

# yoga for the athlete!

Jessica will provide you with the tools you need to design strong yoga inspired yoga classes. This workshop will review the basic history of yoga, basic breath work, several standing and seated postures and we'll put it all together with tips on design and delivery and voila there is your yoga for the athlete!

## HISTORY OF YOGA

- Believed to be over 5000 years old.
- Finally emerged in text 500-200BC
- During the middle ages Hatha yoga was the dominate practice
- 1960's saw the first boom into our western society
- 1980's saw a 2<sup>nd</sup> boom. Traditional yoga seemed to match modern exercise movements

## KEY YOGA TERMS

**Asana's:** Postures

**Pranayama:** Breath control

**Savasana:** Corpse resting pose

**Vinyasa:** Movement with breath

## BREATH: Pranayama

**Breath in:** Through nose

- Lengthening
- Opening

**Breath out:** Through nose

- Closing
- Contraction

## YOUR TYPICAL PARTICIPANT

- Sits most of the day in poor posture
- Tight chest
- Tight ant. shoulder girdle
- Tight hip flexors
- Tight hamstrings



**yoga** is a disciplined method utilized for attaining a goal.  
It's NOT about performance and competition, it's about patience

## SOME THING TO THINK ABOUT

- Adjustments: Stay away from physical touch
- Focus on coaching and less demonstrating
- What is your body language telling people
- Create an experience through
  - Music
  - Lights
  - Format
  - Equipment

## FINDING YOUR FLOW:

### Class design

1. Class focus
2. Warming series
3. Sun Salutation series
4. Standing series
5. Floor series
6. Calming series

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Focus:	Exercise / Asana`	Time/ Breath	Notes / Cues
Warming series	<ul style="list-style-type: none"> <li>• Seated in easy pose: breath work</li> <li>• All fours: Cat &amp; cow, thread needle, opp arm and leg, knee hover</li> <li>• Plank in lying: back extension, up dog into down dog, finish standing</li> </ul>	5mins	Systematic cueing of breath and body, bringing awareness to the body and mind connection
Sun Salutation series	<ul style="list-style-type: none"> <li>• Standing foot work into</li> <li>• Forward bend into</li> <li>• Plank into</li> <li>• Hover into</li> <li>• Up dog into</li> <li>• Down dog and step to hands and into</li> <li>• Forward bend back to standing</li> </ul>	5mins  Moving with each breath or every second breath. Goal is to do final part of warm-up	Introducing the idea of permission and options. Let the ego go... Discussion of stabilize before you mobilize
Standing series	<ul style="list-style-type: none"> <li>• High crescent lunge into</li> <li>• Warrior 1 into</li> <li>• Warrior 2 into</li> <li>• Revolving Warrior into</li> <li>• Humble Warrior into</li> <li>• Half Moon into</li> <li>• Chair Pose into vinyasa to other side</li> </ul>	20-25mins  Holding each pose for 5 breaths = ~30seconds	Full evolution of coaching. Systematically start from the foundation and move through the body. What are they feeling?
Floor series	<ul style="list-style-type: none"> <li>• Staff pose into</li> <li>• Forward bend into</li> <li>• Seated cross legged (add movement variations)</li> <li>• Boat pose into</li> <li>• Ab serier into</li> <li>• Hip Bridge into</li> <li>• Calming series</li> </ul>	15-20mins  Holding each pose for 5 -10breaths = ~30-60 seconds	Full evolution of the mind body connection. Allowing your body to let go and melt into the poses. Breath is key
Calming series	<ul style="list-style-type: none"> <li>• Final stretches</li> <li>• Savasana</li> </ul>	5-10mins	The mood should change to CALM. Quiet and serene

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