



# KAYA YOGA & THERAPEUTICS

Teaching Manual **Copyright notice**

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## Introduction

The foundation of Yoga is practice. Consequently, no teacher can share something with his students, without first-hand experience.

My teacher taught me to practice, above all. Practicing under the guidance of an experienced teacher is very useful, as we learn from body to body, rather than from a book or theoretical knowledge.

In the art of Yoga Therapeutics, we want to be able to understand the body not necessarily through standard anatomy (even though the basics are important), but by understanding its abilities, its energetic imbalances, and the areas where it needs to improve. We want to know what good posture is, how one should plant the feet on the floor, and how one breathes properly.

We also want to be able to see energy move through the body, and observe where energy gets stuck, either caused by alignment or breathing problems, or by emotional blockages.

Developing a strong intuition in these areas requires plenty of practice and plenty of teaching experience. Only then can you truly understand bodies, and look at them from a different perspective.

All Pranayamas, sitting practices and asanas in this manual are derived from the Classical Yoga scriptures, as well as the Vijnana Yoga Practice Manual, which was once so valuable in my own learning process.

Enjoy the journey!



**Kaya Yoga Guiding**

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# P05

## Principles For Teaching

### 1. Awareness

Where is the mind? What is on the mind? Is the mind focused on the practice? Bringing the mind into the present moment is crucial for successful Yoga practice.

As teachers we want to make sure our clients are focused. Do you see them enjoying the Pranayama practices, with dedication and focus, or do you see their minds drifting off?

How do we bring the mind into the present? By focusing on the breath and by reminding ourselves we are doing this practice for our own benefit. Sink into the feet, breathe, and feel the body. Observe, be still, and be present.

### 2. Breath

Where is the breath in your practice? Do you inhale and exhale slowly and fully? Are you aware of your breath? When do you inhale? when do you exhale? Are you breathing superficially or deeply? Fast or slow? With ease or heavily?

Remind your clients of the breath at all times. Inhale while expanding and widening, exhale while contracting and coming together. The breath is a crucial element in Yoga practice.

Clients should be experienced in different Pranayamas and deep breathing. The breath be present in Asana, smooth, and deep. The exhalation should be deeper than the inhalation.

Teach your clients to ground through the breath and to move deeper into poses through the breath. Teach your clients to use breath as their tool, and to befriend their breath.