

Angol jóga szaknyelv



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Alap fogalmak (Basic principles)

Alap fogalmak	Basic words
napi rutin	daily practice
gyakorlatsor	sequence
variáció	variation
módosítás	modification
társadalmi viselkedési szabályok	yama (social restraints, moral discipline, moral vow)
önfegyelem szabályai	niyama (self discipline, observances)
morális alapelvek	ethical principles
ásana (testtartás)	asana (physical postures)
légzés szabályozás, légző technika	pranayama (breathing technique, regulation of breath, science of breath)
érzékszervek befelé irányítása	pratyahara (sense withdrawal)
koncentráció	dharana (concentration)
meditáció	dhyana (absorption, meditation)
megvilágosodás	samadhi (enlightenment, bliss)

Jóga eszközök (Yoga props)

Jóga eszközök	Yoga props
jóga szőnyeg	yoga mat
tégla	block, brick
henger párna	bolster
ülő párna	cushion
heveder	strap, belt
hurok	loop
heveder csatja	buckle
takaró	blanket
törülköző	towel
nyelvkaparó	tongue scraper
neti kanna	netti pot
szék	chair
támaszték	support

Légzés (Breathing)

Légzés fajták	Breathing types
hasi légzés	abdominal breathing
rekeszizom légzés	diaphragm breathing

mellkasi légzés	chest breathing
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Légzés szabályozás / Légző gyakorlatok	Pranayamas / Breath control / Breathing techniques
váltott orrlukas légzés	alternate nostril breathing /Nadi Shodana
jobb orrlukas / bal orrlukas légzés	Surya bhedana / Chandra bhedana
tűz légzés	skull shining breathing / Kapalbhathi /breath of fire
győzedelmes légzés	victorious, ocean breath / Ujjayi pranayama
hűsítő légzés	cooling breath / Sheetali pranayama
zűmmögő méhecske légzés	humming bee breath / Brahmari
légzés visszatartás	kumbhaka (breath retention)

Légzéssel kapcsolatos mondatok

Inhale deeply / Take a deep breath / Keep your sternum lifted

Do not force breathing, breath evenly. Breathing should be calm, smooth and silent

Inhale and energize yourself (recharge), exhale relax, let go what you do not need

Exhale forcefully, emptying your lungs

Inhale and exhale through the nostrils

The breath is the bridge between body and mind

Slow down your breathing

Use your breath get deeper into the pose

Breath naturally but consciously

Breath into the area of your pelvis, visualize sending the breath into your hip area, breath out gently soften that area

When your breathing is shallow, toxins remains in the lungs and there is not enough oxygen intake

Establish normal breathing pattern, take a couple of deep breath

Diaphragm breathing, inhale feel your ribs expand, expand gently draw back in

Be aware of your chest expanding while you inhale and contracting while you exhale

Keeping the flow of breath smooth and uniform

By focusing mind on the breath. blockages in the body channels are unlocked, allow energy to flow freely and connecting with the life force

Exhalation throwing out toxins from the body, while inhalation and retention distributes energy thorough the body

Pranayama invigorates the nerves system, and quietens the mind

Nadi Shodana

Sit in a comfortable seated position. Close your right hand in a gentle fist in front of your nose, then extend your thumb and ring finger. Gently close your right nostril with your thumb. Inhale through your left nostril, then close it with your ring finger. Open your right nostril and exhale slowly through it. Inhale through the right nostril then close it. Open your left nostril and exhale slowly through it. That completes one cycle. Repeat 10 times.

Kapalbhati

To start, take a full, deep inhalation and exhale slowly. Inhale again, and begin exhaling by quickly pulling in the lower abs to force air out. Your inhalation will be passive between each active, quick exhalation. Continue for 25–30 exhalations.

Alap mondatok (Basic sentences)

Fontosabb mondatok, melyekkel fel tudod dobni az órát és irányítani a figyelmet:

Tapping into your own intuitive healing nature, tap into that inner wisdom

Yoga is a dance between motion and stillness, between softness (gentleness) and power, masculine and feminine, strenght and sensitivity

Do not force anything if your body is not ready

Allow yourself to explore, tuning into your own interior silence

If there is pain or discomfort come out of the pose a little bit, move out of the pose if you need to

Notice how you feel, notice how one side is different than the other

Healing, face soft, smile, release and relax, close the eyes

Neck, toes, shoulders and fingers always should be relaxed during practice

Muscles hold excess tension, exhale and release, find stillness

Observe (Notice) sensation of your body without any judgement

Sitting up nice and tall, don't slouch

Making any adjustment what makes it comfortable / adjust your position / make any modification you need

Find your edge, go till your limit / Increase the stretch /

Rest, find length in your spine / lift your spine / stretch your spine / extend your spine fully / pull your spine inward /push your spine into the body

Óra kezdés és befejezés (Techniques to begin a class)

- Posture sitting (comfortable crossed legs position, sukhasana, vajrasana, padmasana / balasana, child pose, supine position)
- Make an offer
- Set an intention

- Speak about the aim of the class (Keep your attention on your body and your breath, just observe without judgement) Stress release, letting go what we do not need
- Pranayam or breathing observation
- Body scanning, emotion or thoughts scanning
- Invitation etc.

Instrukciók (How to give precise and easily understandable instructions)

- I. Name of the asana
- II. Start with inhale or exhale
- III. Verbs how we are moving into the posture
- IV. Key points in the position
- V. Focus – breath, dristi, internal organs
- VI. Beneficial effect
- VII. Motivational sequences
- VIII. Modification or props / Variations

Gyakorlás hatásai (Effects of the practice)

A gyakorlás hatásai	Effect of practice
javítja a máj és a vese funkcióit	improves liver and kidney functioning
csökkenti a stresszt	reduce / relieve stress and depression
javítja a keringést	enhance blood circulation
javítja lábak keringését	improves circulation in the legs
serkenti az anyagcserét	stimulates metabolism
frissíti a hasi szerveket	rejuvenate abdominal organs
kezeli az asztmát, bronchitist	cures asthma, bronchitis
javítja a memóriát, koncentrációt	improves memory, concentration
hozzájárul az egészséges körömhöz és hajhoz	results healthy hair and nails
nyugtatja az elmét	calms the mind
ellensúlyozza a stressz hatásait a szíven és az agyban	ease the effect of stress on the heart and the mind
frissíti az idegrendszert	purify nervous system
eltörli az energia blokádot a testben	clears energy blocks in the body
hozzájárul a belső nyugalom megteremtéséhez	provides a deeper sense of relaxation
segít az érzelmi stabilitás és jókedv állandósításában	elevates mood, good for emotional health

harmonizálja a hormonokat	balances hormones
növeli az akaraterőt	gives you better stamina
oxigénnel tölti meg a szervezetet	enhances oxygen flow in the body
segít a méreganyagok kitakarításában	flushes the toxins out from the body
kezeli az álmatlanságot	treats insomnia
erősíti a koncentrációs képességet	improves focus
hozzájárul a jólét érzésének fenntartásához	makes you feel better overall
segít a gyomor hurut, emésztési problémák, savasodás, puffadás kezelésében	relieves gastritis, indigestion, acidity and flatulence
javítja a gerinc rugalmasságát	improves flexibility of the spine
segít a nyaki húzódásokkal	helps to treat neck sprain
erősíti a bokát	strengthen the ankles
kezeli a menstruációs problémákat	reduce pain and discomfort during menstruation
kezeli a rendszertelen menstruációt	corrects irregular menstruation
feszesebbé teszi és masszírozza a has izmokat	tones and massage abdominal muscles
stabilizálja a vérnyomást	stabilise blood pressure
javítja hanyag tartást és a vállak előre esését	corrects rounded shoulder and improves posture
kezeli a méhsüllyedést	corrects displaced uterus
csökkenti a merevséget a vállakban és felső hátban	ease stiffness in shoulder and upper back
segít a gerinc sérv kezelésében	corrects herniated disc
kezeli fejfájást	relieves headache
pihentesd meg lábfejek külső éleit a talajon	rest outer edge of both feet on the floor
csökkenti az isiásszal járó fájdalmakat	reduce sciatic pain
egészségesen tartja a vesét és a prosztatát	keeps the kidney and prostate glands healthy
kezeli a hátfájást	alleviates backache
csökkenti a derék körüli zsír lerakódást	reduce fat around waist line
javítja az epe, máj, hasnyálmirigy és belek működését	improves functioning of liver, pancreas, intestines and spleen
segít a hipertenzió kezelésében	controls hypertension
növeli a vér hemoglobin szintjét	increase the haemoglobin content in the blood
erősíti a tüdőket	strengthen the lungs
növeli az ellenállóerőt	builds stamina
növeli az energia szintet	increase energy level
erősíti az idegrendszert	invigorates the nerves system

