Hatha/Raja Yoga

Yoga is a 5000 year old spiritual system developed in India by ancient sages. The classical yogas, (ways to attain union with god), include:

- Bhakti yoga - union obtained through love of god.
- Karma yoga - union through god dedicated action.
- Jnana yoga - union through knowledge, study, and discrimination.
- Raja yoga - union through meditation.
- Mantra yoga - repetition of a sacred sound.

Hatha yoga - a more recent development is based upon the radical premise, (at the time), that a healthy mind and body are important adjuncts to the spiritual seeker. Before the time of Buddha, circa 500 B.C. the principal spiritual practices involved the belief that the body was the enemy of the spirit. Starvation, dehydration, flagellation and other techniques to deny the body were commonly employed by those seeking spiritual insights. Remnants of these practices are still found today. Part of what Buddha taught was that a strong healthy body is an important part of any seeker's life. This helped lay the intellectual foundations for the world's oldest health system, Hatha Yoga.

Hatha Yoga - Ha means sun, tha means moon, yoga means union. For hundreds of years this system was used primarily as a preparatory yoga for the classical yogas mentioned above. More recently it has been considered a complete system leading to union by itself. Many, however, still consider it a part of Raja Yoga.

The eight steps of Raja yoga

1. Yamas: (abstentions), truth, non-violence, abstinence, non stealing, non-covetness.
2. Niyamas: observances, austerities, purity, contentment, study, surrender.
3. Asanas: Yoga postures or exercises. The central aspect of Hatha.
4. Pranayama: breathing exercises leading to control of the body's energy systems.
5. Pratyahara: withdraw of the senses.
7. Dhyana: Meditation
8. Samadhi: the super conscious state of union, the goal of all yogas

Hatha yoga is principally Asana, pranayama and mindfulness.

We will be learning a variety of yoga techniques principally but not exclusively Hatha. They will include over 30 asanas, 5 pranayamas, 3 mudras (symbolic gestures used during meditation or pranayama) and a variety of meditation techniques.
Credit will be based upon 80% attendance and 70% accuracy on a test. The test will be given during the last scheduled class. Dress comfortably in clothes that will not restrict your movement. Do not eat before class.

**Reading List**

*You must read at least one book from the reading list.*

- The Bhagavad Gita translated by Juan Mascaro
- The Mahabharata translated by William Buck
- Shankara's crest jewel of discrimination
- Upanishads translated by Juan Mascaro
- Eight lectures on yoga by Alister Crowley
- The Ramayana
- The Sermon on the Mount According to Vedanta by Swami Prabhavananda
- The Dhammapada by Juan Mascara
- Yoga the iyengar way by Silva Mira and Shyam Mehta
- Bhakti, Karma, Raga, Juana yoga by Swami Vivekananda
- Autobiography of a Yogi by Paramhansa Yogananda
- How to Know god the Yoga aphorisms of Pantanjali
- A Chakra and Kundalini workbook by John Munford
- Yoga therapy by Stella Weller
- Yoga mind and body by Sivananda Yoga Vedanta center.
- Integral Yoga Hatha by Swami Satchidananda.
- The Hatha Yoga Pradipika, Translated by Brian Dana Akers.

**Hatha Yoga Asanas**

*Hold each pose for about one minute unless noted otherwise,*

**Eye Exercises**
- Salutation to the sun, Warrior, Triangular one half and full
- Standing balance postures stationary or moving
- Three cobras
- One half and or full locust
- Bow Cat and Cow
- Head and or shoulder stand, hold for one to three minutes
- Fish V ups, quick corpse
- Sit up spread legs front stretch, bring one leg on top of thigh touch
- Opposite foot reverse
- Butterfly and star
- Plow follow with sitting front toe touch feet together
- Bridge and or wheel Heroic, cow-face one half spinal twist, switch legs and repeat
- Wind eliminating, then lay on back put right foot on ceiling reverse
- Back roll, side roll, hip roll.

After completing workout you may work on new or advanced asanas. Always finish with the corpse, (relaxation).
Meditations and Breathing

Pranayama
Complete Breath
Alternate Nostril Breathing
Humming Bee
Skull Shinning (Advanced bellows)

Mudras
Namasté
Yoga
Vishnu

Kriyas
Nose
Eyes
Mouth
Ears

Meditations
Counting Inhales and Exhales.
Counting exhales only.
Point meditation the swinging door.
Following the breath.
Shikan Taza turning off the Internal dialogue.
Mantra Meditation. Listening to Internal sounds.