

Intermediate Yoga (Asana) Course

中級瑜珈（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. • Kaosikii (Yogic Dance) 高士基 (瑜珈舞) • Massage 按摩 	<ul style="list-style-type: none"> • Secrets for healthy and long life. 快樂長壽的秘訣.
2	<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 高士基舞 • Massage 按摩 • Meditation 靜坐 (意念集中) 	<ul style="list-style-type: none"> • Yogic treatment and natural remedies for common diseases: 1 一般疾病之瑜珈療法及自然藥方: 1
3	<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, Janushirasana (Head to knee posture) 頭碰膝式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Yogic treatment and natural remedies for common diseases: 2 一般疾病之瑜珈療法及自然藥方: 2
4	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Bhujangasana 蛇式, Janushirasana 頭碰膝式. • New 新體位法介紹: Gomukhasana (Cow's head posture) 牛頭式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Yogic treatment and natural remedies for common diseases: 3 一般疾病之瑜珈療法及自然藥方: 3
5	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Gomukhasana 牛頭式. • 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"> • Eight limbs of Yoga (Astaanga Yoga): 1 What is Astaanga Yoga? 瑜珈八部功法: 1 瑜珈八部功法是什麼?
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: Utkata pashchimottanasana (Difficult back- upwards posture) 困難背部伸展式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Eight limbs of Yoga (Astaanga Yoga): 2 Practical ethics for success in Yoga (Yama) 瑜珈八部功法: 2 瑜珈倫理 (道德持守): 外在行為控制

Class 單元	Practical 體位法	Theory 理論
7	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Utkata pashcimottanasana 困難背部伸展式. • New 新體位法介紹: Utkata vajrasana (Difficult thunder posture) 困難閃電式, Uddayana mudra 吊胃身印. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Eight limbs of Yoga (Astaunga Yoga): 3 Practical ethics for success in Yoga (Niyama) 瑜伽八部功法: 3 瑜珈倫理 (道德持守): 內在行為控制
8	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Utkata vajrasana 困難閃電式, Uddayana mudra 吊胃身印. • New 新體位法介紹: Jatila utkatasana (Difficult chair posture) 困難椅子式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Eight limbs of Yoga (Astaunga Yoga): 4 Asana, Pranayama & Pratyahara 瑜伽八部功法: 4 瑜珈體位法, 生命能控制法, 感官回收
9	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Jatila utkatasana 困難椅子式. • New 新體位法介紹: Ustrasana (Camel posture) 駱駝式, Shalabhasana (Locust posture) 蝗蟲式. • Kaosikii 高士基舞 • Massage 按摩 • Meditation 靜坐 	<ul style="list-style-type: none"> • Eight limbs of Yoga (Astaunga Yoga): 5 Dharana, Dhyana & Samadhii 瑜伽八部功法: 5 心靈集中, 禪定, 三摩地
10	<ul style="list-style-type: none"> • WUE 暖身 • Review 體位法複習: Ustrasana 駱駝式, Shalabhasana 蝗蟲式. • 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"> • "Kulakundalinii" The latent spiritual force "孔達里尼"沉睡的神性
11	<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"> • "Dharma" the path of bliss "法性" 喜悅之路
12	<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: Cakrasana (Wheel posture) 輪式, Naokasana (Boat posture) 船式. • 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