Testrészek (Body parts)

Testrészek	Body parts
Fej és arc	Head and face
arc	face
homlok	forehead
fejtető	top of the head, crown of the head
tarkó	back of the head
szemek	eyes

szemöldökök	eyebrows
fülek	ears
orr	nose
orrjárat	nostril
száj	lips
nyelv, nyelv hegye	tongue, tip of the tongue
szájpadlás	palate
áll	chin
állkapcsok	jaws
fogak	teeth
halánték	temple
Felső végtagok	Upper limbs
alkar	forearm
csukló	wrist
felkar	upper arm
bicepsz	biceps
tricepsz	triceps
szegycsont	sternum, breastbone
tenyér	palm
ujj alatti párnák	base of finger
ujjhegy	tip of finger
gyűrűsujj	ring finger
középső ujj	middle finger
mutató ujj	index finger
hüvelykujj	thumb
kisujj	little finger, pinky finger
váll	shoulder
kar	arm
könyök	elbow
Alsó végtagok (lábak)	Lower limbs (Legs)
combok	thighs
combok belső oldala	inner thighs
combok külső oldala	outer thighs
combok hátsó része	hamstrings
combok elülső része/négyfejű combizom	quadriceps/quads
térdek	knees
térdkalácsok	kneecaps
lábszár	lower leg
sípcsont	shinbone
vádli	calf (muscle), pl. calves
boka	ankle
belső boka / külső boka	inner ankle / outer ankle
lábfej	foot, pl. feet
talp	sole of the foot (soles of your feet)
sarok	heel
lábujjak	toes
nagylábujj	big toe

nagylábujj töve	big toe mound/mound of your big toe
lábujjak töve	mounds of your toes (ball of your toes)
talppárna	ball of your foot
lábboltozat	arch of the foot
kislábujj	pinkie toe
lábfej külső éle	outside (edge) of your foot
lábfej belső éle	inside (edge) of your foot
Törzs	Torso (trunk)
borda	rib
bordakosár	rib cage
has	belly
hát	back
hátsó borda	back ribs
keresztcsont	sacrum
kulcscsont	collarbone, clavicle
lapocka	shoulder blade
lapockacsücsök	lower tips of the shoulder blades
alsó bordák	lower ribs
mellkas	chest
oldal	side
rekeszizom	diaphragm/midriff
szegycsont	sternum
tüdő	lungs
köldök	belly button, navel
Csípő és medence	Hips and pelvis
csípő	hip
derék	waist/lower back
csípőcsontok/medencecsontok	hip bones
keresztcsont	sacrum
szemérem csont	pubic bone
farokcsont	tail bone/coccyx
ülőcsont/ülőgumó	sitting bone
farizmok	buttocks
fenék/popsi	butt/bottom/bum
medence	pelvis
medencealapi izmok	pelvic floor muscles
gátizmok	muscles of the perineum
végbél záróizma	anus
lágyék	groins (perineum)
öl	lap
A gerinc	The spine
alsó háti gerinc	lower spine
gerinc középső része	middle spine
gerinc felső része	upper spine
előre hajlás	forward fold/flexion
hátra hajlás	back bend/extension

oldalra hajlás	side bend/lateral flexion
csavarás	twist/rotation
rövidülés	shortening/compression
hosszanti nyújtózás	lengthening/elongation
csigolya	vertebrae
ne nyomd össze nyak hátsó oldalát	don't compress the back of the neck
Ízületek	Joints
nyak	neck
váll	shoulder
könyök	elbow
csukló	wrist
SI/keresztcsont-csípőcsonti ízület	SI/sacro-iliacal joint
csípő	hip
térd	knee
boka	ankle

Ízületi zárok	Energy locks (Bandhas)
gyökér zár	root lock (mula bandha)
has zár	abdominal contraction (udijana bandha)
nyak zár	chin bandha (jalandhara bandha)
csukló zár	wrist lock, mani bandha
könyök zár	elbow lock (kurpara bandha)
váll zár	shoulder lock (amsa bandha)
csípő zár	hip lock (kati bandha)
térd zár	knee lock (janu bandha)
boka zár	ankle lock (kulpha banda)

Ízületi zárok alkalmazása (Energy locks)

Co-activations of antagonistic (opposing) muscle groups around a joint complex (bandhas) are able to generate relatively high or relatively low pressures.

Each bandha acts as an energetic lock. The goal of working with the bandhas is to learn to control and seal prana (life energy) within the central energy channel that yogis believe runs along your spine. As prana flows freely along this channel, called sushumna nadi, it brings stability and lightness to your physical body and helps dissolve emotional blockages in your chakras (energy centers along sushumna nadi) balancing your body, mind, and spirit.

Furthermore the bandhas protect the spine, joints and internal organs and brings a sense of stability and grounding.

Mula Bandha, associated with the pelvic floor, pushes energy up toward your navel while also preventing too much of it from leaking out

Uddiyana Bandha, associated with your core, moves energy farther up.

Jalandhara Bandha, located at the throat, pushes energy down and prevents too much energy from escaping.

Belső szervek (Internal organs)

Anatómia	Anatomy
izom	muscle
csont	bone
ízület	joint
porc	cartilage
szalagok	ligaments
bőr	skin
véráramlás	flow of blood
elme	mind
szerv	organ (internal organs)
agy	brain
ideg	nerve
szív	heart
emésztőszerv	digestive organs
légzőszerv	respiratory organs
hormon rendszer /mirigyek	hormone system/endocrine system / glands
tobozmirigy	pineal gland
pajzsmirigy	thyroid gland
csecsemő mirigy	thymus
agyalapi mirigy	pituitary gland
petefészkek	ovaries
herék	testicles
hasnyálmirigy	pancreas
mellékvese	adrenal gland
gyomor	stomach
máj	liver
epe hólyag	gall bladder
vese	kidneys
húgyhólyag	(urinary) bladder
vékonybél	small intestine
vastagbél	large intestine
zsír (szövet)	fat (tissue)
kötőszövet	connective tissue
fascia	fascia

A gerinc (Spine)

Spine movements: extension, lateral flexion (side bends) bends, back bends, twist- rounding and wawing - flexion

If the spine is ideally aligned, you could drop a weighted string from the ear through the shoulder, and on down through the hips and the heels.

The spine has natural curvature that form an S-shape at three places, namely the cervical curve (neck), thoracic curve (middle back), and lumbar curve (lower back). This normal shape of the

spine brings mobility and strength supporting the lower and the upper body. But when these natural curves are not structurally aligned (the shape is abnormal), then, symptoms like pain, difficulty in breathing, back problems, uneven shoulders, discomfort, etc., are experienced.

When the curve of the spine is more than normal, it leads to misalignment of the spine causing three main types of disorders, namely:

- **Scoliosis:** when the spine curves sideways, looking S-shape or C-shape.
- **Lordosis:** when the spine curves inward (more than normal) at the lower back, above the hips.
- **Kyphosis:** when the spine curves outwards (more than normal) at the upper back, below the neck.

Problems of the back: muscular pain, which is basically a muscle strain, muscle spasm.

Degeneration of the disc (herniated disc), which is the shock absorber for the back. Pinching of one or more nerve roots. Sciatica, compression and/or inflammation to a spinal nerve root.

Nyújtás fajtái (Type of stretches)

Dynamic (active) stretching involves moving parts of your body and gradually increasing reach, speed of movement, or both. Dynamic stretching consists of controlled leg and arm swings that take you (gently!) to the limits of your range of motion. In dynamic stretches, there are no bounces or "jerky" movements. An example of dynamic stretching would be slow, controlled leg swings, arm swings, or torso twists.

Dynamic stretching improves dynamic flexibility and is quite useful as part of your warm-up for an active or aerobic workout (such as a dance or martial-arts class).

Passive stretching (static) is also referred to as relaxed stretching, and as static-passive stretching. A passive stretch is one where you assume a position and hold it with some other part of your body, or with the assistance of a partner or some other apparatus. For example, bringing your leg up high and then holding it there with your hand. The splits is an example of a passive stretch (in this case the floor is the "apparatus" that you use to maintain your extended position).

