

# VINYASA YOGA IN ENGLISH

## Abstract

This course is an 8-week-introduction to Vinyasa yoga. In it, we will explore multiple yoga poses (asanas), breathing methods (pranayama) and meditation strategies. Each session (25-to-30-minutes long) will be specifically themed and it will show us how to introduce agility, balance, greater body awareness and inner stillness to our daily lives. Try yoga as a spiritual tool to connect you with the present!

## Instructor

Alby Glaister. Alby has practiced yoga for 11 years. He studied at Brookwood Park School, an alternative school in England founded by the Indian philosopher Jiddu Krishnamurti, where he received 1:1 daily yoga lessons from the age of 13.

At 16 Glaister travelled to India with the purpose to delve into the culture and origins of yoga. Since then he has travelled to India many times to learn traditional Hatha, Vinyasa, Ashtanga and Iyengar Yoga.

He now offers classes and workshops in Catalonia, and organizes European retreats with his partner Laxmi Valls - [www.tada-yoga.com](http://www.tada-yoga.com).

## The course includes

- An introductory video.
- 8 Vinyasa Yoga sessions held over two months.
- Direct, personal communication with Alby.

We will explore different aspects of Vinyasa Yoga to create a personalized, balanced practice for you to integrate into your daily life.

We will apply the Ujjayi breathing method to different asanas and pranayama techniques to access our nervous systems.

We will work through all asana groups, from Surya Namaskars (Sun salutations) to strengthening asanas, hip opening, extensions and inversions.

We will use Yoga and meditation as a tool to connect with our inner self, to go beyond the mind and the ego and to be totally present.

## How will the sessions be held?

All sessions will be held via Google Classroom.

## You will need

A yoga mat. Ideally, two yoga blocks (or similar) that allow for pose adaptation and variation (though not essential, blocks help achieve a greater variety of poses). Please note that Vinyasa yoga is dynamic and it requires body fluidity between poses. If you are new to yoga, you may find this course too dynamic and might want to try our Hatha Yoga beginners' course instead.

This course will be held in English. You need to know English well enough to be able to follow the instructions smoothly.

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## Online course

**Duration:** 1 February 2021 - 26 March 2021

**Fee:** 40 €

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CENTRE CÍVIC  
DE PORQUERES

C. Mercè Rodoreda, 5  
17834 Porqueres  
972 573 612 - 672 220 255  
info@centreciviciporqueres.cat  
[www.centreciviciporqueres.cat](http://www.centreciviciporqueres.cat)


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 672 220 855

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