



SEVA YOGA KAMPEN

Afdeling Mol - Meerhout

Oefenschema's gevorderden online (2020/2021)

Leraar: Walter Ruts

G1

Algemene richtlijnen voor de ganse les:
Aandacht voor lichaam, ademhaling en geest
Beweging en AH vloeien samen
Geniet van harmonisch samenvloeien

JaarThema's:
Rekken van de achterzijde (vooral de benen)
Versterken van de rug (danda)
Losmaken van knieën en bekken
Versterken buikspieren
Maha mudra

1. Obs. AH - Obs. lichaam
Bewust van lichaam, adem
Beleef verbondenheid met
aarde en universum
6 AH

2. 6x

3. 4X + 4 AH
l.e.k.
afw.

4. 6x

5. 4 X + 4 AH
l.e.k.

6. Kleine spreidstand

7. 4x + 4AH

8.

9. 6x

10. 4x + 4AH

11. 4x + 4AH l.e.k.
6X + 6 AH

12. 6x l.e.k.

13. 4x + 4AH

14. 4x + 4AH

15. IN, EX (AR LL) 4x

16. Ontspanning

17. agnisara kriya

18. Kapala bathi + Verinnerlijking + meditatie
Nadishodanam



Seva Yoga Kempen Meerhout G2



JaarThema's:

Rekken van de achterzijde (vooral de benen)
Versterken van de rug (danda)
Losmaken van knieën en bekken
Versterken buikspieren
Maha mudra

Algemene richtlijnen voor de ganse les:

Aandacht voor lichaam, ademhaling en geest
Volledige AH
IN = EX
naar 1 1/2 1 1/2
+ Ujjayi
Beweging ingebed in AH

1. Obs. AH - Obs. lichaam
Bewust van lichaam, adem
Beleef verbondenheid met
aarde en universum
6 AH

2. 6x
l.e.k.

3. 4 a 6
AH
l.e.k.

4. 6x

5. uddiyana bandha
LL zolang met
gemak kan.

6. 4x
+
4AH

7. 6x

8.

9. 3X
{
LB
RB
BB
}

of

10. 6x

11. 3X
EX - IN
IN
EX
IN
EX
EX - IN
1 AH
4X
l.e.k.
Afw.

12. 6X
+
6AH

13. 3AH
RB gestrekt
3X
l.e.k.

14. Ontspanning

15. Brahmani PY
+
Verinnerlijking

Dagelijks oefenen maakt/houdt je lichaam gezond, sterk en soepel en de geest (het denken) helder, geconcentreerd en rustig. Hierdoor verhoogt de kwaliteit van je leven op alle vlakken. **Doen dus!!**
De beste yogapraktijk is deze die geïntegreerd is in je dagelijks leven!

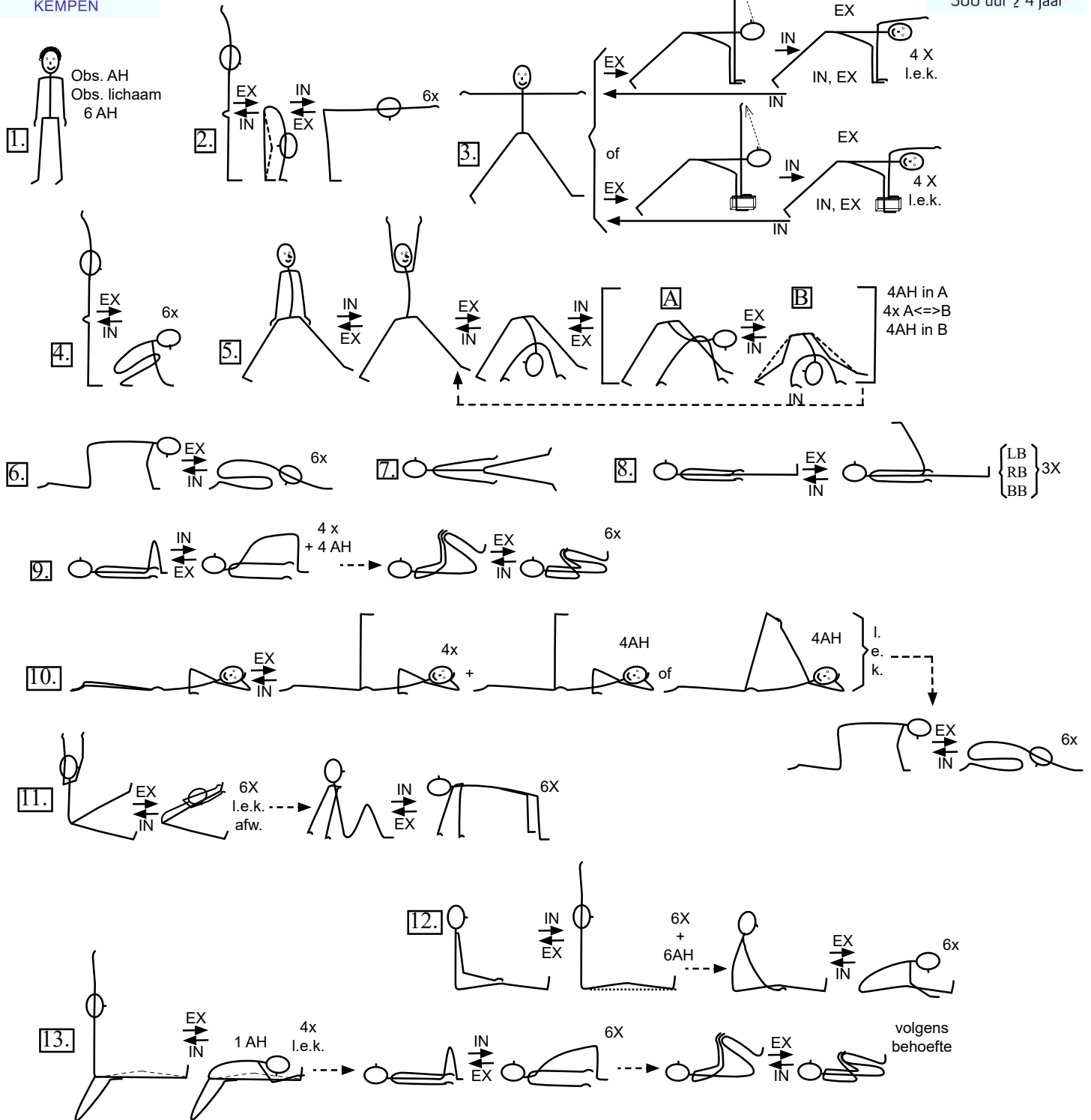
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sevayoga@scarlet.be
014 31 08 65