Slow, relaxed stretching is useful in relieving spasms in muscles that are healing after an injury. Relaxed stretching is also very good for "cooling down" after a workout and helps reduce post-workout muscle fatigue, and soreness.

Isometric stretching is a type of static stretching (meaning it does not use motion) which involves the resistance of muscle groups through isometric contractions (tensing) of the stretched muscle. The use of isometric stretching is one of the fastest ways to develop increased static-passive flexibility and is much more effective than either passive stretching or active stretching alone. Isometric stretches also help to develop strength in the "tensed" muscles (which helps to develop static-active flexibility), and seems to decrease the amount of pain usually associated with stretching. Best stretching for the joints, however we do not use them for children whose bones still in growth.

The myotatic (stretch) reflex is the reflex activation of a muscle whenever a muscle is suddenly tensioned or stretched. If the myotatic (stretch) reflex is activated during a stretching exercise then

it will reduce the ability to stretch very far. If forced, the muscle may be damaged. The yogin (experienced yoga practitioner) tries to inhibit the myotatic (stretch) reflex by:

- Moving slowly into a stretch
- Exhaling (from the thorax) while moving into a stretch (which slows the heart)
- Concentrating on the muscle being stretched
- Activating antagonistic (opposing) muscles (reciprocal relaxation reflex)

The reciprocal relaxation reflex is the reflex inhibition of a muscle following the activation of its antagonist or opposing muscle. The yogin can go deeper into a stretch by consciously activating the muscles opposing the muscles being stretched. An understanding of the reciprocal relaxation reflex gives the yogin the means to deeply relax a muscle, stretch it further and also help to strengthen the opposing muscle. In the hamstring stretch, the yogin activates and helps strengthen the knee extensors (eg. quadriceps) in order to reciprocally relax and further stretch the knee flexors (eg. hamstrings). Similarly, tensing the muscles under the armpits (shoulder depressors) by pulling the shoulders towards the hips, causes a reflex relaxation of the muscles between the shoulders and the neck (shoulder elevators).

Irányok (Directions)

átlósan	diagonally
egy vonalban	in line
fel	up
le	down
el vmitől	away
bal	left
jobb	right
felfelé	upward
lefelé	downward
befelé	inward
kifelé	outward
előre	foreward
hátra	backward
vmi felé	towards
enyhén	slightly
kicsit felfelé	slightly upward
belső	inner
külső	outer
felett	above
alatt	under/below
merőleges	perpendicular
párhuzamos	parallel
közelebb	closer
távolabb	farther/further
újra	again
a szőnyeged eleje/hátulja felé	towards the top/back of your mat
lassan	slowly
finoman	gently

amennyire csak tudod	as much as you can
(a padlóval) párhuzamosan	parallel (to the floor)
(a padlóra) merőlegesen	at a right angle (to the floor), perpendicular
vízszintesen	horizontally
laza	relaxed
nyugodt	calm
puha	soft
kemény/ kőkemény	hard/rock hard/hard as a rock
erős	strong
sima/laza	smooth
nyugodt, laza, hűvös és rendíthetetlen	cool
békés	peaceful
mozdulatlan	still
biztonságban van	safe
szilárd, stabil	steady
könnyű/könnyed	easy
mozogj könnyedén	move with ease

Igék (Verbs)

Igék	Verbs
legördít	to roll down
csavar	to rotate, to turn
befelé fordít vmit	turn sth inward
csavarodni	to twist
összegömbölyödik	curl up
csúsztatni	to slide
dőlni	lean
egyensúlyozni	to balance
ellenőriz	check
ellensúlyoz	to counter
előre néz	to gaze forward
előretol vmit	push sth forward
megérint	to touch
feljön	to come up
elhelyez	to place
húz	to draw, to pull
ismétel	to repeat
kiegyenesít	to straighten
kiigazít	to reaffirm
kijönni a pózból	to come out (from the pose)
könyököl	to elbow
lóg	to hang
vmire mutat	to point toward
összefon	to cross
összekulcsol	clasp (hands), interlace, intertwine
szélesít	to broaden
szétterít	to spread, widen
tart	to hold
térdel	to kneel
letesz	lay down, put down, place
csigolyáról csigolyára	vertebra by vertebra

feszítsd meg	tighten, engage, activate
felemel, emel	to raise/lift
kinyújt, nyújtva	stretch out, extended
húzd a köldököt a gerinc felé	pulling the belly towards the spine
lassan gördülj le fel	gently moving or rocking
gyere vissza középre	come back to the center
gyere ki az ászanából	come out of the pose
nyújtózz	get a big stretch
emelkedj fel, told fel magad	gently press yourself up
hajlítsd be	bend
lengj ki oldalra	sway side to side (swing)
belégzésre emelkedj félig, emelkedj fel teljesen	inhale half way lift, come all the way up
Igék a testrészekkel	Verbs with body parts
homoríts / domboríts a háttal	arch the back / round the back
spiccelj / pipálj a lábfejjel	point / flex the toes
hanyatt fekvésben	in a supine position
homlok a talajon	forehead (resting) on the floor
tenyerek felfelé néznek	palms (facing) up
húzd szét a kézujjakat	fingers spread wide
tartsd	hold
maradj így	stay here/hold it here
tedd csípőre a kezed	bring/put your hands on your hips
emeld a karokat magas tartásba	lift your arms above your head
nyújtózz a gerinceddel	lengthen (through) your spine
lépj előre a jobb lábaddal a két kezed közé	step with your right foot between your hands
nyisd a karokat oldalra	open your arms to the side
engedd, hogy gravitáljon a tested	allow your body to gravitate
tedd össze a kezed a szíved előtt	bring your hands together in front of your heart
figyelj arra hogy	make sure that ...
vedd észre, hogy	notice...
figyeld meg magad/a légzésedet	observe yourself/your breath
nagyujj alatti párnádat szorítsd a matracba	press the mount of your big finger into the mat
told bele a nagylábujj alatti párnádat a talajba	press the ball of your big to into the ground
helyezkedj el nagy terpeszben	bring your legs wide apart
kilégzésre enged lejjebb a csípőd	exhale sink the hips lower
lépj hátra lefelé néző kutyába	step back to downward dog
fogj rá ellentétes könyöködre	grab opposite elbow
szoríts kezeket a lábakra	squeeze arms firmly against the leg
lábfejek együtt / csípő szélességben	feet touching / feet together / hip distance apart /slightly apart
emeld a jobb kezet fel, hogy a jobb bicepsz a fül mellé kerüljön	take the right (raise) arm overhead, so the right biceps comes close to the ears
forgasd a bicepszeket egymás felé	turn the biceps towards each other
irányítsd a farokcsontot a föld felé	direct the tailbone towards the ground
irányítsd felfelé a szemérem csontot és a köldököt	pull up the pubic bone and belly button
told a lábujj alatti párnákat a talajba	push (press) your balls of your feet into the ground
sarkak erősek, lábujjak nyújtva	heels firm and toes extended
nézz a köldöködre	gazing towards the navel (fix your eyes to the

