



Hatha Yoga

6 WEEK COURSE

INFORMATION BOOKLET



*"Yoga is the journey
of the self,
through the self,
to the self."*

-The Bhagavad Gita

Welcome to the booklet

Welcome to your journey through Hatha Yoga! This e-book will guide you through the foundations of Hatha Yoga, its key principles, and the benefits it offers.

As we embark on this journey together, we will also explore the theme of turning inward during the autumn season, aligning our practice with the natural rhythms of nature.

Autumn, a season of transition, offers an ideal time to turn inward, reflect, and prepare for the quieter, more introspective winter months. Just as nature begins to shed its leaves and conserve energy, we too can use this time to slow down, let go of what no longer serves us, and focus on nurturing our inner selves.

– Kelly Angley



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Hatha Yoga

About Hatha Yoga:

Hatha Yoga is one of the oldest and most traditional forms of yoga, serving as the foundation for many other styles of yoga practiced today.

The word "Hatha" comes from the Sanskrit terms "Ha" meaning "sun" and "Tha" meaning "moon," symbolizing the balance of opposites within us—strength and flexibility, effort and surrender, activity and stillness. Hatha Yoga emphasizes this balance, offering a path to unite the body, mind, and breath.

This practice is more than just a physical exercise; it is a holistic system that integrates physical postures (asanas), breath control (pranayama), and meditation (dhyana) to cultivate harmony and well-being. Through regular practice, Hatha Yoga helps to bring equilibrium to the body's systems, reduce stress, and deepen your awareness of yourself and the world around you.



Hatha Yoga

Key Principles of Hatha Yoga

Hatha Yoga is based on several core principles that guide both the physical and mental aspects of the practice:

Asanas (Postures):

The physical aspect of Hatha Yoga involves practicing a series of yoga poses, that stretch, strengthen, and balance the body. The aim is to improve flexibility, stamina, and body awareness, while aligning the body in a way that promotes good health.

Pranayama (Breath Control):

Pranayama refers to the control of breath, which plays a vital role in calming the mind, energizing the body, and promoting concentration. Learning to regulate your breathing can also help you manage stress and enhance mental clarity.

Dhyana (Meditation):

Meditation in Hatha Yoga encourages mindfulness and mental focus. This practice allows you to cultivate inner peace, reduce stress, and enhance your awareness of the present moment.

Shatkarma (Cleansing Techniques)

Shatkarma refers to cleansing practices used to purify the body and mind, such as yogic cleansing of the nasal passages (Neti) or abdominal exercises (Nauli). These techniques help remove toxins and create a sense of clarity and balance.

Hatha Yoga

The Benefits of Hatha Yoga

Regular practice of Hatha Yoga can lead to a variety of physical, mental, and emotional benefits:

Physical Benefits:

- *Improved Flexibility:* Asanas stretch and lengthen the muscles, making the body more flexible over time.
- *Increased Strength:* Yoga builds muscle strength and endurance through bodyweight exercises and dynamic postures.
- *Better Posture and Alignment:* By focusing on alignment, Hatha Yoga helps improve posture, reducing strain on the body.
- *Enhanced Balance:* Many asanas promote better physical balance, which is essential for overall body coordination.

Mental and Emotional Benefits:

- *Reduced Stress and Anxiety:* The combination of asanas, pranayama, and meditation promotes relaxation and reduces stress levels.
- *Increased Mindfulness:* Practicing yoga brings awareness to the present moment, encouraging mindfulness in daily life.
- *Emotional Balance:* Yoga can help release stored tension and emotions, fostering greater emotional stability and resilience.

Breathwork in Yoga

The Importance of Breathwork in Yoga

Breathwork, or pranayama, is an essential aspect of Hatha Yoga. In yoga, the breath is considered the bridge between the body and the mind. By controlling and deepening the breath, you can influence the state of your mind and nervous system.

Prana (Life Force Energy):

In yogic philosophy, the breath carries prana, the life force energy. Proper breath control not only oxygenates the body but also helps regulate energy levels, promoting vitality and balance.

The Breath-Mind Connection:

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Breathwork in Practice:

In Hatha Yoga, the breath is often coordinated with movement. This synchronicity between breath and motion allows for greater fluidity and focus during practice. Over time, you'll notice how controlling your breath can enhance your overall yoga experience.



Breathwork Exercise

Ujjayi Pranayama (Ocean Breathing)

Ujjayi Pranayama, often referred to as Ocean Breath, is a soothing and balancing breathing technique that can be used throughout your Hatha Yoga practice. The sound created during this breath resembles ocean waves, and it has a calming effect on both the mind and body.

How to Practice Ujjayi Pranayama:

1. *Find a Comfortable Seat:* Sit comfortably with a tall spine, either cross-legged on the floor or on a chair.
2. *Inhale Deeply Through the Nose:* As you inhale, slightly constrict the back of your throat, creating a soft "hissing" sound.
3. *Exhale Through the Nose:* Exhale with the same throat constriction, maintaining the ocean-like sound.
4. *Focus on Lengthening the Breath:* Aim to make both your inhales and exhales long, slow, and controlled.
5. *Maintain Steadiness:* Continue this breathing pattern for several minutes, allowing your breath to become rhythmic and steady.

Benefits of Ujjayi Pranayama:

- Calms the mind and reduces stress.
- Increases focus during yoga practice.
- Improves oxygen intake and energy levels.
- Enhances self-awareness and concentration.

6-Week Journey

Week 1: Introduction to Hatha Yoga

- Full body focus with basic breathwork, yoga, and meditation practices.
- Introduction to key principles of Hatha Yoga, including alignment and breath-movement coordination.

Week 2: Hip Openers & Lower Body Strength

- Emphasis on increasing hip flexibility and strengthening the lower body.
- Grounding breathwork to connect with your foundation.

Week 3: Spine Health & Flexibility

- Focus on spinal health with yoga twists, extensions, and flexions.
- Supportive poses that improve spinal alignment and flexibility.

Week 4: Chest Openers & Upper Body Strength

- Opening the chest and heart space through expansive asanas.
- Breath expansion techniques to increase lung capacity and energize the upper body.

Week 5: Core Stability & Balance

- Strengthening the core muscles for stability and balance.
- Integrating focused breathwork to enhance balance both physically and mentally.

Week 6: Integrative Practice & Deep Relaxation

- A comprehensive Hatha Yoga practice that integrates everything learned over the course.
- Deep relaxation through restorative postures and guided meditation.



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