Seva Yoga Kempen Meerhout G3

JaarThema's:
 Rekken van de achterzijde (vooral de benen)
 Versterken van de rug (danda)
 Losmaken van knieën en bekken
 Versterken buikspieren
 Maha mudra

Algemene richtlijnen voor de ganse les:
 Lichaam- en adem bewustzijn
 Volledige AH [IN = EX; Ujjayi; 1 1/2 1 1/2]
 Danda ==> Aanzet kinklem
 Juiste inspanning



Pratiloma UJ PY
 4 AH (1, 1/2, 1, 1/2)
 4 AH (1, 3/4, 1, 3/4)
 8 AH (1, 1, 1, 1)
 4 AH (1, 1/2, 1, 1/2)

IN BNG
 EX LNG
 IN LNG
 EX BNG

IN BNG
 EX RNG
 IN RNG
 EX BNG

Verinnerlijking
 Meditatie

Dagelijks oefenen maakt/houdt je lichaam gezond, sterk en soepel en de geest (het denken) helder, geconcentreerd en rustig. Hierdoor verhoogt de kwaliteit van je leven op alle vlakken. **Doen dus!!**
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Seva Yoga Kempen Meerhout G4



Algemene richtlijnen voor de ganse les:

Lichaam- en adem bewustzijn
 Volledige AH [IN = EX; Ujjayi; 1 1/2 1 1/2]
 Rug gestrekt ==> Aanzet kinklem
 Achterwaarts buigen: Hoofd laatst

JaarThema's:

Rekken van de achterzijde (vooral de benen)
 Versterken van de rug (danda)
 Losmaken van knieën en bekken
 Versterken buikspieren
 Maha mudra

1. Obs. AH
Obs. lichaam
6 AH

2. IN EX
IN EX
LB
EX
IN EX

3. EX
IN
6x

4. agnisara kriya
3 rondjes

5. 4X + 4 AH
i.e.k. afw.

6. IN EX
6x

7. EX
IN
6x + 6AH

8. IN EX
9. IN EX
4 X + 4 AH
EX
IN
6x

10. (8, 10, 12) AH
4 AH
EX
IN
6x

11. IN EX
6x
3AH
na 11+12
EX
IN
6x

12. IN EX
6x

13. EX
IN
6X + 6, 8, 10 AH
IN EX
6X

14. 3AH
3AH
3AH

15. EX
IN
1 AH
4x i.e.k.
IN EX
6 X
EX
IN
volgens behoefte

16. Ontspanning

17.

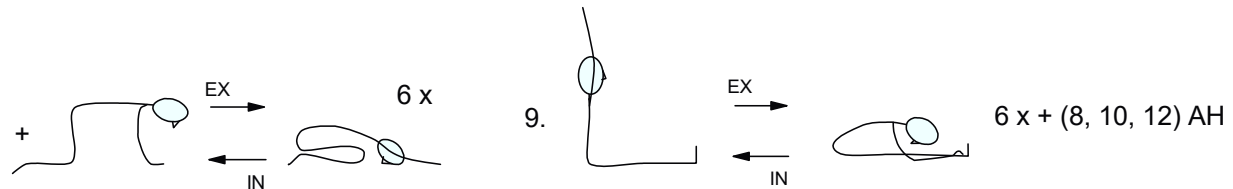
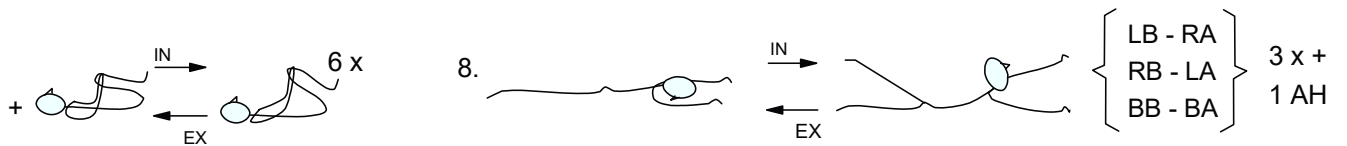
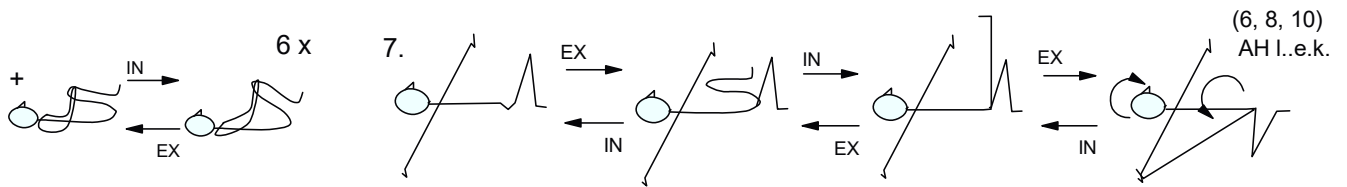
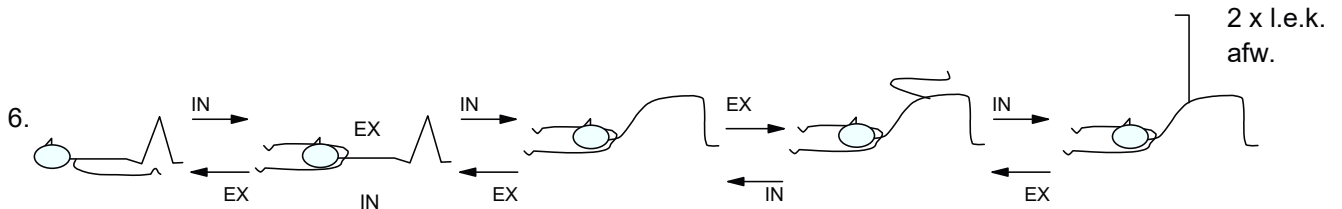
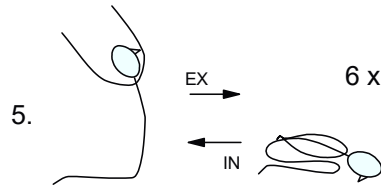
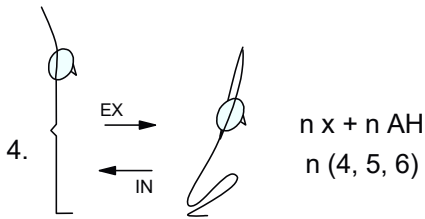
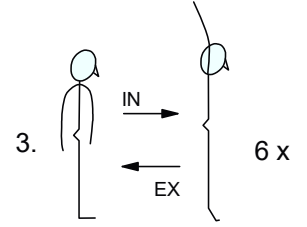
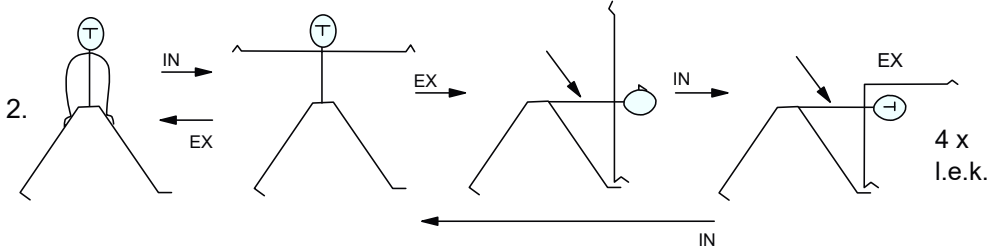
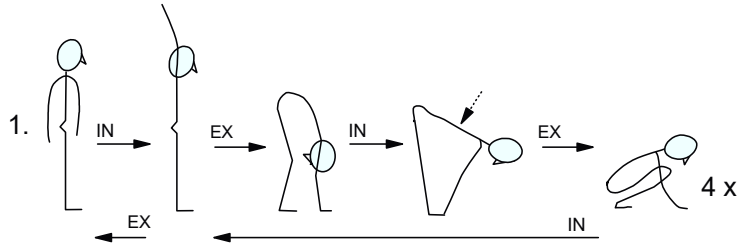
Nadishodanam PY				
4AH:	1	1	1	1/2
4AH:	1	1 1/2	1	1/2
8AH:	1	2	2	1/2
4AH:	1	1/2	1	1/2