	navel)
nyak hátsó része puha és hosszú	back of the neck is soft and long, don not tense, keep the neck passive
húzd be az állat	tucked the chin in
enged le az állat, mellkas a talajon	drop the chin chest on the mat
kezek pontosan a vállakkal egy vonalban	keep the hands directly under the shoulder
guggolj le	squat down between your legs
tartsd meg a gerincet egyenesen	maintain spine as straight as possible
told a gerincet a testbe	pull the spine inside the body
térdelj le	come to kneeling
húzd fel a térdkalácsod	lift up your knee caps
Nyújtsd meg a gerincet csigolyáról, csigolyára (mozgasd)	lengthen the spine vertebra by vertebra (move the spine v. by v.)
a talp minden része érintkezik a talajjal	all corners of the feet touching the ground
lábak egy vonalban, belső sarkak és nagylábujjak érinti egymást	feet in line, inner heel and big toe touching
tartsd a sarkakat a magasban	keep your heels raised from the floor
földelj a csípőddel	keeping the hips firmly grounded (square the hips)
húzd össze a lapockákat	squeezing (pulling) the shoulder blades together
a lábak és a csípő támasz a hátadnak és segít megnyitni a mellkast	legs and pelvis working as a support for the upper back to open the chest
lábak párhuzamosak egymással	keeping the legs parallel to each other
gördülj le a matracra	roll yourself down on the mat
talpak együtt és nyisd szét őket mint egy könyvet	soul of the feet together and open them as a book
forgasd a lábakat egymás felé	internally rotate the leg
gyere a kezeidre és a lábujjaidra	come on to your hands, toes
húzd szét az ülőcsontokat	spreading your sitting bones apart
ülj a fenék két oldalán egyenletesen	rest on both buttock evenly (ground with the sitting bones)
korrigáld magad az ászanában	adjust your posture
ujjak egyenesek és nyújtva	finger straight and stretched out
kapcsold be a törzs izmokat	engage your core muscles
testsúly a sarkakon, nem a lábujjakon	ensure your body weight resting on your heels not your toes
aktiváld az izmokat a comb felső részén	activate the muscles at the top of your thighs
húzd fel és be a térd kalácsot	pull your kneecaps in and upwards
közelítsd a törzset a lábakhoz	move your torso towards your leg
egyenessítsd ki az alsó hátat	flatten the lower back
érezd a nyújtást a tenyerektől a sarkakig	feel the stretch from your palms to your heels
emeld a szegycsontodat és szélesítsd a mellkast	lift your sternum and broaden the chest
feszítsd meg a könyököt	lock your elbow
emeld kezeidet függőlegesen fel, és legyenek egymással párhuzamosak	raise both arms until they perpendicular to the floor and parallel to each other
a comb és a vádli 90 fokban helyezkedik el	the calf and thighs should form a right angle
a tested súlya nem esik a jobb térdedre	weight of your body does not fall on your right knee
nyújtózz meg a derekaddal és a törzs oldalával	raise your waist and side of your torso
forgasd kifelé a csuklót és a tenyeret	rotate your wrist and palm outward
folytasd a kezek és vállak nyújtását	continue to stretch through your shoulder and arms
fogd meg a lábszáradat	grab your shin, holding onto your shin
nyújtózz a kezekkel a talpak mögé	extend the arm beyond the feet

igazítsd a bokád a kezeddal a helyére	use your right hand to pull your ankle into place
tartsd a lábad meg egyenesen	keep your leg stretched out
ne engedd hogy a bal lábad oldalra kiforduljon	do not allow your left leg to tilt outward (to the side, to the left)
fordítsd a törzset még jobbra	turn your torso further to the right
nyomd neki a bal hónalját a bal külső térdnek	push the left armpit towards to outside of the right knee
tekerd a bal kezed a job térded köré	encircle your right knee with your left arm
kulcsold a kezeket a lábaidra	wrap your arms around your leg
kulcsold össze a kezeidet és tartsd meg erősen	interlace fingers and keep them firmly locked
test két oldala egyformán nyújtózik	the stretch equal both side of the body
tudatosítsd a tested hátsó oldalát	bring awareness to the back side of your body
lazítsd a vállakat	keep your shoulders soft
távolítsd a fülleket a vállaktól	draw the shoulders away from the ears
enged le a vállakat	drop your shoulders down
dőlj előre az alkarokra	lean forward onto your forearms
érintsd össze a tenyereket	join the palms
lépj előre az egyik lábaddal a másik mellé	step your left foot foreward to meet your right
vmi egyvonalba hoz vmivel	bring sth in line with sth
vidd a testsúlyt a bal lábra	shift your weight onto your left foot
finoman gurulj a jobb oldaladra	roll gently to your right side
gördülj előrehátra, jobbra balra	rock back and forth, side to side

Nyelvtan (Grammar)

- Please, you may, observe, notice, make sure that, listen to the rythim of your breath

Használd: Please, you may do this, or stay in previous asana for longer - Please, you may, observe, notice, make sure that, listen to the rythim of your breath Lets do this.

- Általában felszólító mód (imperative) Lets do this and this, vagy megengedő, vagy Present Continuous Tense
- Kijelentő mondat, alanyi sima: calf and thighs in 90 degree angle.
- Ne a végpontot ad meg, hanem a megállókat. Straight legs, straighten your leg as much as possible.
- Mit ne csinálj, do not force, do not over extend
- Használd az irányoknál a teremben lévő tárgyakat: Bring your foot paralel with the longer edge of your mat.
- Fűzz össze több instrukciót, Használd a folyamatos jelent, pl „As you are reaching up through your arms... „vagy használd a „continue to” szerkezetet, pl „As you continue to reach up through your arms...” vagy a „keep” igét, pl. „Keep reaching up through your arms...”
- Egy ásanában 3-4 instrukciót adj. Ismételd az instrukciókat egy órán belül, más-más ásanákban. Az instrukciókkal követheted az óra témáját/fókuszát, így hatékonyabb lesz a tanulás, mint ha minden pózról mindent el akarsz mondani.

- **Kerüld a töltelékszavakat és semmitmondó instrukciókat. Amikor megszólalsz, legyen hasznos, amit mondasz, vagy maradj inkább csendben.**

Napüdvözlet (Sun Salutation)

(egyik lehetséges variáció)

Start in tadasana/samastithi

Inhale reach your arms overhead

Exhale fold forward softly bending your knees

Inhale step back one leg at a time to plank

Exhale chaturanga, or drop your knees and chest to the floor, upper arms supporting the torso, elbows up

Inhale lift your chest to cobra or up dog

Exhale push yourself back to downward facing dog

Then take a breath in, and step with your right and left foot between your hands (bend the knees if necessary)

Inhale bend your knees to rise all the way up to the sky

Exhale bring your hands in front of your heart in anjali mudra.

Csakrák (Chakras)

A hét fő csakra	The seven main chakras
kerék	wheel
energia pálya	nadi
Gyökércsakra	Root chakra
Szagrális csakra	Sacral chakra
Köldök csakra	Navel chakra
Szív csakra	Heart chakra
Torok csakra	Throat chakra
Harmadik Szem csakra	Third Eye chakra
Korona csakra	Crown chakra

Begetségek, egészségügyi panaszok (Sickness, Illness)

2 óra eleji kérdés

- Please do not forget to mention /to tell me / to remind me if you have any health issue I should know about it
- Is there some thing you would like particularly to work on /practice? Do you have any request concerning the practice?
-

I have pain in my knee, I had an operation in my knee

Please put a blanket under your knee / If you have any discomfort during the practice please stop and inform me.

Advices: Please protect your knee by engaging the muscles around the knee cap. Use the knee energy lock. Do not overstretch your knee (women). Make sure the knee cap is pointing towards the big and the second toes. Never rotate the knee joint. If you need more mobility start the movement by rotating your hip joint and keep safe the knee. In advance asanas keep the feet flexed.

I have a headache

Headache can be a result of tightening the back of the neck. Release and lengthen the back of the neck. Breathe deeply and smoothly, exhale should be longer than inhale. Relax the eyes and eyebrows, massage your temple (halánték)

I have herniated disk, bulging disk, slipped disk

Please be very careful during the practice and whenever you feel pain or discomfort immediately stop and let me know. Please come to the front so I can have an eye on you during practice and give you variation when need. Forward bends are strictly forbidden. In some cases you can practice half forward bends, but only with knees bended and make sure you bend from the hips (psoas muscle, sitting bone) and not from the waist. You keep the spine inside the body.

I have a high blood pressure

Please do not bring your arms over head, especially not for an extended period of time. At standing forward bends and other exercises where the head is lower than the chest please do not let hang the head. Either you support your head with a block, or only go half way into the position. Please be careful with inversions as well. If you have any discomfort during practice, please halt the practice and lie down in Savasana or child pose for a few minutes.

I have a constipation

In yogic daily routine we drink warm water every day after getting out of the bed. It is very beneficial for digestion and for internal organs. It is also good if you can sit 2-3 minutes in Malasana or its variations. Vajrasana and Sfinx position also very beneficial for constipation and digestion problems. another cure is to take psyllium husk 2-3 times a day with lots of water. It is natural and effective in most cases.

Stress hatásai (Role of stress in daily life)

We only can connect when we are at ease.

Multitasking very bad, overuse our senses. We becoming uprooted, our consciousness can not flow freely, blockage in body and mind consciousness.

Our adrenals get depleted.

When sense organs are overuse, we always need bigger and bigger stimulus, craving for more and more, we tend to get more material, more lustful and more desires and hatred and repugnance

We tend to show excessive behaviour pattern, we tend to overdue or underdue things.

