

Welcome I hope you enjoy!



"Words fail to convey the total value of Yoga. It has to be experienced."

Join me on facebook 'mark jarman yoga'

**(You will find links to the above on my homepage,
www.markjarmanyoga.co.uk)**

As with any physical activity there is a risk of injury associated with yoga. The decision to perform any exercise remains the individual's and the tutor cannot accept responsibility for problems during or outside a class.

If you are in any doubt as to your fitness, please consult a GP beforehand.

Participation in yoga classes is entirely at your own risk and any loss, damage, injury or any other mishap will not be the responsibility of the class organiser or teacher.

Don't start any exercise or fitness program without carefully assessing your own state of health and level of physical conditioning. Inclusive of considering your age, any illnesses or injuries you are recovering from, doing some personal research, and if necessary consulting your personal physician.

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Take responsibility for you!

Also, given that we are in a class environment, there is often no time available to devote to individual needs. Therefore I ask that you contact me via email,

***hello@markjarmanyoga.co.uk**, with any questions. Should you have difficulty with anything in the class there are always adjustments, adaptations, and alternatives at hand. If needed I am happy to arrange to meet prior to a class to work through any questions/issues.*

Yoga is the practise of coming back to yourself and rediscovering your essential nature. The person who is happy within, who is delighted within, and who finds light within, is a Yogi.



My mission: Offer you the very best of Yoga.

Etiquette and Guidelines - Before classes begin there will be a 5 minute period for initial relaxation (shavasana) i.e. for a class beginning at 1900hrs relaxation will begin at 1855hrs. Those who make it 5 minutes early will benefit from this initial relaxation period..... For those who are unable to arrive 5 minutes early I ask that, before opening the door, you are fully prepared to enter the room and settle quickly and quietly.

- Please do try to arrive early for set up and 'quiet' relaxation.
- We aim to clear the mind in a Yoga class. Have 'close to hand' things you will need in the class. Ideally leave 'everything' else in the cupboard or at the back of the class.
- Sometimes people will arrive a little late, this happens and it's no problem. Though, if you do arrive late, or leave early, please be as quiet as possible. If arriving late take shoes, coats, trousers, watches, bracelets etc off before entering the class i.e. be prepared to enter and settle as quickly as possible.
- A Yoga class begins as you enter the room. It's great to share a class with people you know, but it can be distracting to yourself and others to have extended or loud conversations.
- Turn off cell phones, including 'vibrate'.
- Wear loose comfortable clothing – Bring something warm for final relaxation.
- Try not to eat for at least two hours before class.
- I advise bringing a bottle of water.
- Don't push it. Instead of trying to go as deeply or completely into a pose as others might be able to do, do what you can without straining or injuring yourself.
- Most importantly, enjoy the magical gift of Yoga!

Activities carried out on the physical plane are a mirror of the inner workings of a persons mind..... have a strong mind and a soft heart.

Hatha Yoga - Integrating various branches of Yoga, Mark Jarman has put together a unique series of postures designed to systematically exercise all the muscles, tendons, ligaments, joints, internal organs and glands. The sequence of postures encourages the release of toxins and brings efficiency and harmony to all bodily systems. Through **regular** practice the body will be totally transformed, rendered so supple and pure, and be unaffected by old age and disease. This practice will secure a fine physique which is strong and elastic without being muscle bound. The sequence culminates with a blissful final relaxation to assimilate the benefits and rejuvenate the body.

For thousands of years the Yogis have been practising a form of exercise that addresses each and every aspect of our being. Hatha Yoga differs both physically and philosophically from the vast majority of other forms of exercise, particularly in the West. Hatha Yoga operates on a **total approach** to health and fitness, and a broader understanding of strength, beyond just physical power. Hatha Yoga is not just a momentary result; it's an intelligent and gentle, calm yet challenging, and gradual process by which we arrive at '**lasting**' health and well being.

Through the practise of Hatha Yoga everyone, regardless of age, sex, or the stiffness of body, can become supple as a child.

Swami Nikhilananda wrote: "The result of Hatha Yoga is simply to make the Yogi live a long healthy life-that's it! A total approach to health is the chief idea, the one goal of Hatha Yoga. The Yogi is determined not to fall sick.... and he never does. A hundred years is nothing for him; he remains young and fresh well into old age."

If practised **regularly** Yoga 'will' add years to your life and as you get older, you will take on an ageless appearance.

The class gives equal thought and attention to all the systems of the human body. On a physical level we pay attention to the whole muscular and skeletal system. We also stimulate the digestive, cardio-vascular, endocrine, nervous, reproductive, lymphatic and immune systems. We do this by working both physically and energetically. Eastern forms of exercise, including Yoga, recognise 72,000 energy points (nadis) within the human body. These energy points are closely connected to the nervous system and influence each and every aspect of our being. Our health, emotionally, energetically and physically is dependent on the free flow of energy. Hatha Yoga postures target these energy points, releasing blockages, creating a free flow of energy – life! This is what contributes to that feeling of bliss after a Hatha Yoga session. It's a complete health check!

`A way back to life` - The freedom and simple beauty is just too good to pass up! Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it. Begin it now.

Surya Namaskar - Adoration of the sun was one of man's first and most natural forms of inner expression. The pyramids themselves were symbols of the sun and were aligned to receive maximum solar radiation.

It's a shame that the richness and beauty of these traditions is too often lost or, as is often the case, misrepresented.