+ Verinnerlijking
 geest blijven observeren
 één worden met de stilte op de achtergrond in jezelf
 bewust van dat wat je in wezen bent

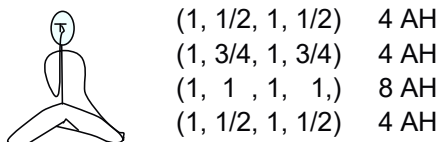
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- m2 apāna vāyu jāyate
- m3 samāna vāyu jāyate
- m4 udāna vāyu jāyate
- m5 vyāna vāyu jāyate
- m6 sarva pañca vāyu jāyate

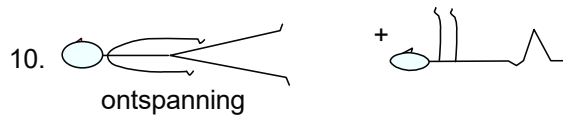
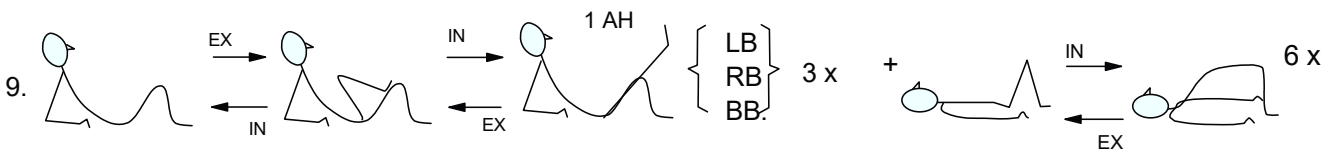
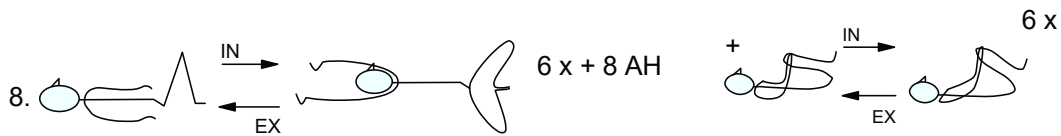
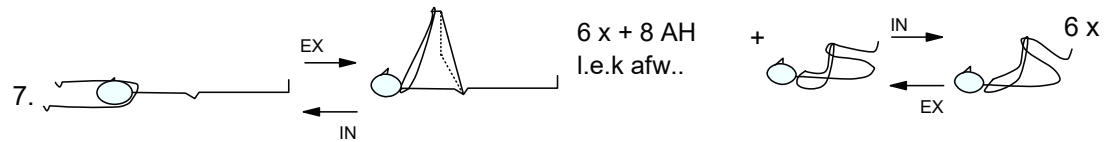
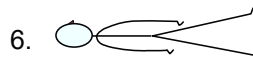
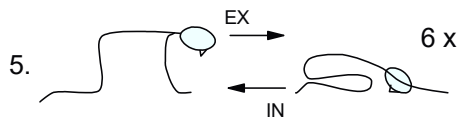
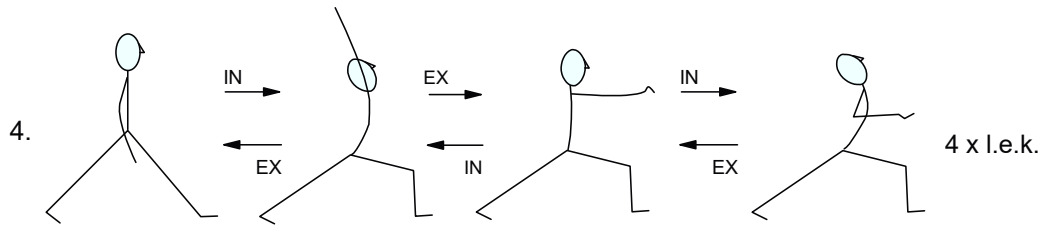
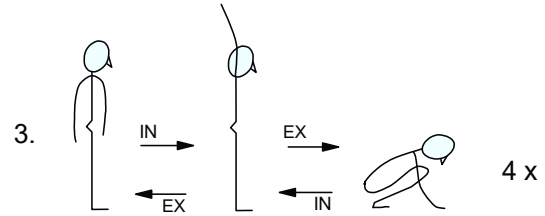
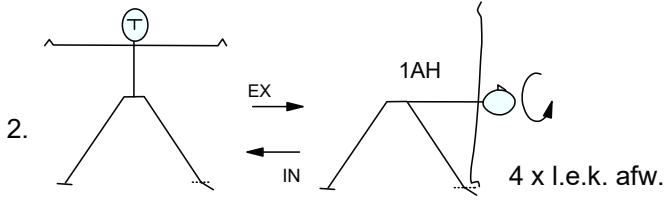
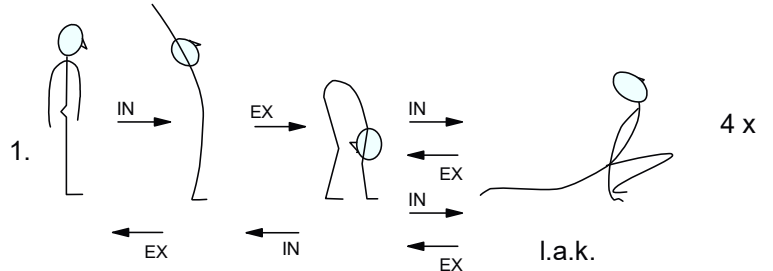