Middle way philosophy – Choose your path and walk on it! Right amount of responsibilities, in the right time.

Easten philosophy says you do not have to be outstanding in the world, you just have to do your responsibilities in a honest way day by day and automatically it leads to enlightenment.

Sanatana Dharma, do not do as you think, do as culture, as written in scriptures, in tradition. If you want to be outstanding be outstanding the sattvic way, no in rajasic or tamasic way.

Losing weight:

The biggest enemy to loose wait is stress for two reason. First as we discussed before, as when senses are overused, we getting into the habit overdo things, women mainly overdo eating. Emotional eating.

The second as bloods goes to the muscles, and if this persist on a long term our muscles will get unnaturally big and watery.

It affect hormon system in a bad way, which leads to eostrogen dominance which leads our body to store fat and loosen the connective tissue.

Resztórációs ászanák (Restorative postures)

Benefits of Restorative yoga

- Enhances flexibility.
- Deeply relaxes the body.
- Stills the mind.
- Improves capacity for healing and balancing.
- Balances the nervous system.
- Boosts the immune system.
- Develops qualities of compassion and understanding toward others and self. Acceptance, accept all how is it, but work to improve.
- Enhances mood states.

Restorative yoga uses long-held, supported resting poses to create the conditions for us to cultivate the skill of conscious relaxation and most importantly to release unnecessary habitual tension in the body and mind. It's a little bit closer to a meditation practice than a movement practice—it's a way of practicing "meditation" as a somatic, embodied experience. For many of us, hatha yoga practices can easily become another opportunity to over-effort or get caught up in accomplishing or striving to get better at a pose. Restorative yoga is about, "How can I let my body and mind unwind? How can I do less?"

Restorative yoga helps us discover where we are holding tension.

The actual effort involved in restorative yoga is the willingness to look at how and where we are holding tension, and to relax our body on the ground, allowing the breath to come in more, so the tension that we find can be softened or less gripping. Discovering where and how we hold tension

helps us find room for change, so that tension won't limit our physical, emotional, and mental wellness and our comfort in our body.

The grounding; complete, full breathing; and quietness of restorative yoga help us elicit the relaxation response, a neurological response that tells us we are safe, pulls us out of "flight or fight" mode, and initiates the body's self-healing process. We switch over from worrying about staying "safe" to fostering the longevity systems of longterm health, including digestion, elimination, reproduction, growth and repair, and immunity.

Restorative yoga helps us face what we are avoiding about ourselves.

Most of us are programmed to "do" a lot—it keeps us engaged and makes us feel productive and in control. But our habit of running around, conquering our to-do lists, and fueling ourselves with coffee and ambition can often be a way we avoid deep discomforts and unwelcome feelings in the body and mind. Restorative yoga asks us to stop engaging in all the doing and face what we really need to look at about ourselves. To learn about, befriend, and care for the whole of ourselves in a way we are not used to. This is an essential step for health and healing, for true renewal. A lot of people think relaxing is about letting go, but rather than throwing out, we are trying to make space for what's uncomfortable and to allow more space for the full experience of who we are.

1. Benefit from Full and Deep Stretches

Think you have to "work" to give your body benefit? Active practice is fabulous, but there's only so long that you can stay in an intense backbend without feeling the burn. Long, supported poses help your body to fully engage, soften, and allow the precise positioning to work its magic.

2. Enhance Flexibility

All forms of yoga help make you bendier, but regular use of restorative poses leads you more quickly to this nirvana.

However, Restorative yoga is not a stretching class and there is no end goal involved, like being able to touch your toes after 10 sessions. You are exploring what happens when you release the tension your body habitually holds.

3. Find out Where You Hold Your Stress

Restorative poses give you the opportunity to notice where you hold this tension—kind of like a dye that sticks to the parts of you that are bound-up and dense. Once you come to this realization, you can make small changes in your everyday life to reduce the stress and tension you allow to build up in your body.

4. Trim Fat and Lose Weight

A 2013 study from the University of California, San Diego showed that restorative yoga helps overweight women trim fat. The study compared restorative yoga with a more active stretching regime over 48 weeks, and found that women practicing yoga lost more subcutaneous fat.

The yogis also lost more weight than the stretchers. One explanation may be that restorative yoga reduces cortisol levels—of which high levels are linked to increased abdominal fat.

5. Boost Your Immune System

A regular restorative yoga practice helps to improve your immune system and makes you less of a victim in the face of all those cold and flu viruses flying around.

6. Balance Your Nervous System

Use a restorative practice to engage your nervous system and take your body into a state that allows for renewal and rejuvenation. Benefits include optimizing energy flow to the organs, tissue renewal, and reduced “fight or flight” response.

7. Quiet Your Mind

Restorative yoga can be a calming hug for your overstimulated mind. Beware, though—it may look like the yogi is taking a nap, but once you get into them, you realize how challenging they can be. Be patient; just because your body is resting doesn’t mean your mind will automatically grow silent.

Over time, you will learn how to drop into a place of stillness and be content peacefully basking in the present moment.

8. Recover from Illness

We all need rest, whether or not you’re recovering from muscle strain, a broken bone, a bad bout of flu, or a chronic illness. Just because you’re not practicing more “active” asanas doesn’t mean you can’t benefit from yoga’s healing powers.

Restorative yoga allows you to practice when your energy is low and your body is building strength.

9. Heal Emotional Pain

Just as you need to build physical strength after illness, you need to heal emotional injuries. Restorative poses offer soothing care for when you are processing the loss of a loved one or a relationship, coming to terms with a change in your life, or dealing with depression or anxiety.

10. Segue to a Meditation Practice

If you want to benefit from meditation and you’re not sure how to start or how to continue, Restorative yoga provides a bridge between familiar poses and, to many, the unfamiliar and often intimidating practice of meditation.

You may feel vulnerable, emotional or anxious when practicing Restorative yoga—this is all part of the powerful process where you create space and let go. Wearing an eye mask, wrapping yourself in a blanket, or keeping your feet up on the wall can help ground and calm you.

Some poses help your heart, some assist your lungs. Others benefit the entire body. All are nourishing and life-enhancing when practiced regularly.

Betegségek	Common illness
porckorongsérv	slip disc, herniated disk, bulging disc
gerincferdülés	scoliosis
derékfájás	lower back pain
fejfájás	headache
isiász	sciatica
lumbágó	lumbago
szalagszakadás	torn ligament
kéztő alagút szindróma	carpal tunnel syndrome
(alacsony/magas) vérnyomás	Low BP / High BP
szívroham	heart attack
daganat	tumor
rák	cancer
cukorbetegség	diabetes
székrekedés	constipation
hasmenés	diarrhea
gyulladás	inflammation
megfáztam, fáj a torkom	I have a cold / I have a flu / I have a sore throat
izomláz	sore muscles
izomgörcs	muscle cramp
depresszió	depression
pánik roham	panic attack

Nőkkel kapcsolatos állapotok	Womenhood
menstruáció	menstruation
menstruálok	I have my period
PMS (pre-menstruális szindróma)	PMS (pre-menstrual syndrome)
menstruációs görcs	menstrual cramps
várandósság	pregnancy
várandós (nő)	pregnant (lady)
kismama jóga	prenatal yoga
szülés utáni jóga	post partum yoga
szülés utáni depresszió	post partum depression
méh	uterus
petefészek	ovaries
szétnyílt has	diastasis recti

Diastasis recti: slight split in the abdominal wall. After 9 month of pregnancy the muscle can split away from the connective tissue.

Ászanák (Asanas)

Asana: Is a symmetrically perfect position, which is if you practice regularly helps your body to remember its neutral, natural position. During the day we use our body incorrectly.

During the day we move in an anatomically incorrect way. With regular asana practice we bring back our body in harmony, so we do not put strain on our internal organs, joints and muscles. We can avoid stiff muscles, crutches, sciatica, nerve compression.

Asana helps purify your blood and flesh, muscles. If there is any inflammation, it helps to cure. It brings balance between the front and back side of your body. It stretches the nerves as well, which give your brain and hormonal system an ultimate relaxation.

Asana is not a posture to assume automatically. It involves a thoughtful process at the end of which a balance is achieved between movement and resistance. Your weight has to be evenly distributed over muscles, bones and joints, just as your intelligence must be engaged at every level. You have to create space in your muscles, joints and cavity.

