of learning stood steadfast within the passing on of practical knowledge and wisdom through the teacher/student relationship over many generations.

All in all, this program will undoubtedly stretch your limits and expand your knowledge base in an environment that will give various layers and perspectives to draw upon, while in turn, building greater maturity and grounding into the essence of yoga. It will attract those who crave an inside out approach, while guiding participants to applying the beauty of yoga into their daily life.

Outline of the Ashtanga Yoga In-Depth Study

The basis of the Ashtanga Yoga In-Depth Study is focused on three tiers:

Lineage, Practice and Self-Reflection

Lineage

Within lineage you will explore the roots of the practice giving time to reflect and stand in remembrance for the trailblazers and luminaries who set the stage for it being as wide spread as it is today. In particular, we will discuss the life and teachings of T. Krishnamacharya and Sri K. Pattabhi Jois as well as BKS Iyengar. In a sense, when looking backward, it gives strength and support, metaphorically standing on the shoulders of their greatness and passion.

Practice

Within practice you will work within the nuts and bolts of applying yoga into your daily life which no doubt entails understanding the method inside and out. You will be studying the postures, the vinyasa system, the nature of trīsthāna and how to apply all eight limbs into your awareness within the scope of the practice. In addition, you will also learn techniques and skills to hold space for others in a teaching role and all the various points of attention it requires. As truly when teaching, it is merely an extension of your own personal practice and connection to yoga.

Self-Reflection

Within self-reflection you begin to absorb what is learned as well as what insights begin to surface as you intensify your attention to the greater meaning of yoga and how it integrates into your consciousness. Garnering greater clarity even in the mist of confusion is part of the process. Growth and transformation within is not always the easy part but is essential in maturing and solidifying oneself on this journey. This is where you will find your own voice and build greater confidence in your experience and authenticity by simply taking time to listen and learn by going within.

Core Topics Covered

- Ashtanga yoga philosophy, theory and methodology.
- Asana - technique, alignment, benefits and Sanskrit names.
- Breathing - proper breathing, the science of breath and practical approaches.
- Vinyasa - learn the traditional Sanskrit count and the art of breath based movement and concentration.
- Chanting - learning and becoming familiar with the core chants of the practice.
- Adjustments - how to give intelligent, effective adjustments and guidance to learning practitioners.

Daily Schedule

Open Practice 6:00 - 8:00

Training Hours 8:00 - 17:00

Laruga Glaser's Bio

Since a young age Laruga has been fascinated with mind/body connections and spiritual thought which later attracted her to the practice of yoga in 1996 after a sincere connection and study of yoga philosophy. It was not until she stumbled upon Ashtanga yoga when she began the journey, immersing herself into a devoted practice a few years later in 1998. Since then, she has continued to draw inspiration from her daily visit to the mat, along with long term studies of Ashtanga Yoga at KPJAYI in Mysore, India practicing under the guidance of the late Sri K. Pattabhi Jois, and who she considers her principle teacher, his grandson R. Sharath Jois. Laruga has made 11 trips to KPJAYI and began her studies there after already 10 years of sustained practice.

An advanced level practitioner and student of yoga as well as a Level 2 Authorized Teacher, Laruga entered into teaching after years of sustained practice and brings with her a combined total over 25 years experience instructing body movement. In turn, she is dedicated to teaching the method of Ashtanga yoga to its fullest capacity, cultivating transparency to the tradition, and the deeply rich lineage the practice originates, otherwise known as parampara. Through it all, Laruga teaches as an act of deep sharing and love for what yoga develops in each individual, facilitating space to open, challenge, and inspire those to realize their inherent potential.

Currently Laruga directs the Ashtanga Yoga program at Yogayama in Stockholm, Sweden and teaches workshops and retreats internationally. (www.larugayoga.com)

Dear Practitioner and Student,

Thanks you for you interest in the Ashtanga Yoga In-Depth Study program. It is my hope this training will ignite greater reflection and insight into your already established practice. If there are any inquiries or questions in terms of the curriculum please feel free to email me at info@larugayoga.com and I will do my best to make myself available to you addressing any concerns you may have.

Warmest regards,

Laruga Glaser