

# YOGVEDA

Dear Yogis

The year has come to an end, past quickly with a short summer and a winter on time with a lot of snow.

2010 has been a good year and I have had the opportunity to share my understanding of the subject of yoga with you.

Yoga is a science of silence. In silence the greatest secrets are revealed about oneself. While the school is closed keep your personal practice of silence through Asanas and Pranayama.

A few golden rules about Yoga.

Right food in right amount

Right sleep in right amount

Right exercise in right amount

Right living avoiding unnecessary movement of body and thoughts

Once again I would like to thank all of you for giving me an opportunity to impart the teachings of the subject of Yoga to you and I know that many of you have come closer to understanding what is beyond the body, breath and mind, as the questions have changed from the body level to self understanding.

I wish you all a Merry Christmas and a Happy New Year.

The Yoga school will be closed from the 17th of December till the 9th of January.

Warm Regards

Shahid Khan

The Workshop calendar is updated for next year. The new class timetable will be updated in January when the quarter is finished.

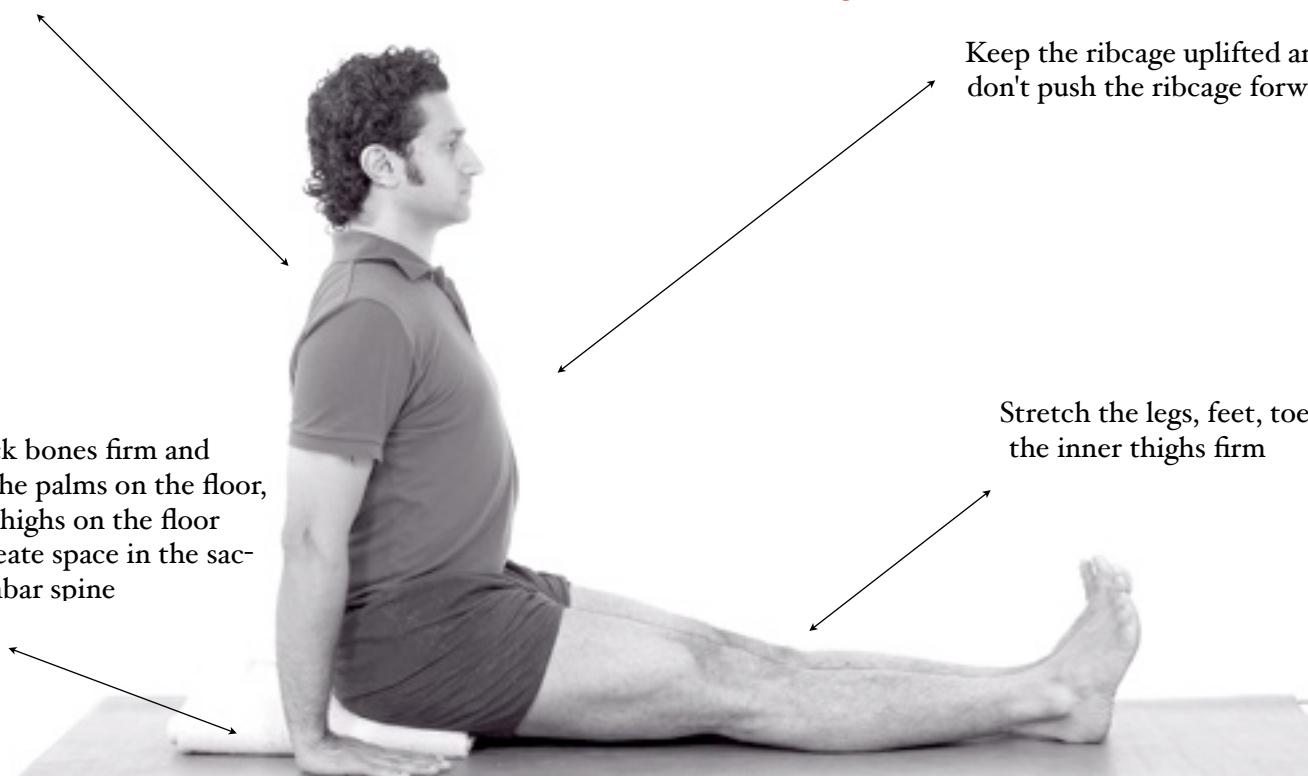
Keep the cervical spine straight and soft, look straight, align the perineum and the crown of the head

## Understanding Dandasana the base for sitting postures

Keep the ribcage uplifted and don't push the ribcage forward

Buttock bones firm and press the palms on the floor, inner thighs on the floor and create space in the sacral lumbar spine

Stretch the legs, feet, toes out. keep the inner thighs firm



The January workshop will be focused to understand the Anatomy of the body in Asanas and Pranayama. The functions of the skeletal, organic, muscular, joints, skin and breath. The understanding of the body is an important factor in understanding Asanas and Pranayama. The workshop is for everybody who wants to get a deeper visual understanding of the human body. Understanding body Anatomy is like a map, necessary to understand how the body should be worked during Asana and Pranayama.

The workshop is theoretical and with Asana, Pranayama practice.

### WORKSHOP IN JANUARY

### Understanding Body Anatomy in Asana and Pranayama

[\(CLICK TO BOOK WORKSHOP\)](#)