

YOGA LED PRACTICE SESSIONS

AT MCC

WHEN: September 9th; September 23rd, September 30th, October 14th, October 28th
(further dates TBC in due course)

All Fridays, 6-7pm

WHERE: Good weather = bankside grass area above club landing stage

Poor weather = club top room

WHAT TO BRING: Yoga mat. If you have any other yoga props (eg bolster; blocks, bricks, belt), please bring these too.

AGE LIMIT: 18yrs and above

RISK ASSESSMENT:

- Led yoga session with Level 1 & 2 Iyengar yoga teacher. Iyengar yoga is renowned as one of the safest forms of yoga, enabling beginners to build their practice gradually through unique sequencing of asanas (yoga poses)
- Practice at own risk
- Anyone with a serious health condition or pregnant, please send me a text with brief details so we can decide if these sessions are right for you (see P2 for my contact details)

Fellow paddlers, yogis, yoginis, it would be great if you'd join me at the Club for these Friday yoga led practice sessions. After our successful August sessions, these are continuing in September and October (as above).

Iyengar yoga is suitable for all-comers – total beginners plus those with experience of yoga. It provides a clear practice pathway for newcomers to yoga through unique sequencing of asanas. It is a 'slow-burn' form of yoga, focussing on alignment and precision, using props to enable access to asanas. Longer stays in asanas help with stamina, core strength and cultivating the breath. In time, as practice deepens, the magical link between mind, body, breath may well come to the fore.

WHAT'S YOGA GOT TO DO WITH PADDLING?

My yoga practice has never been confined just to the mat. Its out there in whatever I do from day to day. And so it is for me at Maidstone Canoe Club out there paddling: What's happening in my lumbar spine as I paddle up to East Farleigh in a GP Kayak? Have I defaulted into 'couch potato' mode?? Head and neck in line with spine?? Spine upright??? Where is the paddling momentum coming from – shoulders only?? What about feet, thighs, hips, larger muscles in the back?? What about rotation?
In a K-boat (racing kayak- fast but tippy), head and neck in line with spine? – No? Well time for a swim maybe!

On an SUP, are my feet grounded and what's happening in my core as a passing cruiser or a mischievous fellow paddler rocks my board and challenges my balance!

All these questions and many more have been buzzing round my mind as I've been building up my mileage on The Medway and elsewhere. Maybe you too?

The link with yoga??? How I work my body, mind and breath in a kayak or canoe is how I work my body, mind and breath on the mat. Centre of Gravity; Centre of Direction; Extension; Space; Precision; Alignment - just the same, just happen to be on the water instead of dry land or on dry land instead of the water.

NOW FOR SOME FAQ's:

Q: Will I be able to get anywhere in yoga with so much stiffness in my body or is it only really for stretchy, supple people?

A: Yes, you will. Iyengar yoga was devised by BKS Iyengar to enable access to yoga for all. Subtle use of props and sequencing provides stepping stones for every student to progress in their yoga practice, at their own pace.

Q: I'm new to yoga. What if there are others with lots of yoga practice under their belt?

A: Whatever your level of experience, these led practice sessions are focussing on basics for each student to progress **at their own pace**, ie Grounding; Alignment; Where moving from (Centre of Gravity); Where moving to (Centre of Direction); Core work; Extension; Space; (and in time) Mind, Body, Breath equation.

Q: Are there any risks from doing yoga?

A: IYENGAR yoga is one of the safest forms of yoga. Through careful use of props and sequencing and focus on alignment and precision, students progress and develop gently and steadily in their yoga practice while working within their own limitations.

Q: What are the best clothes for yoga?

A: You need to be comfortable in your practice so loose-fitting clothes are best. Shorts or leggings (rather than baggy trousers) are an advantage so you (and the person leading the practice) can see what's happening in your legs

Q: What if I have a health condition that is fairly serious? How will I know if it is appropriate for me to attend the practice led session?

A: Contact me prior to the session (my contact details are at the end of this) so we can discuss. All such discussions would be completely confidential

Tom Payne

Any queries? Tel: 0775 1461968