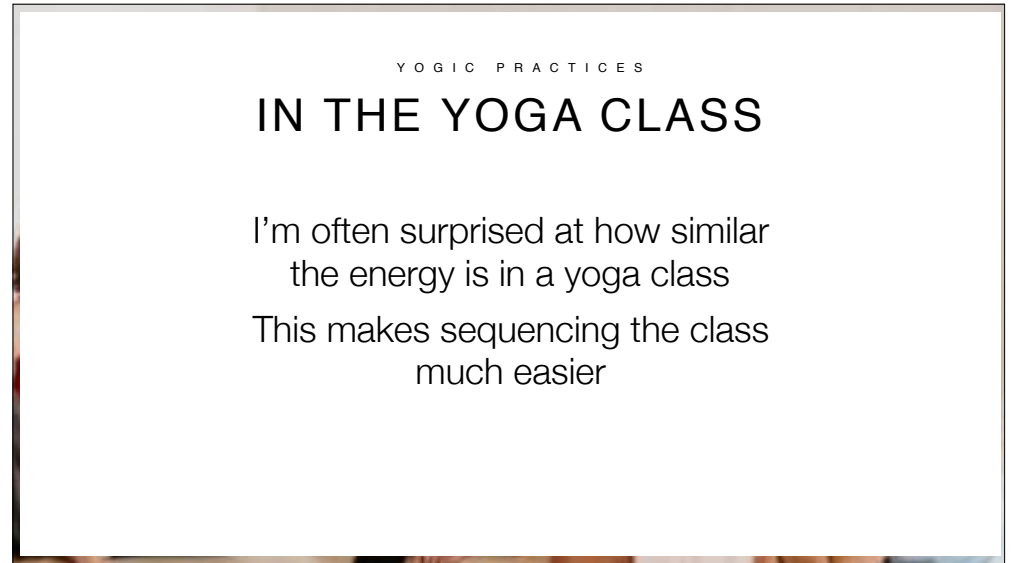


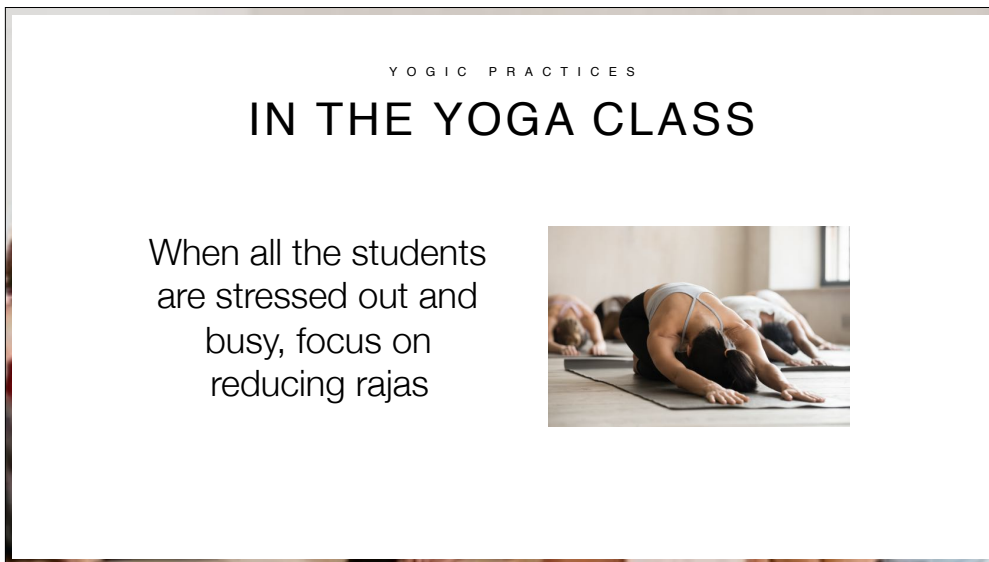


YOGIC PRACTICES
IN THE YOGA CLASS



YOGIC PRACTICES
IN THE YOGA CLASS

I'm often surprised at how similar the energy is in a yoga class
This makes sequencing the class much easier



YOGIC PRACTICES
IN THE YOGA CLASS

When all the students are stressed out and busy, focus on reducing rajas



YOGIC PRACTICES
IN THE YOGA CLASS

When all the students seem heavy or sluggish, focus on reducing tamas



YOGIC PRACTICES

IN THE YOGA CLASS

When all the students seem exhausted and burnt out, offer a class that is deeply nourishing and restorative



YOGIC PRACTICES

IN THE YOGA CLASS

If all the students seem relatively sattvic, with a clarity and willingness to show up and be present, you can offer them a balanced class



YOGIC PRACTICES

IN THE YOGA CLASS

The challenge comes when there is a mix of rajasic, tamasic and sattvic energy, and this is when the teacher draws on their own sattvic wisdom and creativity

YOGIC PRACTICES

IN THE YOGA CLASS

While this can be challenging for a teacher, it can actually be beneficial for students, as they may balance out each other's energy



Annabel McLisky

YOGIC PRACTICES

IN THE YOGA CLASS

Offer a balanced class with variations for each pose or practice that either reduce *tamas* or *rajas*

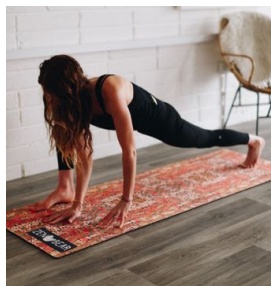
YOGIC PRACTICES

IN THE YOGA CLASS



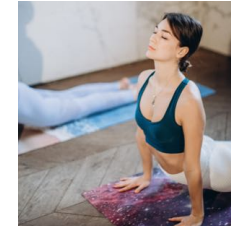
YOGIC PRACTICES

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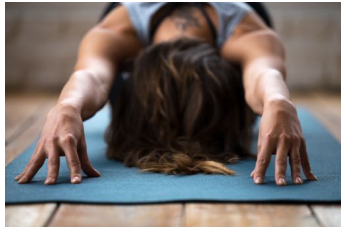
YOGIC PRACTICES

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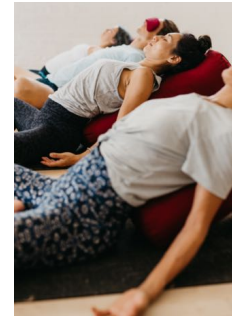
YOGIC PRACTICES

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YOGIC PRACTICES

IN THE YOGA CLASS

Be sure to mention who the variation is for; otherwise the tamasic students may naturally choose the variation that increases tamas, and rajasic students may naturally choose the variation that increases rajas

YOGIC PRACTICES

IN THE YOGA CLASS

Over a prolonged period of time, rajas can turn into tamas



YOGIC PRACTICES

IN THE YOGA CLASS

Students need deep rest rather than
energising practices and postures
They can paradoxically overcome tamas
through tamasic activities



T H A N K Y O U