

Kripalu Vinyasa Yoga at OLLI: Course Content

Common to all 15 Classes

Like most Hatha Yoga classes, each of the 15 seventy-five minute classes will be taught by a Yoga Teacher (myself, Gerald Mousley) facing yoga students, all seated on individual yoga mats.

Teacher begins by inspiring discussion, as students share their most recent experiences practicing yoga, especially the yoga taught in previous week's class.

Teacher then leads class in practicing and reviewing previous week(s)' yoga class.

Teacher then leads class in the new yoga taught in today's class. This may consist of many individual exercises, to be practiced sequentially within the Vinyasa sequence taught at this class.

Teacher passes out hand-outs, teaching aids which may include a mandala and printed, illustrated instructions for each posture.

Teacher introduces each posture verbally, including benefits.

Teacher demonstrates each posture /exercise

Then teacher leads students in each exercise. This includes time for teacher walking the room, giving individual attention/instruction, as needed. This occurs as students experience prolonged holding time.

Allow time for discussion, Q & A.

After each new exercise is thoroughly taught and experienced, teacher leads students in Vinyasa, the proscribed specific sequence of yogic movement, of multiple postures, as practiced & paced by inspiring musical accompaniment.

Class concludes with a final experience of deep yogic relaxation, as students lie on their mats, guided by relaxing instructions of teacher.

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Unique to each of 15 Classes

1. Introduce Kripalu Yoga, as a Hatha Yoga path. Discuss wholistic context of Yoga as a path to Union of all parts of one's being (not just for muscles). Introduce other yogic paths. Teach Deep Yogic Breathing. Teach advanced yogic breathing. Introduce warm-up exercises.
2. Teach abundance of warm-up exercises. Play Ode to Joy music.
3. Teach Moon Salutation. Play Amazing Grace music.
4. Teach Warriors/ other standing poses. Play Star Spangled Banner music.
5. Teach Five Tibetan Rites. Play Simple Gifts music.
6. Teach Yoga Nidra (Yogic Sleep). Play Taps music.
7. Teach Bridge variations/other 1st Chakra postures. Play Silent Night music.
8. Teach Boat & Cobra variations/other 2nd Chakra postures. Play Down by the Riverside music.
9. Teach Bow /other 3rd Chakra postures. Play God Bless America music.
10. Teach Camel variations/other 4th Chakra postures. Play America the Beautiful music.
11. Teach Reverse variations/other 5th Chakra postures. Play Danny Boy music.
12. Teach Eagle/6th Chakra postures. Play Battle Hymn of the Republic music.
13. Teach 7th Chakra postures & Meditation-in-Motion. Play Greensleeves music.