



Tutor

Bijam

(Dr. Jenni Connaughton)

Yoga Scotland trained and registered teacher; also trained in the Bihar School of Yoga (Satyananda) tradition

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WEEKLY CLASSES

MONDAYS GATE 55, SIGHTHILL, EDINBURGH

16.30 – 18.15 (all levels - gentle)

TUESDAYS CURRIE COMMUNITY HIGH SCHOOL- EDINBURGH

Book via www.joininedinburgh.org/currie

19.15 – 21.15 - Intermediate

WEDNESDAYS -WEST LOTHIAN

13.15-14.30 - Chair Yoga at Ability Centre Livingston –

16.45– 18.15 -Gentle Yoga at St. Mary's & St. Columba's Church Hall,
Livery St. Bathgate –

18.45-20.15 – Choose YOU Yoga Studio Livingston: General class
suitable for all levels

18.45 – 21.00 Yoga class as above then Satsang (discussion) and
meditation practice (experienced students)

Other than Tuesdays in Edinburgh, book directly with me



Yoga with Bijam in the tradition of the Bihar School of Yoga

- What is yoga?
- What is the Bihar School of Yoga?
- What can I expect in a class?
- Can anyone do yoga?
- Attending a class

About yoga

The word yoga means union, which we interpret as unification of body, breath, mind and spirit. The form most well-known in the West is Hatha Yoga, the yoga of balancing and harmonizing energies using the physical body and the breath. The cornerstone of yoga practice is the development of AWARENESS, also known as MINDFULNESS. Regular yoga practice brings benefits to physical and mental health, especially conditions where stress may worsen or even possibly cause the problem. But actually, Yoga is a philosophy of living, a way to develop a more fulfilled life.

What is Bihar yoga?

The Bihar School of Yoga is named after the state in India where **Swami Satyananda**, who developed this form of practice from traditional sources, established his first ashram and school of yoga. It includes all aspects of yoga practice from its roots over 5,000 years ago. Sometimes the Western approach to yoga can over-emphasise physical postures (asanas). The Bihar School of Yoga tradition teaches asanas in a gentle and progressive way. Asanas are practised to achieve physical stability and steadiness; uniting asanas with the breath allows the development of awareness and inner stillness, fundamental to meditation practice. Meditation is at the heart of yoga practice and the physical practices are done in a meditative way. All the practices work on both body and mind as these are not separate entities but aspects of the whole personality. Mind is in body and body is in mind.

I'm a complete beginner.....What can I expect?

My classes are quiet, without music, as this helps develop inner meditative awareness. Each class will include an initial brief sitting and chanting the mantra OM, ASANAS (postures); PRANAYAMA (breathing techniques) and YOGA NIDRA to induce a very deep state of relaxation and to help train the mind for meditation practices. Seated meditation practice is usually introduced after about a year of class and preferably with an ability to make time for some personal home practice.

1:1 sessions are in my home yoga room in Edinburgh, with payment by donation for charities. I give out personal home practice plans and recommend repeat sessions 2-3 weekly as required.

Can anyone do yoga?

YES. Yoga asanas can be adapted for anyone, however old, young, fit or unfit, thin or overweight. However, if you are pregnant and new to yoga it is advisable not to begin yoga until after week 16. The Registration form includes a health questionnaire so that I can plan suitable adaptations for anyone with limited mobility or other health need. There's a separate leaflet for the specialist 12-week programme "Yoga for Healthy Lower Backs".

Do I have to be very flexible to do yoga?

NO. This is a common mistake. Yoga asanas should be steady, strong, and comfortable. Flexibility will gradually increase if you are patient; meantime, don't strain or you can damage yourself. While it is agreeable to be able to go into poses easily, everyone's anatomy is different and it's important to be honest and start from where we are.

What are the therapeutic classes like?

Designed to meet the needs of students with health problems of any kind. Generally, the classes follow the same pattern but as might be expected the asanas are gentler and I suggest modifications for practising seated in a chair (or a wheelchair).

Attending a class

- Clothing: wear comfortable unrestricted clothing such as joggers or leggings and T shirt, with a top you can add or take off according to the temperature! We practice in bare feet.
- Food: don't eat in the two hours before class unless you have a clinical need e.g. diabetes
- Water: can be taken before or after but preferably not during class
- What to bring: a yoga mat if you have one, (not a thick aerobic mat) or a towel, and a light cover for the yoga nidra.
- Please be on time. If you are late, do come in, but lie down quietly and relax for a few moments before joining in.
- Especially if you're new to the class, I appreciate a text or email that you can't come any week – it helps me to plan.