11. Pratiloma Ujjāyī Prāṇāyāma : (anuloma - viloma) L + (anuloma - viloma) R



12. Meditatie

- m1 prāṇa vāyu jāyate
- m2 apāna vāyu jāyate
- m3 samāna vāyu jāyate
- m4 udāna vāyu jāyate
- m5 vyāna vāyu jāyate
- m6 sarva pañca vāyu jāyate



Nāḍyīśodhanam P.Y.

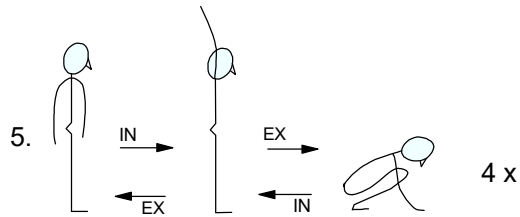
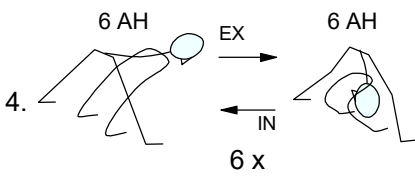
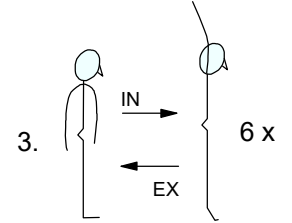
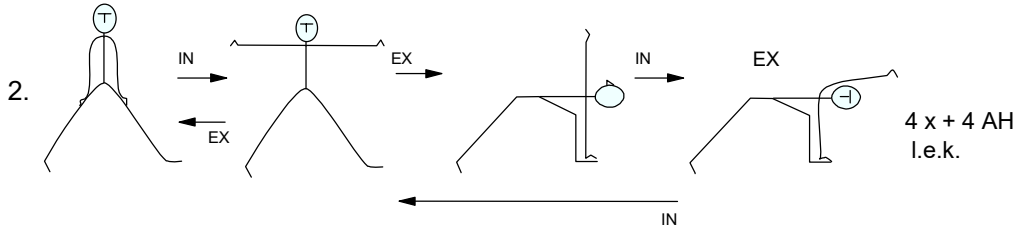
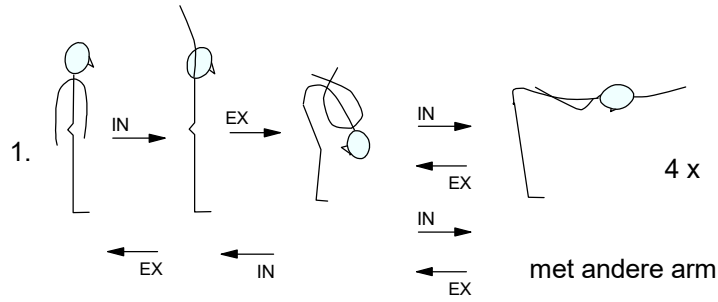
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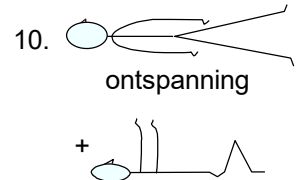
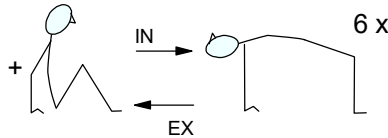
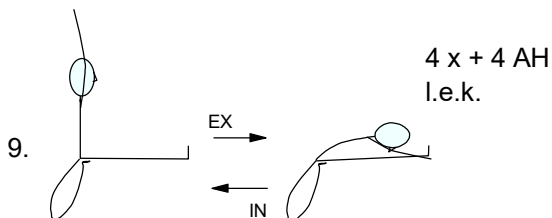
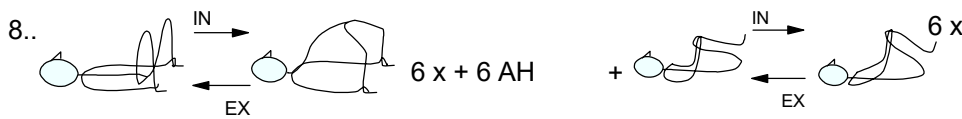
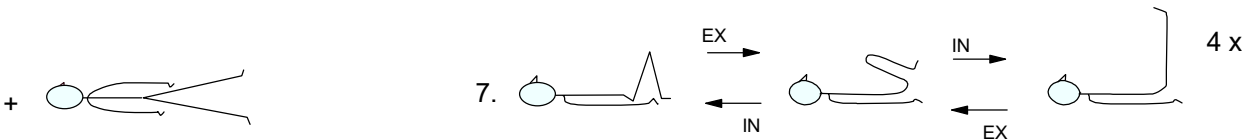
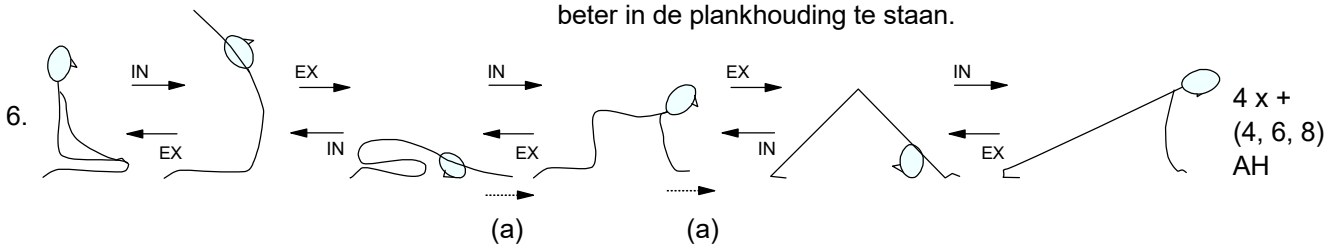
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		(1, 1/2, 1 1/2, 1/2)	4 AH	(1, 1, 1, 1/2)	4 AH
		(1, 1/2, 2, 1/2)	4 AH	(1, 1 1/2, 1, 1/2)	4 AH
		(1, 1/2, 2, 1)	4 AH	(1, 2, 1, 1/2)	4 AH
		(1, 1/2, 1, 1/2)	4 AH	(1, 1/2, 1, 1/2)	4 AH

