



YOGA SCIENCES INSTITUTE

Hatha and Restorative Yoga Program Overview

HATHA AND RESTORATIVE YOGA

PROGRAM OVERVIEW

Hatha Yoga



What is Hatha Yoga?

- *Hatha Yoga is the Union of Mind and Body*

Hatha yoga removes physical tension, establishes mental balance, and powerfully clarifies awareness. Yoga posture or *asana* balances muscular energy in the physical body. Breath guidance (*pranayama*) goes further, using respiration patterns to balance the conflicting thoughts generated by the mind. Even greater benefits lie in the process of complete relaxation, known in the ancient texts as ‘turning attention inwards’ (*pratyahara*).

How Are Your Hatha Classes Different?

- *Our Hatha programs give you a complete experience, not just a series of stretches.*

Our instructors have trained across multiple traditions of yoga theory and practice; from the highly athletic Ashtanga tradition to the integrated approaches of the great modern Indian yoga colleges. Accordingly, we use no one-size-fits-all formula. We match your needs to a spectrum of techniques that together - synergistically - help you release physical and mental tension quickly and effectively.



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How Do Your Hatha Classes Work?

- *We integrate yoga techniques to help you discover dynamic health and relaxation.*

In every class, your instructor will help you develop inner focus on alignment, smoothness and steadiness by directing your attention towards smooth, rhythmic breathing. You will be familiar with some postures and sequences; others represent time-tested techniques developed in India and only occasionally presented in the west. Deep relaxation - perhaps the single most important aspect of yoga - concludes every practice session. As you'll discover, deep relaxation is certainly what some have called 'the fruit of the practice.'

What Class Levels Are There?

- **Level I:** The fundamentals of yoga are for beginners - and for experts. Incorporates material from Indian yoga colleges seldom encountered in America. Emphasizes complete preparation through simple 'energy binding' (*shakti-bandha*) and 'breath-freeing' (*pavana-mukta*) exercises, complete awareness in basic *asana* forms, and complete relaxation through guided 'letting go' (*shavasana*) practices.
- **Level II:** Focuses on establishing a consistent practice that includes all pose types and spinal movements. Introduces more challenging postures and continuous sequences.
- **Level III:** If you have been practicing consistently for at least one year, you are ready for this fluid, continuous, challenging and supportive class. Our method is posture, our goal is total relaxation and awareness. (*Instructor Permission Required*)
- **Level IV:** If you have been practicing consistently for two years or more. This class introduces advanced postures and will demand significant exertion. Be ready to sweat, to concentrate, and to go beyond your assumed limits. (*Instructor Permission Required*)

Where Can I Take Classes?

Classes are held at our Mill Valley studio, as well as in other studios and centers in San Francisco, San Rafael, and Novato. We also offer Hatha Yoga off-site, whether in your home, hotel, or nature.

What Are Your Rates?

- Studi Class: \$15/90 minutes
- Individual Class: \$75/90 minutes
- Off-site Custom Class: \$100/90 minutes
- Group Rates and Training Packages available; please [contact us](#) for more information.



Restorative Yoga



What is Restorative Yoga?

- *Restorative Yoga is the Science and Art of Complete Relaxation*

Restorative yoga uses multiple postural techniques to activate the 'parasympathetic' or relaxation-oriented part of your nervous system. It creates an automatic relaxation response by removing gravity, tension and sense-perception in specific ways. Add to this simple but effective breath patterns that help respiration become regular and smooth, and Restorative Yoga generates calm, focused alpha rhythms in the brain.

How Does Restorative Yoga Work?

Restorative yoga does not place you in difficult postures - much the opposite, in fact.

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Relaxed body, even breath and calm mind - by using this feedback loop between breath, body and mind, Restorative Yoga quickly gives you access to states of deep relaxation that might otherwise take months or years of practice to achieve.

Restorative yoga puts you in supported postures for relatively long (-10 minutes) periods of time. In this way, Restorative yoga can release physical and mental tensions that might otherwise be very difficult to dissolve. In the process, some people find themselves drifting into and out of sleep states; this is perfectly normal. Alternatively, you may choose to remain aware during these states. If you do so, you can practice restorative yoga's central principle: 'active relaxation,' or the art of consciously deepening your level of relaxation.



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What Are the Benefits of Restorative Yoga?

The deeply relaxed states available from Restorative yoga practice give you an incredible rest and a powerful restorative charge that can enhance your life in many ways - intellectually, emotionally, socially and professionally. These relaxed states have further potentials, and can provide an opportunity for generating enhanced states of awareness such as classical focused meditation (*dhyana*) and lucid or conscious dreaming (*yoga nidra*).

What to Expect in a Restorative Session

Since a Restorative session is not a standard yoga class, the following information may prove useful for starting your practice.

- The poses in a Restorative class may appear physically simple; each pose is fully supported and can be practiced by almost anyone.
- Plan on spending very little, if any, time in classical postures (*asanas*).
- In Classical Restorative Sessions, you'll actively relax in a series of comfortable, fully supported poses.
- Enhanced Restorative Sessions begin with a short session of easy breath and muscle loosening exercises to enhance the relaxation effect.
- During this time, you will discover aspects of your body-mind experience that incessant physical and mental action tends to obscure.

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