Surya Namaskar is a series of twelve physical postures. These alternating backward and forward bending asanas flex, extend, and open the spinal column and limbs through their full range, Remember that the neck is also part of the spine and should be stretched to its comfortable limits backward and forward according to the asana. This affords maximum opening of the body. The sequence provides a profound opening to the whole of the body that few other forms of exercise can be compared with it. Its versatility and application make it one of the most useful methods to induce a healthy, vigorous, active life.

The performance of Surya Namaskar in a steady, rhythmic sequence reflects the rhythms of the universe, such as the twenty four hours of the day, the twelve zodiac phases of the year and the biorhythms of our own body.

Most beginners will discover stiffness in their bodies from muscular tension, tightness in the tendons and toxic deposits in the joints. Stiffness, lack of coordination and the tendency to strain will all be overcome with PRACTISE! Regular practise of Surya Namaskar is one of the most rapid methods of obtaining a supple body.

The practise should be mastered by first becoming familiar with the postures individually and then as a whole. Synchronizing the breath with the movements is the next step. When this is achieved it will be found that the breathing sequence compliments each posture, and to breathe in any other manner would be awkward and difficult.

Probably the most important point is to avoid strain. Each movement should be performed with a minimum of effort, using only those muscles required to assume and maintain the posture. The rest of the body should remain as relaxed as possible. Relax into each position. In this way your stretching will be more efficient and enjoyable and you will conserve energy. Try to make the movements flow loosely into one another, like a dance.

The Twelve Sun Mantras

All the external sounds which we perceive are created when two or more objects, such as the vocal cords, strike together and set up a vibration in the atmosphere. These vibrations then enter the ear, in turn setting up vibrations in the eardrum and its fluid. The nature of these vibrations is relayed to the brain where they are acknowledged and compared to the memory of all past sounds, and mental images are then created. In this way sound is continuously affecting our minds.

Mantras are combinations of sounds, which are designed to produce a specific effect on the mind and its functioning. The mantra can be spoken aloud, whispered or repeated mentally. When a sound is repeated with awareness and concentration, the thought takes on the form of that sound, it becomes that sound, and the energy inherent in that sound manifests in the mind.

Mantras are formulated from letters of the Sanskrit alphabet, each letter having its own particular vibrational frequency and corresponding effect on the consciousness. These fifty two sounds, known as Devanagari were realized by the ancient rishis of the Vedic period during deep states of meditation. These highly evolved souls were able to touch on the source of all sound energy.

Every year the sun passes through twelve different phases known as the zodiacal signs in Western astrology, and 'Rashis' in Yogic astrology. According to Yogic astrology, each Rashi has specific attributes or moods, and in each of these twelve moods the sun is given a different name. These twelve names comprise the twelve Sun Mantras, which are to be repeated in their respective order in conjunction with the twelve movements of surya namaskar.

These sun mantras are not merely names of the sun, but every sound syllable contained in them is the vehicle of a basic, eternal energy represented by the sun itself. By repetition and concentration on these mantras, the whole mental structure will benefit and be uplifted.

1. Om Mitraya Namaha (Salutations to the friend of all)

Begin by standing in Mountain Pose, feet parallel, hands by your sides. Inhale, and as you exhale bring the hands into prayer position.



2. Om Ravaye Namaha (Salutations to the shining one)

On your next inhale reach up and lengthen the back. Slightly come on to the heels and gently arch the lumbar spine. Looking up between the hands, Open and lift the heart.



3. Om Suryaya Namaha (Salutations to he who induces activity)

As you exhale charge the legs and bend forward, bringing your hands to rest beside your feet (bending the knees if necessary), If this is too much slowly come down vertebra by vertebra.



4. Om Bhanave Namaha (Salutations to he who illumines)

Inhale and step the right leg back. Remember, right knee to the floor and head and chest lifted and facing forward!



5. Om Khagaya Namaha (Salutations to the one who moves through the sky)

Hold the breath and step the left leg back into plank position. Avoid hips raising to the ceiling or falling to the floor.



6. Om Pushne Namaha (Salutations to the giver of strength and nourishment)

Exhale and lower your knees, chest, and forehead to the floor. Keep the hips 'slightly' raised from the floor.



7. Om Hiranya Garbhaya Namaha (Salutations to the golden cosmic self)

As you inhale release the toes and hips, gently stoke the floor with nose and chin, bring the chest forward, and rise majestically into cobra, using the back muscles! DO NOT DOMINATE WITH ARMS OR LIFT PELVIS ... elbows tucked in please...



8. Om Marichaye Namaha (Salutations to the rays of the sun)

Exhale, push up with the arms and allow the weight to drop back on to the knees. Tuck the toes under and lift from the hips and rise back into Downward Facing Dog.



9. Om Adityaya Namaha (Salutations to the son of Aditi)

Inhale and step the right leg forward in-between the hands, left knee comes to the floor. This may take a few steps at first!



10. Om Savitre Namaha (Salutations to the stimulating power of the sun)

Exhale, bring the left foot forward and step into Standing Forward Bend. Hands either side of your feet, bending at the knees if needed.



11. Om Arkaya Namaha (Salutations to he who is fit to be praised)

Inhale, charge the legs, and send the hands forward and away from the feet. Then come up from the forward bend. Slightly come on to the heels and gently arch the lumbar spine. Looking up between the hands, If this is too much slowly come up vertebra by vertebra. Also bend knees if needed.



12. Om Bhaskaraya Namaha (Salutations to the one who leads to enlightenment)

Exhale, and slowly lower your arms in front of you. Now, to complete one round, repeat the sequence, leading with the left leg.