12 meditatie

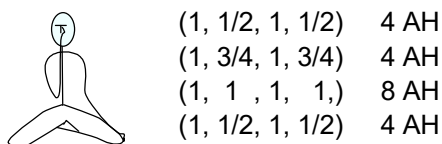
- m1 prāṇa vāyu jāyate
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- m6 sarva pañca vāyu jāyate



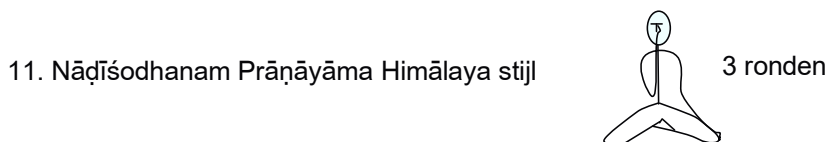
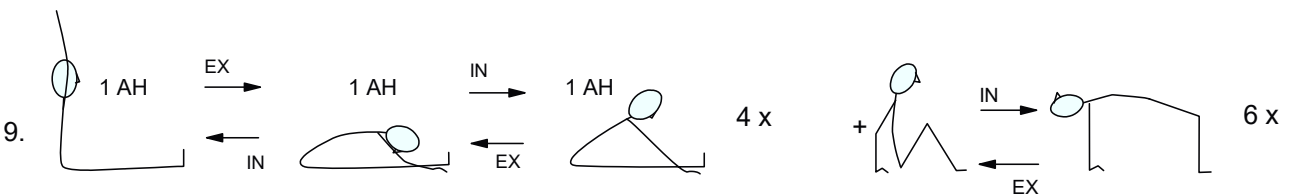
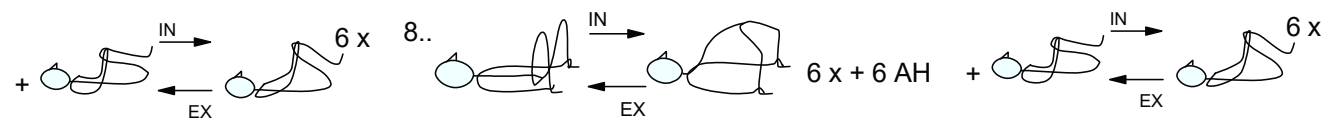
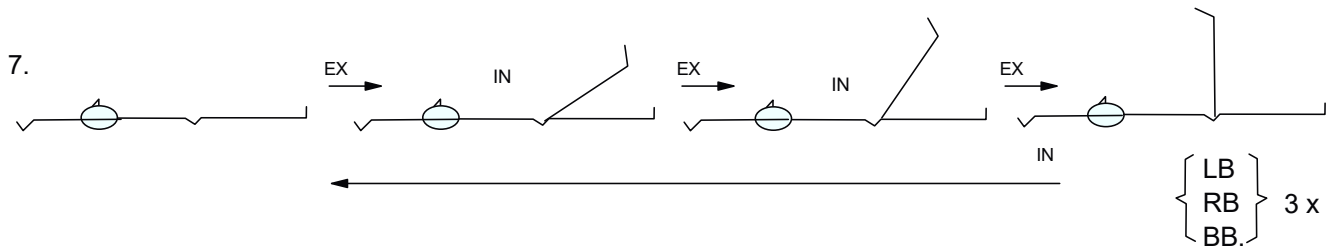
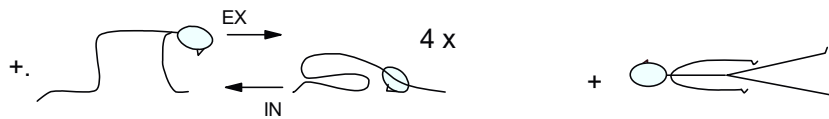
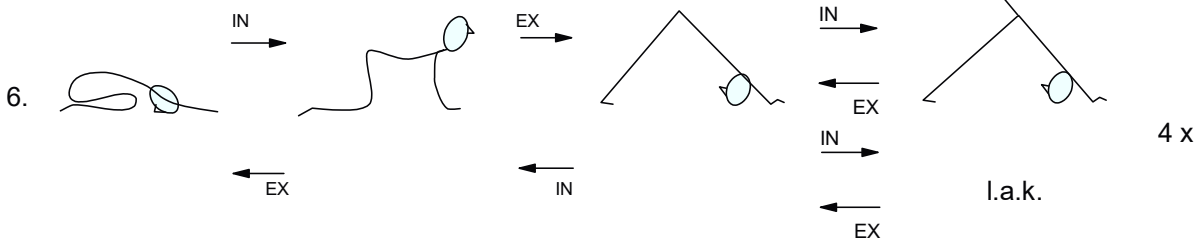
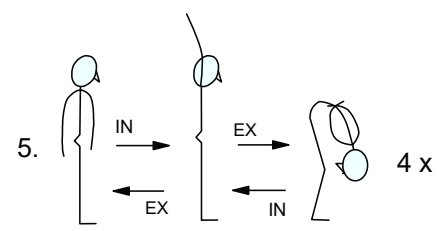
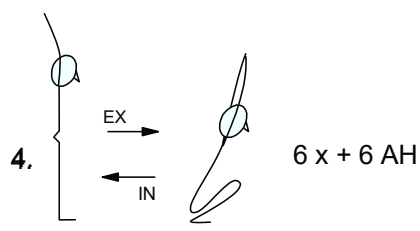
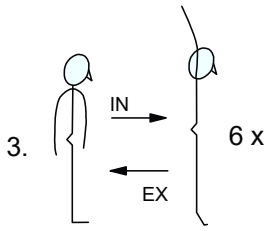
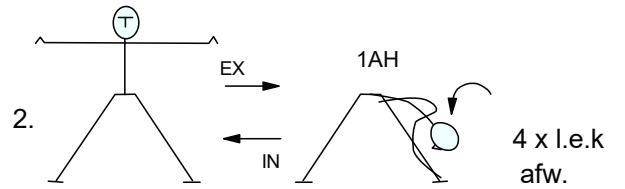
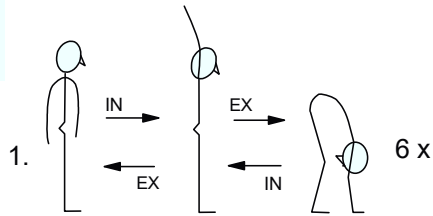
(a) plaats je handen wat meer naar voren dan gewoonlijk om beter in de plankhouding te staan.



