

## Angamardana



### FITNESS AND WEIGHT CONTROL

Angamardana and Surya Shakti are both exercise regimes rooted in yoga, offering everyone the opportunity to invigorate the body and to reach peak physical and mental health.

They need no fitness equipment and can be practiced anywhere, even during travel.

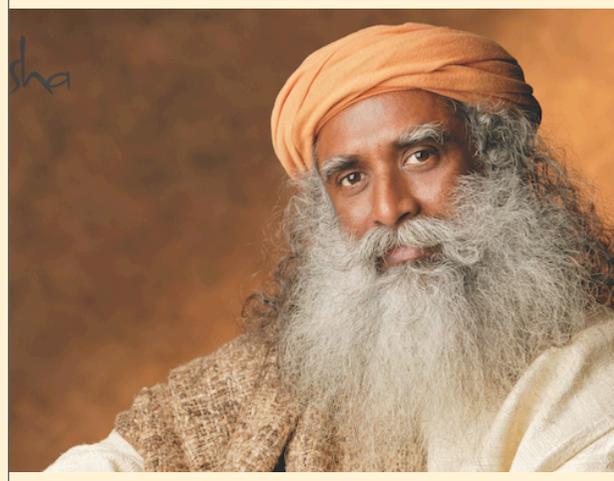
The practitioner can decide how gently or vigorously to perform these programmes, according to their own fitness and intentions.

“Angamardana” means gaining complete mastery over the limbs, organs and other parts of the body. This 1-hour practice is believed to be a pre-cursor of various martial arts.

Surya Shakti is an effective indoor aerobic exercise for the whole body that can be performed for just a few minutes, or continued to the limit of endurance.

### These practices revitalise in many ways:

- ✿ Strengthening the spine, skeletal and muscular system
- ✿ Building physical strength, flexibility, fitness and tenacity
- ✿ Taking years off the body, bringing a sense of lightness and freedom



### CLASSICAL HATA YOGA

Designed by Sadhguru, an accomplished yogi of the highest order, Isha Hata Yoga programmes are an unparalleled opportunity to learn practices derived from a yogic tradition that has been maintained in its full sanctity and vibrancy for thousands of years.

Sadhguru’s life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times.

He has been a delegate to the United Nations Millennium World Peace Summit, the Indian Economic Summit 2005-2008, and the World Economic Forum. He was awarded the Indira Gandhi Paryavaran Puraskar (IGPP) for Isha Foundation’s “Project GreenHands”.

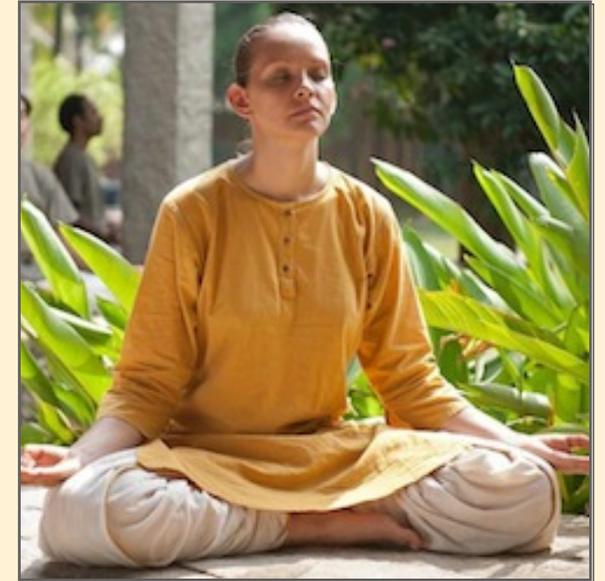
The classes will be conducted by highly trained teachers and will offer Classical Hata Yoga in its full depth and dimension.

For a timetable of our courses, visit: <http://www.ishahatayoga.co.uk>

YOUR LOCAL TEACHER:  
ANDREW BAKER: 07866 727510  
[ANDREWHATAYOGA@GMAIL.COM](mailto:ANDREWHATAYOGA@GMAIL.COM)

# ISHA HATA YOGA

“ULTIMATE WELLBEING”



Isha’s Hata Yoga programme requires no special physical agility or previous experience of yoga.

It is a subtle process of changing the energy in the system, which in turn straightens out physical and mental imbalances, improving health and wellbeing.

## Yogasanas



### CLASSICAL HATA YOGA

The word asana literally means a posture. Out of the innumerable asanas a body can take, 84 have been identified as “Yogasanas” through which one can transform the body and mind into a great possibility for ultimate wellbeing. Yogasanas are not exercises, rather very subtle processes to manipulate one’s energy in a particular direction.

The body is a constant manifestation of various levels of consciousness, and so by consciously getting the body into certain postures and making it a conducive passage, one can elevate consciousness and align the inner system. This naturally leads to health, joyfulness and bliss, and above all balance.

This routine of classical Yogasanas has been carefully selected to provide holistic benefits for the whole body, mind and energy system.

Participants report benefits including:

- ❖ Relief of chronic ailments
- ❖ Stabilisation and balance of the body and mind
- ❖ Slowing down the ageing process

## Upa Yoga



### LIGHT YOGA TO START THE DAY

Upa Yoga is a simple yet powerful programme that activates the joints, muscles and the energy system. Based on a sophisticated understanding of the body’s mechanics, Upa Yoga releases any inertia and brings ease to the whole system.

Within the human system, the energy flows along 72,000 pathways called *nadis*. At the joints, the nadis form energy nodes, making the joints storehouses of energy. Upa Yoga activates this energy while also lubricating the joints, creating an instant sense of alertness and liveliness.

“Upa Yoga” essentially means “pre-yoga”.

This programme is ideal for beginners to yoga, and for experienced practitioners wishing to prepare the body before performing asanas.

Upa Yoga has several benefits:

- ❖ Relieves physical stress and tiredness
- ❖ Prepares the joints and muscles for the day’s activities
- ❖ Rejuvenates the body after periods of inactivity
- ❖ Negates the effects of jet-lag and long travel

## Surya Kriya



### COMPLETE INNER WELLBEING

Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health and wellness.

A “kriya” means an “inner energy process.” Surya Kriya activates the solar plexus within the system and balances a person’s energies, leading to stability of the body and stillness of the mind. This strong foundation becomes the basis to explore higher dimensions of life.

Traditionally available only to select groups of yogis, Surya Kriya is being offered by Sadhguru as a comprehensive spiritual practice that is ideal for the hectic pace of today’s world.

A practice taking just 10-15 minutes, Surya Kriya includes several aspects that enrich one’s life:

- ❖ Develops mental clarity and focus
- ❖ Remedies weak constitutions
- ❖ Boosts vigour and vitality
- ❖ Balances hormonal levels in the body
- ❖ Prepares one for deeper states of meditation