



THE
YOGA
CENTRE
EAST REDFERN
AN IYENGAR INSTITUTE



Dear student,

We welcome you to the Yoga Centre East Redfern.

Whether this is your first experience of yoga, or you are returning to practice, you have made an important step towards achieving better health and personal wellbeing.

Yoga means unity – of body, mind and breath – and has many benefits including:

- Strengthening and toning of the body
- Improving circulation and strengthening the nervous system
- Helping keep the bones and joints healthy
- Developing better posture
- Creating freedom of movement in the joints
- Recovering and restoring from illness or injury.

As you progress you will find that you also build a capacity for mental focus, develop greater awareness of your own natures and tendencies and exercise and develop self-discipline. This brings with it the potential for self-transformation.

Our yoga classes focus on the *asanas* – the physical poses that through regular practice will help you towards these goals.

“*Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open*”
-BKS Iyengar

About our school

The Yoga Centre is a certified Iyengar Yoga Institute that has been operating in Sydney for more than 30 years, most recently in Redfern.

All of our teachers are fully trained in the Iyengar method as founded and developed by one of the world's foremost yoga teachers, BKS Iyengar.

Caroline Coggins is the Director of the Institute. She has been practicing and teaching yoga since the early 1980's and has studied under the Iyengar family in Pune, India.

At the Yoga Centre we offer a range of Beginner Level 1 classes as well as more advanced classes in addition to regular workshops, intensive courses and special events throughout the year.

For more information including a current list of classes, times and pricing visit our website at www.yogacentre.com.au



Coming to class

We recommend choosing weekly classes that you can attend on a regular basis. To get the most from your class follow these simple steps:

- Arrive 10 minutes before your class starts.
- Turn off your phone please. If you are a mother with a new baby or in the medical profession and you need to be on call please inform the teacher.
- All mats and other props are provided or feel free to bring your own mat.
- Do not have a meal for 3 hours before class.
- Wear clothes that you can move in but that are not too loose ie: t-shirts, tights or shorts are fine. Yoga is done in bare feet.
- Please remove your shoes and leave them just inside the front door as you enter the studio.
- Please let your teacher know if you have any injuries or medical conditions.
- Please don't come to class if you have fever or a contagious illness.

“ *It is through the alignment of the body that I discovered the alignment of my mind, self, and intelligence.* ”
- BKS Iyengar

If you have purchased one of our Beginner introductory offers you will be able to attend any of the Level 1 classes as often as you like for one month.

After completion of the month you will need to purchase a class pass. Class passes enable you to come as often as you like within a three-month

period. We recommend attendance at least twice a week to feel the benefits of practice and to become more competent with the asanas.

Please consult your teachers for advice if you feel you are ready to move up a level.



Included in this welcome pack:

Level 1 sequence for you to practice at home.

Article: Yoga as Self - Transformation – Joel Kramer

Recommended reading list:

- Yoga The Path to Wholistic Health
- B K S Iyengar Light on Pranayama
- B K S Iyengar Light on Life
- B K S Iyengar Yoga, A Gem for Women
- Geeta Iyengar

- Tree of Yoga
- B K S Iyengar Light on Yoga Sutras of Patanjali
- B K S Iyenga

Online Yoga Props & Books:














Iyogaprops - www.iyogaprops.com.au

Official Iyengar websites:

- Official BKS Iyengar Website - www.bksiyengar.com
- BKS Iyengar Yoga Association of Australia (BKSIYAA)
www.iyengaryoga.asn.au

We look forward to sharing the yoga journey with you! Namaste from The
Yoga Centre community

“ *Yoga allows you
to find an inner
peace that is not
ruffled and riled
by the endless
stresses and
struggles of life.*”

Asana Shape	Asana Name	Comments
	Supta baddha konasana	Over a bolster or 2-3 long fold blankets. 3 minutes
	Adho mukha virasana	
	Adho mukha svanasana	Hands to chair or blocks if needed
	Lunge	Bend the back knee if necessary
	Adho mukha svanasana	Hands to chair or blocks if needed
	Uttanasana or *Ardha uttanasana	*hands to wall
	Tadasana	
	Urdhva hastasana	
	Baddangullyasana in tadasana	
	Gomukasana in tadasana	With belt if necessary
	Garudasana in tadasana	
	Trikonasana	Come back to tadasana after each of the following standing poses. Repeat if time
	Virabadhrasana 2	Repeat if time

Asana Shape	Asana Name	Comments
	Parsvakonasana	Hand to block in front of knee. Repeat if time
	Ardha chandrasana	Hand to block. Repeat if time
	Parsvottanasana	Concave back. Hands to blocks or wall. Repeat if time
	Uttanasana	Arms folded. Thumbs into elbow creases
	Simple cross leg; twist L & R	On two folded blankets
	Dandasana	On two folded blankets
	Baradvajasana 1	On two folded blankets
	Upavista konasana	On folded blankets as necessary. Upright hands behind. Then belts around feet, knees bent if necessary
	Janu shirsasana	On folded blanket, belt around foot if necessary
	Parvanmuktanasana	Lay on back, hug knees to chest
	Setubandha sarvangasana	On a block
	Chatush padasana	From block. Belt around ankles if necessary
	Setubanda sarvangasana	On a bolster or block; feet at same height as hips/feet to wall
	Savasana	Head on folded blanket if necessary