

South Mountain Yoga Immersion Schedule At-a-Glance

Fridays **6:30 - 9:00 pm:** History and philosophy. Light asana.

Saturdays **1:00 - 4:30 pm:** History and philosophy. Anatomy and biomechanics in asana, pranayama, meditation

Sundays **1:00 - 4:30 pm:** Asana, pranayama, meditation with energetic anatomy

Note that schedule below may shift and change.

Weekend 1: Standing Poses

FRIDAY

- Orientation
- Lecture: The Arya & Origins of Yoga
- Asana: Foot Alignment

SATURDAY

- Lecture: Intro to Biomechanics
- Asana: Knees, Thighs, Pelvis
- Pranayama: The Natural Breath

SUNDAY

- Lecture: Intro to Energetic Anatomy
- Asana: Vayus in Standing Poses
- Pranayama: Anatomy of Breathing

Weekend 2: Inversions

FRIDAY

- Lecture: Vedic Culture & the Upanishadic Revolution
- Asana: Hand Alignment

SATURDAY

- Lecture: Buddhism & Hinduism
- Asana: Thorax
- Pranayama: Counted Breath

SUNDAY

- Lecture: Chakras
- Asana: The Chakras in Inversions
- Pranayama: Ujjayi

Weekend 3: Backbends

FRIDAY

- Lecture: Warring Kingdoms & Ramayana
- Asana: Arm Rotation

SATURDAY

- Lecture: Ganesh & Mahabharata
- Asana: Shoulders, Arms, Hands
- Pranayama: Viloma Pranayama

SUNDAY

- Lecture: Bhagavad Gita
- Asana: The Gunas in Backbends
- Pranayama: Viloma Pranayama

Weekend 4: Arm Balances

FRIDAY

- Lecture: Classical Yoga & the Yoga Sutra of Patanjali
- Asana: Pelvic Floor long

SATURDAY

- Lecture: Patanjali & Vyagarapada
- Asana: Pelvic floor & Abdominals
- Pranayama: Kumbhaka
- Meditation

SUNDAY

- Lecture: Bandhas
- Asana: Bandhas in Arm Balances
- Pranayama: Kumbhaka with Bandhas
- Meditation

Weekend 5: Seated Forward Bends

FRIDAY

- Lecture: Three Key Yoga Philosophies
- Asana: Head & Neck

SATURDAY

- Lecture: Medieval to Modern Yoga
- Asana: 2 Stages of Forward Bends
- Pranayama: Nadi Shodhana
- Meditation

SUNDAY

- Lecture: The Koshas
- Asana: Rounding with Pranayama & Meditation
- Party!