



Niyama series

The Niyamas are one of the 'eight limbs' of yoga. They are the daily observances or practices of yoga for a healthy and happy life. In this four-part series, each 90-minute class will focus on one (or two) of the Niyamas, including a brief description of the principle as well as physical postures, breathing and meditation to help cultivate each niyama through action.

1. Saturday 20 January 15.30 – 17.00

Saucha – cleanliness

We'll look at how we can use asanas (yoga poses) to aid digestion and strengthen the core to develop saucha from the inside out. We'll compliment this with kapalabhati or 'breath of fire' and finish with a short, guided meditation to help clean up our mental space.

2. Friday 23 February 18.00 – 19.30

Santosha – contentment

We will open our hearts through shoulder opening and back bending poses (suitable for all levels) to access the 'santosha' inside ourselves. We'll finish with a 'loving kindness' meditation to further cultivate love and contentment.

3. Friday 2 March 18.00 – 19.30

Tapas - self-discipline

We'll challenge our own personal limits through a series of standing and balancing postures to engage our 'tapas' through perseverance, courage and passion. These physical postures will be supported by the practice of 'ujayi' or victorious breath and the class will finish with a short 'mountain' meditation.

4. Friday 16 March 18.00 – 19.30

Swadhyaya - self-study and Ishwara Pranidhana - surrender to the higher self

In this session we'll combine the final two niyamas, focusing on slower, more restorative poses that give us time to look within and observe how letting go allows us to go deeper into yoga poses. We'll finish with 'yoga nidra', a guided meditation to further observe our physical and non-physical self and to 'surrender'.

Location: Yogaspace, Politických vězňů 8, Prague 1

Price: 250 CZK per lesson

Trainer: Jenny Nevidal Wilde is a certified yoga teacher with over 10 years of yoga and meditation practice.

Contact Jenny at jenny.wilde@gmail.com for further information and registration.