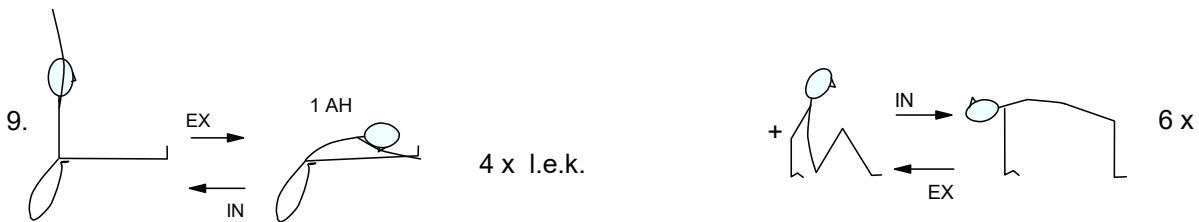
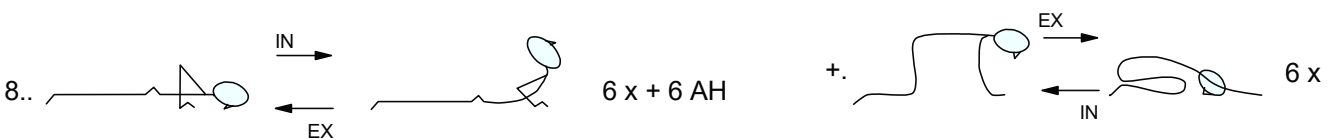
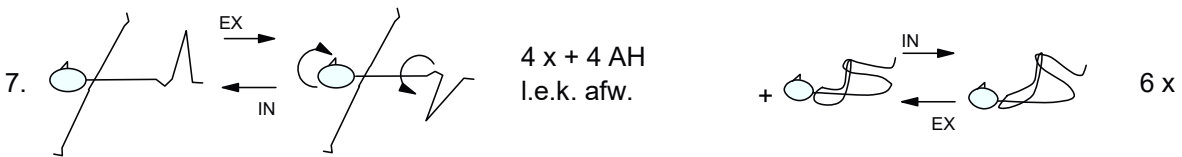
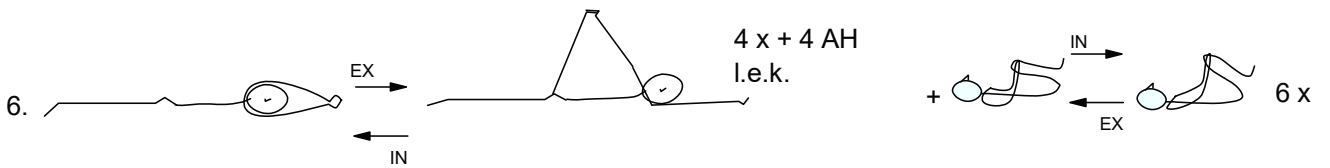
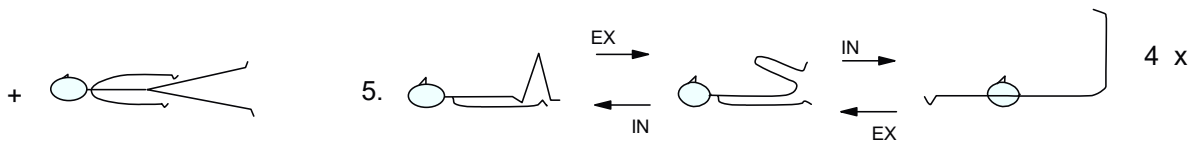
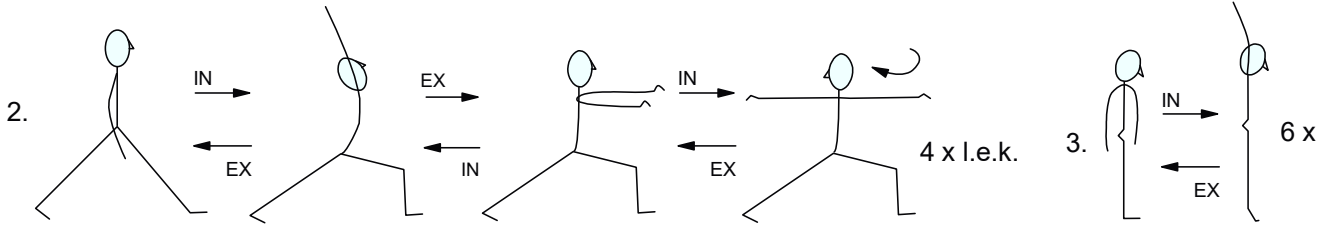
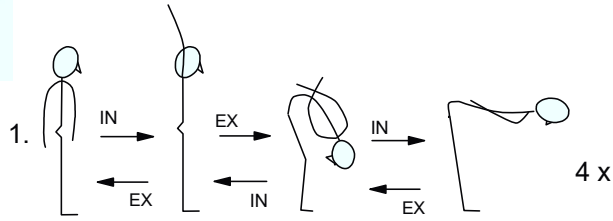
11. Pratiloma Ujjāyī Prāṇāyāma : (anuloma - viloma) L + (anuloma - viloma) R



