

Advanced Yoga (Asana) Course

進階瑜珈 (瑜珈體位法) 課程

Class 單元	Practical 體位法	Theory 理論
1	<ul style="list-style-type: none"> • Warm up exercises (WUE) 暖身 • New 新體位法介紹: Yoga mudra (Yoga posture) 瑜珈身印, Ardhakurmakasana (Half tortoise posture) 半龜式, Padahastasana (Arm-and-leg posture) 手碰腳式. • Kaosikii (Yogic Dance) 高士基舞(瑜珈舞) • Massage 按摩 	<ul style="list-style-type: none"> • Stress management: 1 壓力管理: 1
2	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Ardhakurmakasana 半龜式, Padahastasana 手碰腳式. • New 新體位法介紹: Bhujangasana (Snake posture) 蛇式. • Kaosikii 高士基舞(瑜珈舞) • Massage 按摩 • Meditation 靜坐 (意念集中) 	<ul style="list-style-type: none"> • Stress management: 2 壓力管理: 2
3	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Bhujangasana 蛇式. • New 新體位法介紹: Utkata pashchimottanasana (Difficult back- upwards posture) 困難背部伸展式, Shashangasana (Hare posture) 兔式. • Kaosikii 高士基舞 • Tandava (Yogic Dance) 勇士舞(瑜珈舞) • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Stress management: 3 壓力管理: 3
4	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Utkata pashchimottanasana 困難背部伸展式, Shashangasana 兔式. • New 新體位法介紹: Agnisara mudra 壓胃身印. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Mind and behavior: 1 心智與行為: 1
5	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Agnisara mudra 壓胃身印. • New 新體位法介紹: Karmasana (Action posture) -I&II 行動式 -1 & 2. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Mind and behavior: 2 心智與行為: 2
6	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Karmasana -I&II 行動式-1&2. • New 新體位法介紹: Bhavasana (Ideation posture) 理念式. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • The layers of mind: 1 心靈層次: 1

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7	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Bhavasana 理念式. • New 新體位法介紹: Sarvaungasana (All limbs posture) 肩立式, Matsya mudra (Fish posture) 魚式身印. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • The layers of mind: 2 心靈層次: 2
8	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Sarvaungasana 肩立式, Matsya mudra 魚式身印. • New 新體位法介紹: Tejas asana (Energy posture) 能量式. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • The layers of mind: 3 心靈層次: 3
9	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Tejas asana 能量式. • New 新體位法介紹: Parvatasana (Mountain posture) 山式, Tuladandasana (Balance posture) 平衡式. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • The layers of mind: 4 心靈層次: 4
10	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Parvatasana 山式, Tuladandasana 平衡式. • New 新體位法介紹: Jinanasana (Knowledge posture) 知識式. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • The seven secrets of success 成功的七個秘訣
11	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Jinanasana 知識式. • New 新體位法介紹: Cakrasana (Wheel posture) 輪式, Naokasana (Boat posture) 船式. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Asana, Mudra & Bandh 體位法, 身印與鎖印
12	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Cakrasana 輪式, Naokasana 船式. • New 新體位法介紹: Ardhashivasana (Half Shiva posture) 半意識式. • Kaosikii & Tandava 高士基舞 及 勇士舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Sharing 心得分享 • Q & A 問與答