



## **Yoga fundamentals - Alignment & technique – spring 2020**

Developing the proper technique for our unique body and having knowledge about yoga alignment helps to prevent injury, increases physical and mental awareness, improves mental focus, relaxes the mind and helps to get the maximum benefits from our yoga practice.

This course will give you knowledge on how to safely practice yoga either on your own at home or in a yoga studio and avoid injury. It will refresh your foundation and take you to the next step of awareness.

In this course you will be taught alignment and technique in Sun Salutations component elements (9 movements in Sun Salute A), fundamental standing poses, backbends and forward bending poses. You will also learn some relaxing restorative pose variations good to implement in our life to restore our energy in the chaos of daily modern life.

## **\*March 1<sup>st</sup>, 2020: Sun Salutations & Bandhas - Learn to flow**

In this course we are going to discuss the alignment of the component elements of Sun Salutations, the breathing patterns, the vinyasa, common mistakes. The entire yoga practice movement patterns are established in Sun Salute poses therefore the way we practice them is important. We will discuss proper technique, variations and safety in chaturanga dandasana (the yoga push up). Healthy chaturanga - where is my core? What is my core doing when executing chaturanga? What are the shoulders doing meanwhile? How to engage? How to build strength for chaturanga, what are bandhas and how do I use them?

## **\*March 8<sup>th</sup>, 2020: The foundation - Into the mystery of standing poses**

In this course, we will focus on standing poses which give strength, stability, flexibility and prepare us for more advanced poses. Our modern lifestyle sitting on chairs most part of the day leads to shortening our psoas, weakening our abdominal muscles which lead to tight hips, closet chest and shoulders, rounded backs that can cause pain and inflexibility. Standing poses can reverse this effect by working and stretching the hamstrings, strengthening the quads, the upper body and opening the hips for a more pain free spine and back.

## **\*March 15<sup>th</sup>, 2020: Fearless backbends for everyone**

Backbends are for everyone. In this course you'll learn how to practice healthy and pain free backbends for your unique body. We'll learn that a backbend involves not only our back, but our hips, chest, shoulders and other tiny details that make it possible for our body to bend that way. Our bodies are designed to do these movements, but we lose it when we don't use it. The first thing the babies do when they learn how to lie down on the belly is to lift the head and arch the back. That's the first backbend we do!

## **\* March 22<sup>nd</sup>, 2020: Forward bending fundamentals**

In this course we'll discuss the alignment of some of the essential forward folds good to implement in our practice. In our digital world it has become a common sight to see rounded backs, closed chest, funky neck positions, headaches and backpains. Yoga asanas have a therapeutic aspect that helps us deal with all those pains and aches and relax our body and mind. Forward bending asanas relax the nervous system, calm the mind, stretch the entire back part of the body and create freedom in our system.

## **\*March 29<sup>th</sup>, 2020: Relaxation & Everyday self care essentials**

In this course we are going to discuss and practice the everyday essential poses we can introduce in our life in order to relax and renew our system. These poses help to relieve stress and maintain a good functioning of our body. We are going to introduce mindful breathing techniques and a relaxing yoga nidra at the end.

**Time:** 10 AM - 12 PM

**Location:** Unfold Your Mat, Olbersgatan 12, Göteborg

Small group max 12 people

Course language: English

Price for all 5 courses: Early bird price 1500 SEK if you sign up before February 18<sup>th</sup>, 2020. After that the price is 1500 SEK.

Price/course: 400 SEK (one session) Individual sessions can be booked only if available.

**Bonus:**

1. 10% OFF for your first 10 kort purchase to use for our weekly yoga classes in Gothenburg.
2. 3 give away yoga sessions for your friends

If you miss any session, you can attend one of our weekly classes instead.

For questions and booking, please email [info@unfoldyourmat.com](mailto:info@unfoldyourmat.com)

### **Teacher:**

Lavinia Elise Parcalab is an experienced and certified teacher for Hatha, Vinyasa and Ashtanga yoga. Her own yoga journey started a decade ago with Katarzyna Stryjniak-Erickson and hatha yoga classes in her studio in Poland. Because she is fascinated about the fact that yoga is able to release physical and mental tension, serving as an all-round healing practice, she decided to commit her life more into yoga and to eventually become a yoga teacher in order to share this amazing tool. Therefore, she completed yoga teacher trainings (200 hours Hatha and Ashtanga yoga teacher training & 300 hours Vinyasa yoga teacher training) at AYM Yoga School Rishikesh and Samyak Yoga School, Mysore with Yogi Chetan Mahesh, Yogacharya Trupta, Yogacharya Rakesh, Yogacharya Arvind and Stephanie Viu-Kessler as teachers in 2015, respectively 2016, in the home country of yoga: India.

In 2015 she founded Unfold Your Mat in Gothenburg, Sweden and works successfully full time as yoga teacher since. In Gothenburg, she practiced with Olle Bengström for 2 years but her current teacher is Sara Stangertz. In order to be able to teach from her experience, Lavinia committed herself to a daily Self-Ashtanga Yoga practice since 2016 with currently practicing intermediate series. She attends Ashtanga yoga workshops of certified Ashtanga yoga teachers on a yearly basis to broaden her

knowledge in traditional Ashtanga yoga and to continue her research in her practice. So far she studied with John Scott, Tim Feldmann, Kino McGregor, Deepika Mehta, Mark Robberds, David Robson and Petri Räsänen.

She teaches traditional Guided Ashtanga and Mysore style Ashtanga, Hatha yoga and Vinyasa classes on a weekly basis with people from all corners of the world living in Gothenburg.

[www.unfoldyourmat.com](http://www.unfoldyourmat.com)