

Ashtanga Yoga Intermediate Series Intensive

8 - 13 November 2017

with Laruga Glaser



The purpose of the Intermediate Series Intensive is to provide established Ashtanga yoga practitioners an in-depth experience inside the 2nd Series, otherwise known as Nadi Sodhana, as well as the opportunity to expand into the vast wisdom of the yoga philosophy. The vinyasa techniques and structural layout of the asanas will be centered on the tradition of Sri K. Pattabhi Jois and currently R. Sharath Jois of Mysore, India. Furthermore, the core of the intensive will be based on the foundation of lineage, practice, and self-reflection, moving into all layers of what it means to integrate and practice yoga daily. This will be an experience that will permeate deeper inside the empirical wisdom of Ashtanga yoga and give a living, breathing context in igniting the transformational process inside a powerful and empowering practice within a supportive community.

The days will start with Mysore practice first thing in the morning and proceed with meditation and chanting, in addition to daily discussions on various chosen philosophical topics. These themes will require the active participation of all students. After lunch, time will be dedicated to the clear and concise methodology of the Intermediate Series sequence and all the layers it entails, including physical, mental and energetic. In the later part of the day, the focus will be based on adjustments and how to safely secure, ground, deepen and guide practitioners in the asanas of 2nd Series.

The intensive is only for those who are already skilled in Primary Series and are firmly rooted and stable inside the sequence. Furthermore, candidates either need to be learning and/or practicing Intermediate series beforehand, whether at the beginning stages or already well acquainted with its entirety. All levels of Intermediate series practitioners will be suitable for this course. If there are any questions in regards to the criteria, please contact me directly at info@larugayoga.com with the subject line, "Ashtanga Yoga Intermediate Series Intensive - Amsterdam."

I look forward to working with all who decide to commit to this experience. It will be one that will leave every participant enriched and inspired in hopes to deepen your already existing practice! This my friends, is the true beauty and power of Ashtanga yoga as it will be a sincere pleasure to share soul with you all.

Most sincerely,
Laruga Glaser

Detailed Schedule

Wednesday 8 November

7:00 - 9:00	Practice
9:30 -10:00	Break
10:00 - 12:00	Meditation, Chanting, Yoga is Stilling the Mind: Finding Our True Nature
12:00 - 13:00	Lunch
13:15 - 15:00	Asana Study: Vinyasa: Merging Breath & Movement, Standing, Pāsāsana and Krounchāsana
15:00 - 17:00	Adjustments

Thursday 9 November

7:00 - 9:00	Practice
9:30 -10:00	Break
10:00 - 12:00	Meditation, Chanting, Ashtanga Yoga: The Path and The Journey
12:00 - 13:00	Lunch
13:15 - 15:00	Asana Study: Śalabhāsana to Lagu Vajrāsana
15:00 - 17:00	Adjustments

Friday 10 November

7:00 - 9:00	Practice
9:30 -10:00	Break
10:00 - 12:00	Meditation, Chanting and The Discipline of Transcendence: Abhyasa and Vairagaya
12:00 - 13:00	Lunch
13:15 - 15:00	Asana Study: Kapotasana to Ardha Matsyendrāsana
15:00 - 17:00	Adjustments

Saturday 11 November

8:00 - 10:00	Practice
10:00 - 10:30	Break
10:30 - 12:30	Meditation, Chanting, Overcoming Challenges on the Path: What's in the Way is the Way
12:30 - 13:45	Lunch
13:45 - 15:30	Asana Study: Eka Pada Śīrsāsana - Tittibhasana
15:30 - 17:30	Adjustments

Sunday 12 November

8:00 - 10:00	Practice
10:00 - 10:30	Break
10:30 - 12:30	Meditation, Chanting, A Yogi in Action: Tapas, Svādhyāya and Īśvara Pranidhāna
12:30 - 13:45	Lunch
13:45 - 15:30	Asana Study: Pincha Mayūrāsana - Parighāsana
15:30 - 17:30	Adjustments

Monday 13 November

7:00 - 9:00	Practice
9:30 -10:00	Break
10:00 - 12:00	Meditation, Chanting, The Embodiment of the Heart: Resting in the Divine
12:00 - 13:00	Lunch
13:15 - 15:00	Asana Study: Gomukhāsana - Buddha Hasta Śīrsāsana
15:00 - 17:00	Adjustments

Required Reading

Inside the Yoga Sutras

Reverend Jaganath Carrera

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

Stuart Ray Sarbacker and Kevin Kimple

Required Materials

Journal/Notebook

Writing utensils

Yoga mat/rug/towel

Preparation Before The Intensive

Know all the names, in Sanskrit, of the Intermediate Series asanas

Read, "Inside the Yoga Sutras " - Take notes, highlight points of interest

Read, "The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy"

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 genuine 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 and greatest influence, his grandson R. Sharath Jois. Laruga has made 11 trips to KPJAYI and began her studies there after ten years of established 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.