Once both side of the body becomes symmetrical undue stress is removed from the circulatory, respiratory, digestive system. In each asana, different organs are placed in different anatomical position and are squeezed and spread, dampened and dried, heated and cooled. The organs are supplied with fresh blood, and are gently massaged, relaxed and toned into a state of optimum health.

Kép	Szanskrit név	Magyar név	English name
Álló, egyensúlyozó, földelő ászanák – Standing, balancing, grounding poses Strengthen the leg muscles and joints and increase the suppleness and strength of the spine. The arteries of the leg are stretched, increasing the blood supply to the limbs. These asanas also tone the cardio vascular system.			
	Tadasana	Hegytartás alapállás (szamasztithi néven is ismert)	Mountain pose
	Uttanasana	Álló előrehajlás „intenzív nyújtás”	Standing forward bend intense stretch
	Vrksasana	Fa	Tree

	Utkatasana	Szék	Chair
	Trikonasana Parivritta Trikonasana	Háromszög tartás Csavart háromszög tartás	Triangle Twisted triangle
	Uttita Parsvakonasana Parivritta Parsvakonasana	Nyújtott oldalsó szögtartás Csavart oldalsó szögtartás	Extended side angle pose Twisted side angle pose
	Parsvottanasana	Oldalsó nyújtó póz, Piramis	Intense side stretch pose pyramid pose
	Prasarita Padottanasana	Nagy terpeszben állva előrehajlás	Wide legged forward bend
	Virabhadrasana I, II, III	Hős I, II, III	Warrior I, II, III,
	Uttitha Hasta Padangusthasana	Felemelt nagylábu póz álló lábemelés előre	Uplifted big toe pose
	Ardha Chandrasana	Félhold	Half Moon

	Garudasana	Sas	Eagle
	Natarajasana	Táncoló Shiva	Dancing Shiva
	Adho Mukha Svanasana	Lefelé néző kutya	Downwards facing dog
	Urdva Mukta svanasana	Felfelé néző kutya	Upwards facing dog
	Parighasana	Kapu	Gate

Hátrahajlások – Backbends

They stimulate the nervous system and increase the ability to bear stress. They help to relieve one from stress, tension and nervous exhaustion. These asanas stimulate and energize the body, and are invaluable to people suffering from depression. They support the healthy functioning of the liver and spleen.

	Bhujangasana	Kobra	Cobra
	Salabhasana	Szöcske	Locust

	Ustrasana	Teve	Camel
	Dhanurasana	Íj	Bow
	Chakrasana	Híd	Wheel
Erősítések, kartámaszok – Strenghtening asanas, hand balances They help to build muscle mass and stamina. Their regular practice make you overcome your fears and gain confidence. They help to strengthen the inner muscles and core muscles so you can better protect your spine during daily activities.			
		Deszka tartás	Plank
	Chaturanga	Négy lábú bot póz	Four limbed staff pose
	Vasisthasana	Oldalsó deszka zászló Vasisztháról elnevezett póz	Side plank pose
	Bhakasana	Varjú	Crow

	Paripurna Navasana	Csónak	Boat
	Purvottanasana	„A keleti oldal intenzív nyújtása” fordított deszka póz	Upward plank pose
	Bhujapidasana	„Vállszorító” póz, kartámasz előre emelt lábakkal	Shoulder pressing pose, arm balance with legs lifted in front
	Titibassana	Szitakötő	Firefly
	Majurászana	Páva	Peacock pose

Ülő ásanák – Sitting asanas

They bring elasticity to the hips, knees, ankles and muscles of the groin. These poses removes tension and hardness in the diaphragm and throat, making breathe easier and smoother. They keep the spine steady, pacifying the mind, and stretching the muscles of the heart.

Forward bends: In forward bends the abdominal organs are compressed. This has an unique cooling effect on the nervous system. As the organs relax, the brain in cooled and the flow of blood to the brain is regulated, bringing down the pulse rate and blood pressure. Stress is removed from the organs of perception (sensory organs) and the senses relax. The heart is relieved of the strain of pumping blood against gravity and blood circulates through body parts more easily.

	Dandasana	Bot tartás	Staff
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	Sukhasana	Kényelmes póz	Simple cross leg
	Padmasana	Lótusz	Lotus
	Baddha Konasana	Kötött szögtartás Pillangó Suszter póz	Bound angle Pose butterfly Cobbler's pose
	Upavista Konasana	Nagy terpeszes ülő előrehajlás	Wide legged seated forward bend
	Paschimottanasana	Nyújtott ülésből előrehajlás „a nyugati oldal intenzív nyújtása”	Seated forward bend „intense stretch of the West”
	Ardha baddha padma paschimottánászana	Nyújtott előrehajlás féllótuszban	Seated forward fold in half lotus
	Janu Sirsasana Parivritta Janu Sirsasana	„Térd a fejhez” póz nyújtott egylábás előrehajlás	Knee to head pose
	Krounchasana	Kocsag	Heron

	Gomukhasana	Tehén arc	Cow face
	Eka Rajakapottanasana	Galamb	Pigeon
	Bhékásáná	Béka	Frog pose
	Hanumanasana	Spárga Majomkirály póz	Splits Monkey King pose
	Kapotászana	Galamb póz (nem összetévesztendő az egylábú galambkirállyal)	Pigeon pose (not to be confused with eka pada rajakapottanasana)
	Kurmászana	Teknős	Turtle pose
	Malászana	Füzér póz	Garland pose

Csavarások – Twisting asanas

These asanas teach us the importance of healthy spine and internal body. The pelvic and abdominal organs are squeezed and flushed with blood. They improve the suppleness of the diaphragm. The spine also becomes more flexible and this improves the flow of blood to the spinal nerves and increases energy level.

	Marichyasana	Maricsi ászana	Marichi's pose II
	Ardha Matsyandrasana	Fél Halkirály (Macjéndra) póz	Half Lord of the Fishes pose
Hanyattfekvő helyzetek – Supine asanas This poses soothe the body and refresh the mind. They can be practice and the end of the sequence or as preparatory asanas as they help relax the body and strengthen the joints. They supply the body with the required energy for the more strenuous poses.			
	Pavana Muktasana	Szeleket szabályozó ászana	Wind-Relieving
	Supta Virasana	Fekvő hős	Reclining hero
	Supta Padangusthasana	Fekvő nagylábujj póz (a teljes póz nagylábujj fogással)	Reclining big toe pose
	Ananda balászana	Boldog baba póz	Happy baby pose
Fordított ászanák – Inversions In contrast to twisting asanas, inversions has a drying effect in the pelvic and abdominal organs, while vital organs as the brain, heart and lungs are flushed with blood. They help to move relocated organs back to the right place and also have a beneficial effect on endocrine system. They say Sarvangasana is the queen, Sirsasana is the king of all asanas. The health of the body and mind is greatly enhanced by the practice of these two asanas.			

	Setu Bandhasana	Jóga híd	Yoga bridge
	Sirsasana	Fejenállás	Head stand
	Sarvangasana	Gyertya	Shoulder stand
	Halasana	Eke	Plow
	Karnapidasana	Süket ember póz	Deaf man's pose
	Matsyasana	Halak szentje	Lord of the fish
		Kézenállás	Handstand

Pihenő ászanák – Resztoratív pózok

They help you to recharge your batteries and induce mental and physical rest. Rest in these restorative postures as long as you need. They prepare you for pranayama and meditation practices.

	Savasana	Hulla póz Halott ember póz Relaxációs póz	Dead man's pose Corpse pose Relaxation pose
	Balasana	Csecsemő póz	Child pose

Technique to end the class

Humming bee / engage (tense) and release / visualization / breath observation, or modification (slower for hbp) set intention (sangkalpa) / quotation from Bhagavad Gita or Patanjali yoga sutra (Ex: The only right behaviour to purify the mind if you accept all what appears (emerge) in your mind or in the outside world with love and equanimity without judgement and reaction. This kind of behaviour burns karma.

Meditáció (Meditation)

Sit comfortably

To meditate, you'll need to find a comfortable position in which to sit for ten to fifteen minutes. You don't need to adopt a specific position if you are going to find it hard to adapt. Generally, the regular position for meditation is with crossed legs and hands on your lap. However, if you struggle with this at first, find a position you are comfortable with. Just ensure that you are not slouching.