12. Meditatie

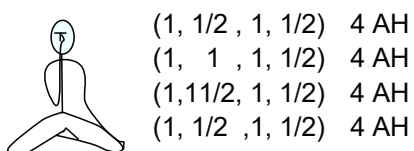


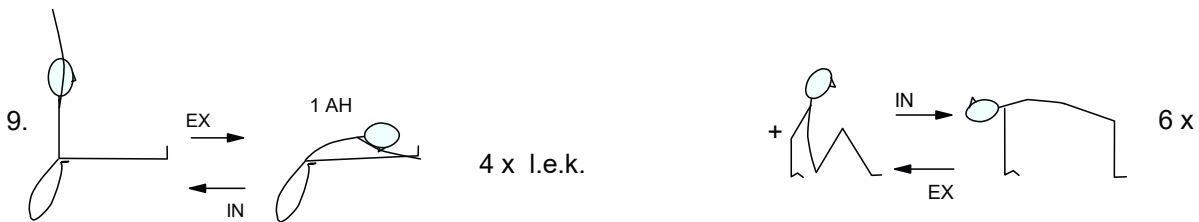
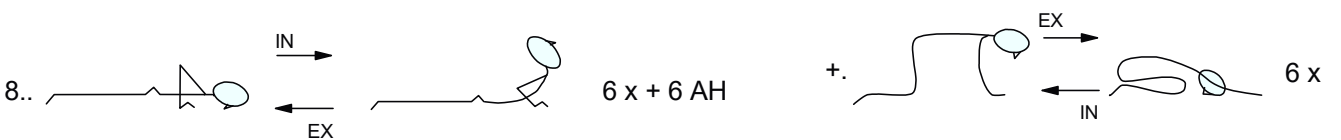
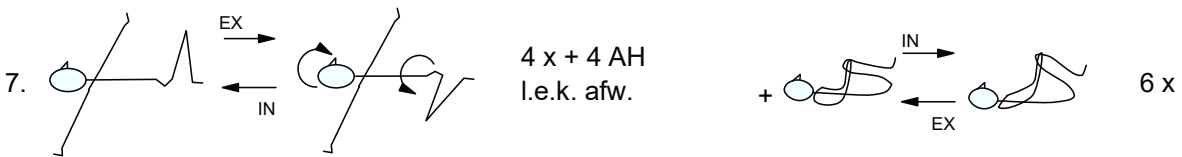
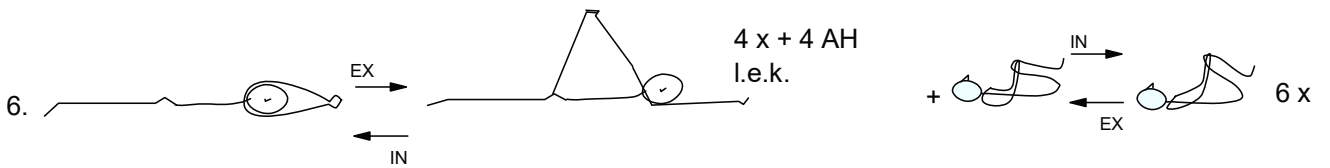
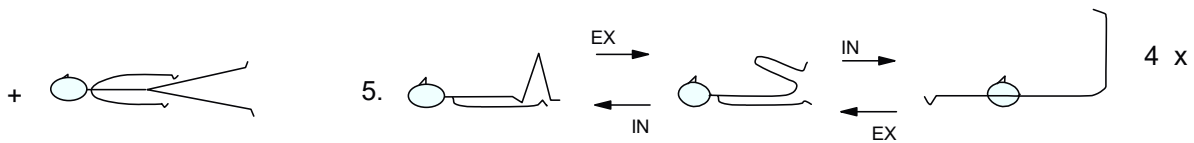
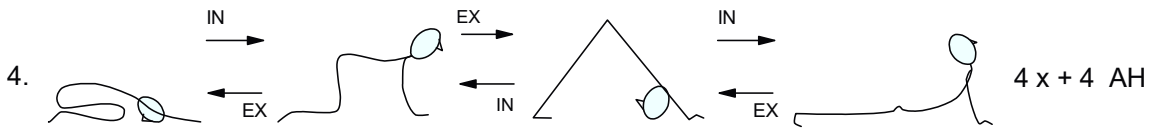
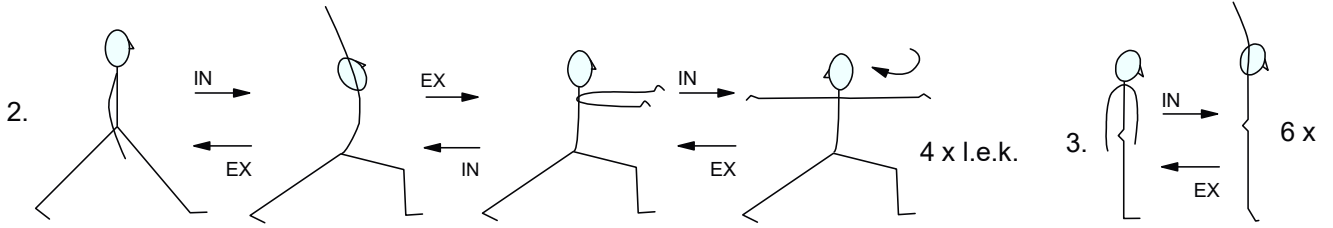
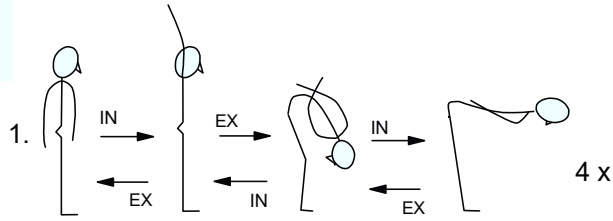
12. Meditatie



