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Cues and floating perspective in to yoga

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Introduction

I the Chandrakanth Yoga teacher working at Gulbarga University in Department of Physical Education is presenting about the above topic which are the two branches of yoga like Cues and Floating the objective of these yoga is to treat the human body mind and soul through this two practices to rectify the body alignment for the particular problems.

Although the true meaning of yoga is complex and has seemingly endless branches and interpretations.

There are 7 effective yoga teaching cues to empower your yoga students

1. "I invited you to try this": Inviting your students to practice a pose or different variable students, because an invitation can be accepted or declined might make people feel uncomfortable or postures that are comfortable and ready to try something the choice is their.
2. "Experiment with this variation": Again this cue places the decision of different pose or vari encourage yogis to experiment with different positions to be feel good in their body. They may need a gentle boost to true cue could lead them to discovering they are stronger.
3. "If you feel comfortable, feel free to close your eyes": I learned the importance of this cue after teaching yoga to imagine why women who have been through such an experiment.
4. "Please inform me if you would not like to receive hands on adjustments": Many students love hands on assists, but many students would rather not to touched. If you plan on giving hands on assists during class, then you should give students the option to opt out. There are ways to discreetly ask your class who would like to receive hands on assists so on one feels embarrassed or uncomfortable.
5. "Find your own expressions of this posture": This is a beautiful cue of encourage your students to express themselves and explore their body. Again yoga is about loving and connecting to your body, so if a student feels better in a different variation of the pose, then we should encourage them to honor their practice.
6. Alignment cues: Modern yoga teacher training programs offer many standardized cues for each posture learned. Standards are nice they make it much easier to learn how to guide students into the large number of poses taught in yoga classes, but unfortunately students are not standardized. There is no average students. The alignment cues absorbed by teacher trainees are approximations at best they can serve as guidelines but they should never be used as dogmatic requirements

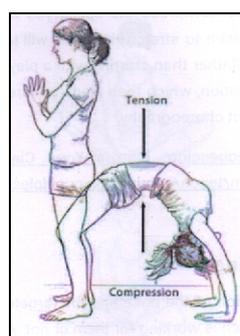


Fig 1

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7. Stress is different from stretch: Yoga postures create a variety of stresses in the tissues. These stresses may create a stretch or they may not. A tensile is likely to create a stretch. For example, a backbend may create tensile stress in the front of the body stretching the abdominal muscles.

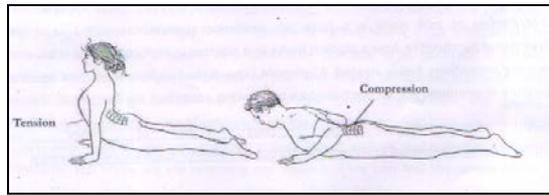


Fig 2



Fig 3

Benefits

- Tones the whole body
- Teaches the interplay of concentration and attention
- Develops an understanding of lines of energy
- Creates space between vertebrae
- Improves forward bends and balance

Asanas which is the physical act of yoga connected and enhanced by a strong floating practice.

- Yama: Focusing on your own behaviour to develop a personal or universal moral code of ethics. The golden rule is an example.
- Niyama: Training yourself to have a consistent and through practice. Meditation making a habit of taking contemplative walks and even prayer are examples.
- Asana: Developing the habit of engaging in physical yoga routines, poses etc.
- Pranayama: Controlling your breathe to align your body and mind.
- Pratayahara: Turning your focus inward and putting external stimuli out of your mind.
- Dharana: Slowing your mind by focusing on a single object in preparation for deep meditation.
- Dhyana: Reaching a deep meditative state where concentration is uninterrupted and our perception of the world around us broadens.
- Samadhi: The final limb, this state creates a sense of infrared sauna.

Conclusion

When energy is activated this way, it articulates the muscles and bones, thereby helping you refine your alignment in a pose. When you refine your alignment, you enhance the energy flow in a pose. Working like this white says, deepens your practice and expands awareness beyond external forms. It also quiets the mind, calms the nerves and subdues the tendency to want to improve, change or fix your poses. To get in touch with your subtle body. White recommends that you incorporate two powers of mind concentration and

Benefits from Floating in Yoga

Dandasana (Staff Pose) or seated stick pose is truly a Mahasana (Great Pose) for cultivating awareness of flowing energies. It appears passive, but Dandasana involves a dynamic, internal energy dance that benefits yoga practitioners of all levels. Even its simplest version activates every energy line required for the posture's most challenging expression. In Dandasana, energy flows up and down along the entire circumferences (sides, front and back) of the spine between your point of contact with earth and the skyward extension of your head. At the same time energy extends evenly from the inner and outer thighs to both edges of the feet, through the backs of your legs into the floor, and along the tops of the legs into the ankles.

attention. Concentration moves awareness to specific body parts. While attention involves spreading awareness to all parts of the body simultaneously. By strengthening and integrating these powers of mind he says, you can strengthen respiratory and circulatory energy flows and make them more dynamic. And you can increase energy currents through the nerves, connective tissue and muscles to increase sensation activation and healing. He adds you can experience a sense of metal well being as you become more aware of prana flowing throughout the body.

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