

Beginner Yoga (Asana) Course

初級瑜珈（瑜珈體位法）課程

Class 單元	Practical 體位法	Theory 理論
1	<ul style="list-style-type: none"> • Half bath 半浴 • Warm up exercises (WUE) 暖身 • New 新體位法介紹: Utksepa mudra 起床伸展身印, Shavasana (Corpse posture) 攤屍式/大休息. • Massage 按摩 	<ul style="list-style-type: none"> • What is Yoga (Asana)? 何為瑜珈? • Difference between Asana and Strenuous Exercise. 瑜珈與一般運動之差異. • Rules for Asana 瑜珈注意事項
2	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Utksepa mudra 起床伸展身印. • New 新體位法介紹: Yoga mudra (Yoga posture) 瑜珈身印, Ardhakurmakasana (Half tortoise posture) 半龜式. • Kaosikii (Yogic Dance) 高士基(瑜珈舞) • Massage 按摩 	<ul style="list-style-type: none"> • Half bath 半浴 • Namaskar 瑪迦問訊禮
3	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Yoga mudra 瑜珈身印, Ardhakurmakasana 半龜式. • New 新體位法介紹: Bhastrikasana (Bellows posture) 風箱式. • Kaosikii 高士基(瑜珈舞) • Massage 按摩 	<ul style="list-style-type: none"> • Deep relaxation 深層放鬆
4	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Bhastrikasana 風箱式. • New 新體位法介紹: Bhujangasana (Snake posture) 蛇式, Padahastana (Arm and leg posture) 手碰腳式. • Kaosikii 高士基舞 • Massage 按摩 	<ul style="list-style-type: none"> • Kaosikii (Yogic Dance) 高士基(瑜珈舞)
5	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Bhujangasana 蛇式, Padahastana 手碰腳式. • New 新體位法介紹: Janushirasana (Head to knee posture) 頭碰膝式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation (Concentration of mind) 靜坐 (意念集中) 	<ul style="list-style-type: none"> • Deep breathing 深呼吸
6	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Janushirasana 頭碰膝式. • New 新體位法介紹: Gomukhasana (Cow's head posture) 牛頭式, Shashaungasana (Hare posture) 兔式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Massage 按摩

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7	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Gomukhasana 牛頭式, Shashaungasana 兔式. • New 新體位法介紹: Vajrasana (Thunder posture) 閃電式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Meditation/How to concentrate your mind? 靜坐 / 如何專注心念?
8	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Vajrasana 閃電式. • New 新體位法介紹: Utkata pashcimottanasana (Difficult back- upwards posture) 困難背部伸展式, Sahaja utkatasana (Simple chair posture) 簡易椅子式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Kiirtana (Spiritual chanting & dance) 靈性頌舞
9	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Utkata pashcimottanasana 困難背部伸展式, Sahaja utkatasana 簡易椅子式. • New 新體位法介紹: Garudasana (Bird posture) 鳥式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Food and diet 食物及飲食原則
10	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Garudasana 鳥式. • New 新體位法介紹: Sarvaungasana (All limbs posture) 肩立式, Matsya mudra (Fish posture) 魚式身印. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Fasting 斷食
11	<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: Matsyasana (Fish posture) 魚式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Cakra and propensities 脈輪及情緒傾向 • Glands and hormones 腺體及荷爾蒙
12	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Matsyasana 魚式. • New 新體位法介紹: Karmasana (Action posture)- I&II 行動式 - 1 & 2. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Sharing 心得分享 • Q & A 問與答