The goal is to sit as upright as possible while still remaining comfortable. Lying on your back is usually not recommended because most people fall asleep in this position, but you can try it if sitting is uncomfortable for you. The most important rule is that meditation can be practiced anywhere, as long as you're comfortable.

Breathe

Focusing on your breathing is an important process in meditation. However, you want it to be natural. Start by closing your eyes and take a few deep breaths. Let it begin with shallow breaths, and just continue to breathe for a few minutes. Your intake of breath will become deeper as you progress. Take your time to breathe slowly as there is no need to force it.

Through deep breathing, you should feel more at ease. Once that happens, turn your focus to the actual process of breathing. Be conscious of each breath that you inhale and each that you exhale. It may take a while for your mind to fully focus on your breathing. Don't worry if you struggle with your train of thought. It's perfectly ok for your mind to wander onto other subjects. Simply let it drift and gently try to bring your attention back to your breathing.

Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity

It may be difficult to concentrate, whether you're a beginner at meditation or not, however, as you start to continually practice, your attention should gradually improve. If you find it easier, then use numbers to 'count' your breathing. So, for instance, count one to inhale and two to exhale, and continue to repeat these numbers as you breathe in and out. This can be an effective way to get into the mindset of learning to meditate.

You may choose your mantra

Choose your mantra. A mantra is a word or phrase that you silently repeat to yourself during meditation. The purpose of the mantra is to give you something to put your attention on other than your thoughts. You may use any phrase you like. Some people like to use words like "Peace" or "Love". You may wish to use the So Hum mantra. This is a commonly used Sanskrit mantra, which literally translates to "I am." It is often referred to as the mantra of manifestation. Begin repeating your mantra silently to yourself without moving your tongue or lips. The repetition of your mantra is soft, gentle, and relaxed. There is no need to force it. The mantra does not need to correlate with the breath, though some people prefer to do so. For example, if using So Hum as your mantra, you could silently repeat So on your inhalation and Hum on your exhalation. If you choose to correlate your mantra with your breath, do not become overly fixated on this. As your meditation continues, allow the breath to fall away into its own rhythm. The repetition of your mantra should be almost effortless. Sometimes it is helpful to imagine that rather than repeating the mantra to yourself, you are actually listening to it being whispered in your ear.

End

When you are ready to end your meditation, open your eyes. You should be in a calm and serene state.

Guided meditation

- Guided Meditation 1
- Close your eyes. Notice your breathing. Is it fast? Is it slow?
- Put your hand on your stomach. Notice how your stomach goes in when you breathe in, and out when you breathe out.
- Take a long, deep breath in through your nose, and breathe out through your mouth, fully and completely. Breathe like this a couple more times.
- Now imagine your body. Notice parts that are hurt, or are tight or tense. Notice parts that feel comfortable and loose.
- Use your breath. When you find a part of your body that is tight or hurts, send your breath there. Breathe out. Your breath can make that part of your body relaxed, loose; soft.
- Feel your head.....your face.....your shoulders.....your back.....your arms.....your hands. Notice your stomach.....your legs.....your knees.....your feet.
- Notice the sounds in the room. The people moving, the building. Not thinking, just noticing and listening. Breathe slowly and easily, in and out.
- Feel the chair under you where your body touches it. Feel your muscles relax as you breathe. Keep watching your breathing in and out, easy and peaceful.
- When you are ready, take a long, slow, deep breath in. Then breathe out completely and gently open your eyes.

Guided meditation 2

- Close your eyes. Notice your breathing. Is it fast? Is it slow?
- Take a long, deep breath in through your nose and breathe out through your mouth, fully and completely. Feel the air come into your lungs, and going out. Breathe like this a couple more times.

- You have nothing you have to worry about right now. Imagine we are going to go for a walk. Find your favorite shoes and put them on. First the right foot, then the left foot. Take a long deep breath.
- You are walking outside. You notice it is the perfect temperature for you. You are comfortable. You feel the air on your skin on your arms as you walk.
- To the right you see a beach. You notice the sand is bright white and the water is a beautiful blue green. ☑ You take off your shoes, and step on to the beach. Your feet sink into the warm, soft sand. You feel it in your toes.
- You can hear the waves crashing onto the beach. It calms your mind and allows you to feel even more relaxed.
- You begin walking slowly towards the water. You notice the warm sun on your face and shoulders. It is warm on your head, and you feel your worries float away.
- You smell the air. It is salty like the water is. You breathe in deeply again, smelling the ocean. Take a few more steps on the beach. You are by the edge of the water, and can see the waves coming in and out. It is inviting you to step into the water. If you want to, put a foot into the water, feeling it coming on top of your toes and feet, cool and refreshing. The water moves back out again.
- You look out at the water of the ocean, noticing the sun reflecting on the surface. There are two birds floating in the water. One starts to fly. You see all of it's colors very clearly, and you watch it move it's wings up and down, up and down. You breathe deeply, letting your body relax completely.
- You hear the bird cry, and it flies away where you can't see it.
- The wind is blowing strongly on the beach, and you feel your shirt moving in the wind. You take a minute to notice everything around you. The water, the air, the sounds, the smells, and the beauty around you. Take a deep long breath.
- You walk slowly away from the water, to where your shoes are waiting for you.
- You bend over and put your left shoe on. Then your right shoe. When you feel ready, you can bring your attention back to the room. You can open your eyes when you want to. Feel yourself here in the room, sitting on your chair. Slowly open your eyes.

A meditáció hatásai

- Lower blood pressure
- Improved blood circulation
- Lower heart rate
- Less perspiration
- Slower respiratory rate
- Less anxiety
- Lower blood cortisol levels
- More feelings of well-being
- Less stress
- Deeper relaxation

Videók tartalma (Syllabus Videos)

I. Introduction

Questions

What means yoga to you?

Why you want to be a yoga teacher?

How you can integrate the different techniques of yoga into your daily routine?

Important rules or principles along you wish to keep your classes

II. Yogic philosophy

Aims of yoga

Sanatana Dharma

Yogic ethics

Purity

8 limbs of yoga

5 Kosha

Intelligence vs. intellectuality

Thinking vs seeing

3 ways to behave with people

Importance of non reaction

Desires and cravings

Question

Explain in a few words the 8 limbs of yoga

What is the aim of practicing yoga?

Explain the 5 koshas

How we should behave with people in different mood?

III. Instruction giving

Question

Explain the order of giving instructions

IV. Asana Categories

Key points and benefits in standing, sitting, arm balancing, forward bending, hip opening, back bending, twisting and inversion position.

Question:

Enumerate the key points and benefits in each asana group.

V. Bandhas, 5 basic principles of correct posture, right sitting

5 basic principles, key points in correct sitting, bandhas (joint and maha bandhas)

Question:

Why are important and what is the 5 basic principles?

What are the bases of correct sitting?

Why bandhas are important, how you can implement them?

How you create the mani bandha (hand), kati bandha (hip), mula bandha (root), amsa bandha (shoulder)?

VI. Sequencing

Question:

Tell a few words about your sequencing strategy

VII. Pranayam

Normal breathing type, movement and breathing, common pranayams in class

Question

What type of normal breathing we have and which is the most beneficial during the day?

What common pranayam you know? How you can instruct them?

VIII. Tuning in and ending the class?

Question:

What are the steps to follow why tuning in and ending a class?

IX. Stretching type

Common stretching types

Question:

How you use stretching type in your class?

X. Spine and internal organs

Question:

What are the movement of the spine?

Enumerate the curvature of the spine? Why is important in yoga class?

XI. Common diseases you meet in yoga class

Question to ask at the beginning of the class

Slip disk, headache, nausea, diastasis recti, pain in extremities, HBP, knee issues, constipation

Menstruation

Depression

Questions

Important question to ask at the beginning of the class

Techniques to cure headache, root cause of headache

Techniques to lower HBP

Asanas and advices for constipation

What asanas should not do ladies on their period?

XII. Restorative postures

Benefits of restorative postures

Role of restorative posture in yoga class

Correct sitting patterns

Chest and shoulder opening

Methods to refresh spine

Digestion cure

Posture for HBP, emotional tension, nerves, heart

Stress relief postures

Question:

Why restorative postures are important?

How we use them in yoga class?

Restorative postures for lower back pain, chest opening, constipation?

