

# YOGA Basics

Heandout Workbook by Andrea-Stern





# Introduction

## YOGA as a path to harmony?

Yoga was developed over 3500 years ago in India and offers a path to harmony with oneself. It is not just about achieving mental clarity, physical strength, and flexibility but also about consciously dealing with oneself, individually and universally. Yoga serves as a practical philosophy that enables a conscious and healthy lifestyle, where it is up to you how deeply you dive in.

### Origins and Meaning

The term "YOGA" originates from the Sanskrit root "yuj," signifying "union or to connect." It embodies the connection of mind, body, and spirit. Through yoga, you are explore and harmonize apparent opposites within the body, breath, and mind.

### General Rules for Your Yoga Practice

1. Respect your current abilities and practice within your limits.
2. Differentiate between intensity and pain.
3. Approach yourself with self-respect and kindness.
4. Avoid consuming food two hours before your yoga session. Larger meals can cause fatigue and disrupt digestion, especially during certain poses.

**Time**, personally I like to practice in the morning right after waking up. it's important that you find a time who fits in your daily schedule.

This course teaches you the basic alignments of yoga postures so that you can correct yourself at home or in a yoga course near you. This way, you can safely practice on your own responsibility.



**YOGA Basics**  
**Andrea-Stern.de**





# Yoga Styles

1.a

**This course emphasizes both traditional Hatha Yoga and contemporary Vinyasa Yoga styles.**

## **Hatha Yoga**

is the Yoga of strength and willpower, aiming to align yourself with your nature and connect with it. Yoga seeks balance between the body, breath and mind through asanas, pranayama, and meditation, it aims to experience wholeness.

## **Vinyasa Yoga:**

connects breath and movement to implement a deep connection with your constant breath, which guides the movement and creates the rhythm of flowing from one posture to another.

Because keeping the mind focused on the breath, it's like meditation in movement. This practice became one of the most popular western teaching Yoga Styles.

## **Other Yoga Styles are:**

Kundalini Yoga, Ashtanga yoga, Hot Yoga, Jivamukti Yoga and more. Often, the variety of yoga styles is associated with the teacher who implements their own yoga style technique.

**If you are starting your yoga journey, I recommend trying different styles and different teachers to find the best fit for you.**

## **Asana:**

The Sanskrit word ASANA means translated seat or place because the original goal from practicing all that different postures was the prepare the body to seat as long as possible comfortably in meditation.

Each pose is an Asana wish has its own particular Sanskrit name.

All Asanas are guided by the principles of strength and ease, the goal is to unite both.

"Sthira Sukham Asanam" - "The pose should be steady and comfortable."

