

Cedar and Fir Studio Yoga Immersion 2009

Goals: To deepen our understanding of Yoga through experience, practice, reading, and discussion; To create a community of yogis exploring yoga together; To support our personal practice with group dialogue, discussion, and questions.

Where: Cedar and Fir Studio. 3204 NW Grant Ave, Corvallis, OR

Who: Anyone interested in the conversation; join anytime!

How Much: \$22/session

When: We will begin with a once/month gathering on a Saturday afternoon (4:00-6:00pm).

April 18: Read *Waking* by Matthew Sanford

May 16: Read *The Heart of Yoga* by Desikachar

Read Part II, The Understanding of Yoga,
Skim other sections and read what interests you.

and *The Heart of Understanding*, Thich Nhat Hanh

June 13: Read Introduction in *Light on Yoga*, Iyengar

Choose a 3 or 4 related yoga asana and compare instructions from different yoga teachers (Iyengar, Ashtanga, Viniyoga, Shadow Yoga others)

July 18 Read *Yoga Mind, Body and Spirit*, Farhi

Part I: Groundwork (both Living Principles and Moving Principles)

Discussion: Is Yoga a movement practice? exercise? a spiritual practice? a religion?

September date tba: *Yoga and the Quest for True Self*, Stephen Cope

(I'll choose a second reading on Pranayama before then)

Suggested Resources

Hatha Yoga Overviews

The Heart of Yoga, TKV Desikachar

Light on Yoga, BKS Iyengar

Yoga Mind, Body and Spirit: A Return to Wholeness, D Farhi

Yoga Asana and Styles

Ashtanga Yoga, the Practice Manual, D Swenson

Back Care Basics, M Pullig Schatz

Essential Yoga Poses, J Lasater

Jivamukti Yoga, S Gannon and D Life

Relax and Renew, J Lasater

The Runner's Yoga Book, J Couch

Shadow Yoga, S Remete

Yin Yoga, P Grilley

Yoga the Iyengar Way, Silva and Mehta

Yoga, the Spirit and Practice of Moving into Stillness, E Schiffman

Philosophy

Bhagavad Gita (S. Mitchell or other translation)

Pantajali's Yoga Sutra Translation (eg. BS Miller)

The Heart of Understanding, Thich Nhat Hanh

The Philosophy of Classical Yoga, G Feuerstein

Sanscrit

The Language of Yoga, N Bachman

Anatomy and Movement

Anatomy of Hatha Yoga, D Coulter

Anatomy of Movement, B Calais-Germain

Body³, T Myers

The Concise Book of the Moving Body, C Jarmey

Yoga Anatomy, L Kaminoff

Pranayama

Light on Pranayama, BKS Iyengar

Refining the Breath, D Keller

The Yoga of Breath, R Rosen

Asana Visual Catalogs

Asanas 608 Yoga Poses, D Mitra

Yoga, Yoga Journal

Memoirs

Light on Life. BKS Iyengar

Waking, M Sanford

Yoga and the Quest for True Self, S Cope

Questions: call Lisa 231-6091; lisa@cedarandfir.com

Questions: call Lisa 231-6091; lisa@cedarandfir.com