XIII. Stress

Overuse of senses

Over and under doing things

Compensation

Adrenal fatigue

Motor nerve sensation

Benefits of yoga on nerve system

How yoga can help people with a lot of stress in their life

Main stress accumulating points in body

Balance is everything, observe your practitioners

Questions

What are the stress accumulating points in the body and give a list of asanas to relax this areas

Enumerate a few exercise to lengthen the psoas muscle

What are the negative effects of long term stress?

XIV. Losing weight with yoga

Questions:

How you can lose weight with yoga?

XV. Example stress relief yoga sequence

Furthermore I highly recommend you Shiva Rae, Eliot Travis, Cassandra, Yoga with Adriene and Kino Macgregor youtube videos to practice.

Szankszkrit szótár

Advaita: Hindu filozófia: Non dualism
abyhasa: gyakorlás: practice
adho mukha: lefelé néző száj: downward facing
dog
agni: tűz: fire
antara kumbhaka: légzés benn tartása: breath
retention inside
ahimsa: nem ártás: non violence
asmita: egó: ego
asana: testtartás: posture
anga: testrész, ág : limb
andzsali mudra: kéz tartás: prayer's position
apána: az egyik energia, ami a lefelé menő,
kiválasztást segítő folyamatokat kontrolálja:
prana moving downward
asteya : nem lopás: non stealing
ardha: fél: half
astanga: 8 rész: 8 limbs
atman: lélek, felsőbb lélek is: soul
avatar: az Isten inkarnációi: God incarnation
avidya: nem tudás, ignorancia : ignorance
Ájurvéda: indiai gyógyászat, az élet tana: science
of life

baddha: megköt, kötött: to bind, bound
bahiranga kumbhaka: légzés kinn tartása: breath
retention outside
bandha: energia zár: lock
bhakti: elhivatottság: devotion, divine love
bhagavad: Isten: Creator
bharat: ország : country
bhoga: élvezkedés, szórakozás: fun
bhujanga: kígyó: snake
brahmacharya: önmegtartóztató, vallásos életet
élő: self restraint
buddhi: tudatosság: intelligence, clarity
bhumi: föld: earth
bija: mag: seed

csakra: kerék : wheel
csandra: hold : moon
chitta: ész : mind

danda: bot : stick
dristi: nézés : gaze
deva: istenek : God
dharana: koncentráció : concentration
djana: meditáció : meditation

dukkha: fájdalom : suffering
dvesa: utálat: hate
dhanu: íj : bow

éka: egy : one
ékagrata: egyhegyű figyelem : one pointedness

Ganésa: az akadályok elhárítója : the elephant
headed god, remover of obstacles
garuda: sas : king of birds, eagle-like creature,
carrier of Vishnu
Guru: mester : master

Hasta: kéz : Hands
Hanuman: Majom király : The monkey king

Iswara: Isten, legfelsőbb erő, univerzumot uraló
erő: Supreme power, which governs the
universe
Iswara Pranidhana: odaadás a legfelsőbb erőnek
: Surrendering the divine power

Japa: mantra ismétlése : repetition of mantra
Jnana: tudás
Janu: térd: knee

Karmendrija: érzék szervek : sensory organs
Karuna: együttérzés : empathy
klésa: tudati szennyeződés : mind rubbish
króda: harag: anger
ksatria: harcos : warrior
Kriya jóga: tudatot tisztító cselekedetek : acts of
purification
kóna: szög : angle
kirtan: mantra éneklés : mantra singing
káma: öröm, vágy, élvezet : desire, lust,
enjoyment
kundalini: isteni energia : divine force

lobha: mohóság : greed

maha: hatalmas : huge
mandala: kör : circle
manasz: elme : mind
maitri: kedvesség : kindness
manu: ember : man
matsya: hal : fish
mája: káprázat : delusion

moksha: megszabadulás : enlightenment
 mudra: kéz tartás : hand posture
 mukha: száj : mouth
 mudita: öröm : joy
 mula: gyökér : root
 murti: szobor statue

 nada: hang : sound
 nadi: energia pálya : energy channel
 nava: csónak : boat
 nataradzsa: táncoló Shiva : dancing Shiva
 nirvana: megvilágosódás : enlightenment
 nidra: jógi alvás : yogic sleep

 omkára: Om

 páda: láb fej : feet
 pada: fejezet : chapter
 Padma: lotusz : lotus
 padangusta: nagy lábujj : big toe
 parsva: oldal : side
 parivritta: csavar : twist
 prakriti: természet : nature
 purusa: lélek : soul
 prána: életerő : life force
 pratyahara: érzékszervek visszavonása : control of senses
 purva: teljes : whole

 sadhaka: gyakorló : practitioner
 sadhaka: gyakorlás : practice
 Samadhi: megvilágosódás : enlightenment
 santosha: öröm, elégedettség : contentment

sattva: igaz : truth
 sauca: tisztaság : cleanliness
 setu: híd : bridge
 sunya: üresség : emptiness
 surya: nap : sun
 surya bhedana: job orrlukas légzés : right nostril breathing
 susumhna: fő energia pálya a gerincben : main energy channel in the body
 svadjaja: öntanulmányozás
 siddha: szent ember : saint
 sirsa: fej : head
 sraddha: hit : faith

 tapas: áldozatokkal, hosszú időn keresztül végzett cselekvés : the fire of self discipline
 upavista: ülve : seated
 urdva: felfelé : upwards
 ustra: teve : camel
 uttana: nyújtott : extended
 utka: szék : chair

 vairagya: lemondás : renunciation
 Vajra: gyémánt : diamond
 váju: levegő : air
 vidja: tudás : knowledge
 virja: erő : power
 virabhadrasana: hős : warrior
 vrksa: fa : tree

 yama: morális társadalmi szabályok : social principles
 yuga: korszak: era

Kérdések (Questions)

1. Why do you applied to this course, what is your purpose with the knowledge gained?
2. What is yoga? What is the aim of life according to yoga? What is the aim of yoga?
3. What yoga means to you in daily life? What benefits you experience on your body, intellect and soul?
4. List 3 benefits of yoga on the body, mind and intellect.
5. Enumerate the 8 limbs of yoga, and give a detailed explanation on yamas and niyamas. How do you built them into your daily routine and decision making?
6. What props do you use in your class. Give me examples how to use them in asanas for modifications and variations.

7. What is the difference between modification and variation?
8. What type of normal breathing pattern you know? What is their effect?
9. What is pranayama? Enumerate most important pranayamas? What are their benefits? When to do them and when not to do them? How you use them in your class?
10. Enumerate 3 – 5 sentences or phrases to motivate people, when you see their experience hardship in their yoga practice. How you can motivate people to practice regularly?
11. List 3 -5 benefits of meditation, asana and pranayama regular practice.
12. What general instruction you give to a lady who has period and to a pregnant lady?
13. What are the most important instructions in standing, balancing, arm balancing, strengthening, twisting, forward bending, back bending, inverted and supine postures.
14. What are the benefits of different group of asanas? (standing, sitting, twisting, inversion etc.)
15. What contra instruction you give in the asanas group? What are the general mistakes in this postures?
16. Write down a 5-10 min relaxation, meditation, setting in to the yoga class and a meditation, relaxation closing the class
17. Two question must be asked at the beginning of the class?
18. Why spine is important in your yoga practice. What general instruction you know for the spine in the yoga class.
19. How do you know if you holding an asana with ego or muscle power or full consciousness?
20. What do you hear about the bandhas, how do you use them in your asana practice and in daily life? What are the benefits of using the bandhas?
21. How to start a class and how to end the class
22. What can be the topic (subject) of a class?
23. 5 basic principles – Correct sitting, standing, leaning forward
24. Stress points in the body. What yoga techniques can combat stress?
25. What to pay attention in common illnesses? (List 6-8 most common illness)
26. What are the bandhas, why they are important in daily life and asana practice?
27. Common sicknesses and illnesses of practitioners. How to modify practice for them. Which poses how affect the internal organs. Why internal organs are important?

Exercises:

Asana instruct: Very precise instructions!!! Name, How to get into the pose, align body parts, muscles and directions, how to breath, how to feel, focus points (you have to decide what is your main focus), what not to do in pose / movement and breath, how to motivate / modification and variation / contraindication

Choose a peak pose. Make a sequence of 3 asanas to reach the peak pose and write down how to get into the pose, what are the focus points, how you want them to feel, what are the benefits, which muscle work is going on, when not to do, modification and how to use props.

What asanas would you recommend and what asanas to be avoid for common injuries and sicknesses?