
ASHTANGA YOGA | PATANJALI YOGA SUTRANI

| with | **Jana Domberg** |

| when | **Wednesdays** | **10.45-12.15** | starting **Jan. 16, 2012** |

| where | **YOGADESA** | **120 N Topanga Canyon Blvd.** |



Jana will be teaching an Innovative Ashtanga Yoga Class which will include a closer look at the Patanjali Yoga Sutrani in small dosis in a very hands-on fashion. | **EVERYBODY IS WELCOME** |



| **YOGINI BIO** | Jana has been studying Sivananda yoga since 1995. In the following years she practiced under the wing of Swami Sivadasananda to deepen her skills in the classical techniques of Hatha Yoga and there completed her first teacher training. In 2003 she was introduced to Ashtanga Vinyasa Yoga and decided to do another four year teacher training with certified Ashtangi Beate Guttandin, scholar of Sanskrit in Germany. In 2004 Jana became Founding Owner of YogaOne, school of Yoga in southern Germany. She is also the editor of the first direct translation of the yoga sutrani by Patanjali in Germany.

| **ASHTANGA VINYASA YOGA** | is the only tradition of dynamic yoga that has descended. It is the traditional base of all the Vinyasa Yoga practiced today. Its practice sums up body work, breath and meditation in each session. This style of yoga aims to establish a personal practice, which in theory is the same for everyone, but is acquired entirely individual in terms of intensity and experience. As a beginner you gradually learn an always repeated sequence of breath (ujjayi), posture (asana) and how to control the direction of energy flow in your body (bandha). Later you incorporate what is called drishti- a focus. This is called the first series.

| **TEACHING PRINCIPLE** | Guided by your teacher, you gradually develop a very personal practice. A practice that is always and everywhere available to you. You will be able to overcome the concentration on body and posture. Once you naturally move in and out of the asanas, you will inhabit the moment in a rhythm of tenderness and force and slowly learn to meditate within the in sync movement of body and breath.

| **PATANJALI YOGA SUTRANI** | is one of the most important scriptures on yoga. It is a widespread text amongst yogis. It is based on the Shamkhya philosophy, defines yoga and describes what it evokes. It has always been translated within the context of religious interpretation, and has therefore been misunderstood as a sort of moral code rather than a report on cause and effect. If taken literally and unembellished it creates a straight forward and plain path of performance of yoga techniques which can be executed outside a religious context, which is the reason yoga works for everybody.