11. Prāṇāyāma : VUP (IN LNG, EX BNG UJ, IN RNG, EX BNG UJ)

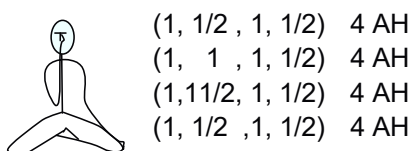
13. Meditatie

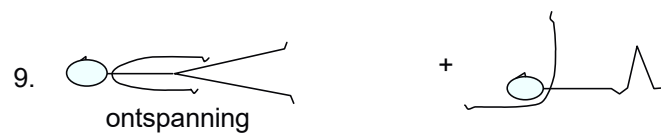
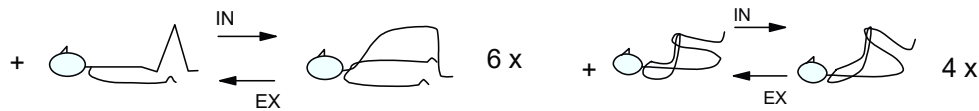
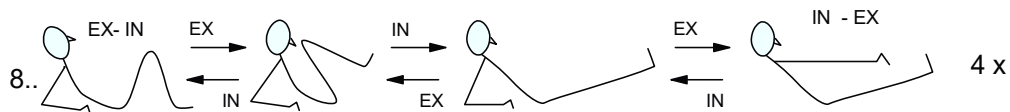
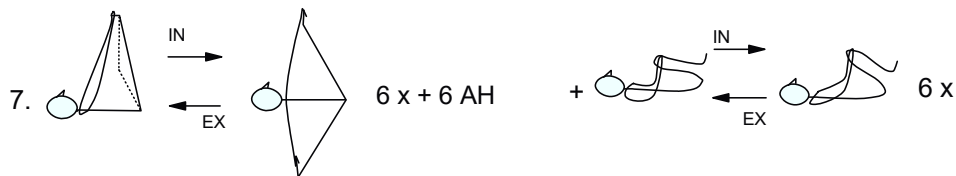
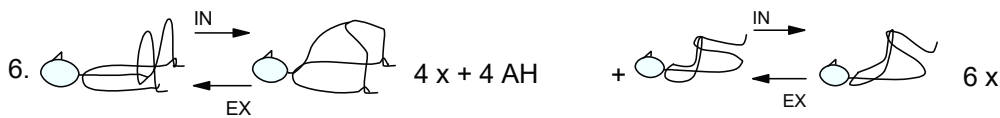
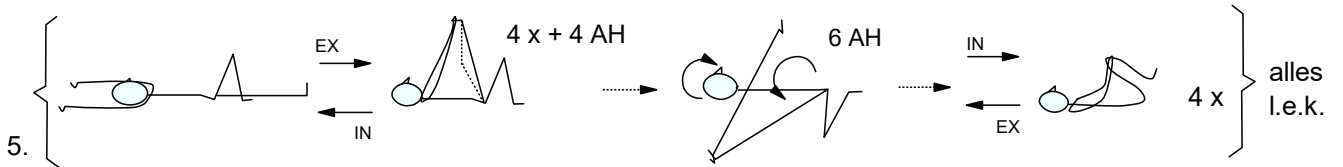
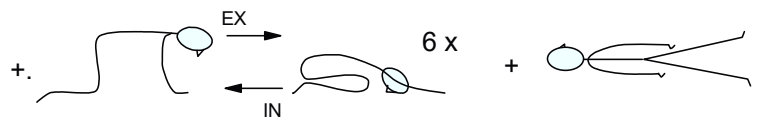
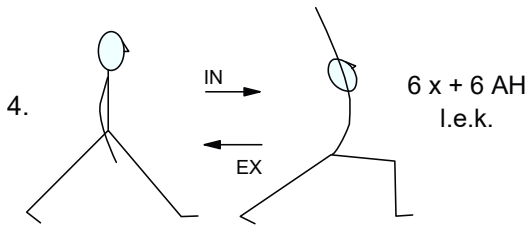
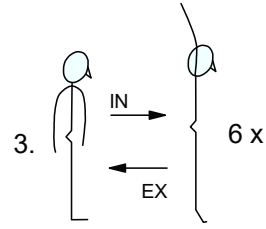
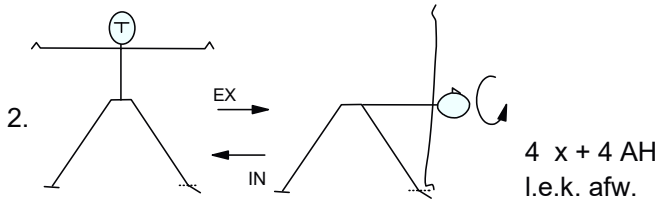
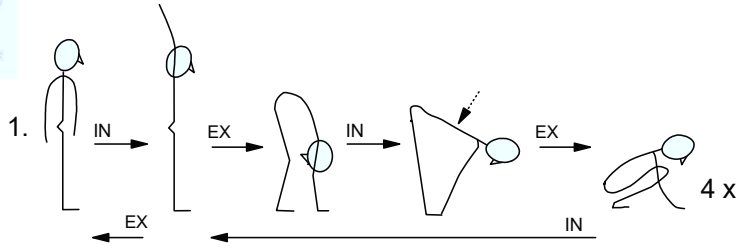




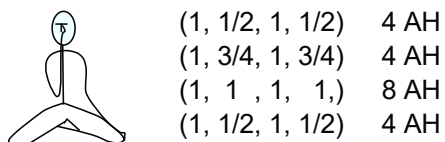
11. Prāṇāyāma : VUP (IN LNG, EX BNG UJ, IN RNG, EX BNG UJ)

13. Meditatie

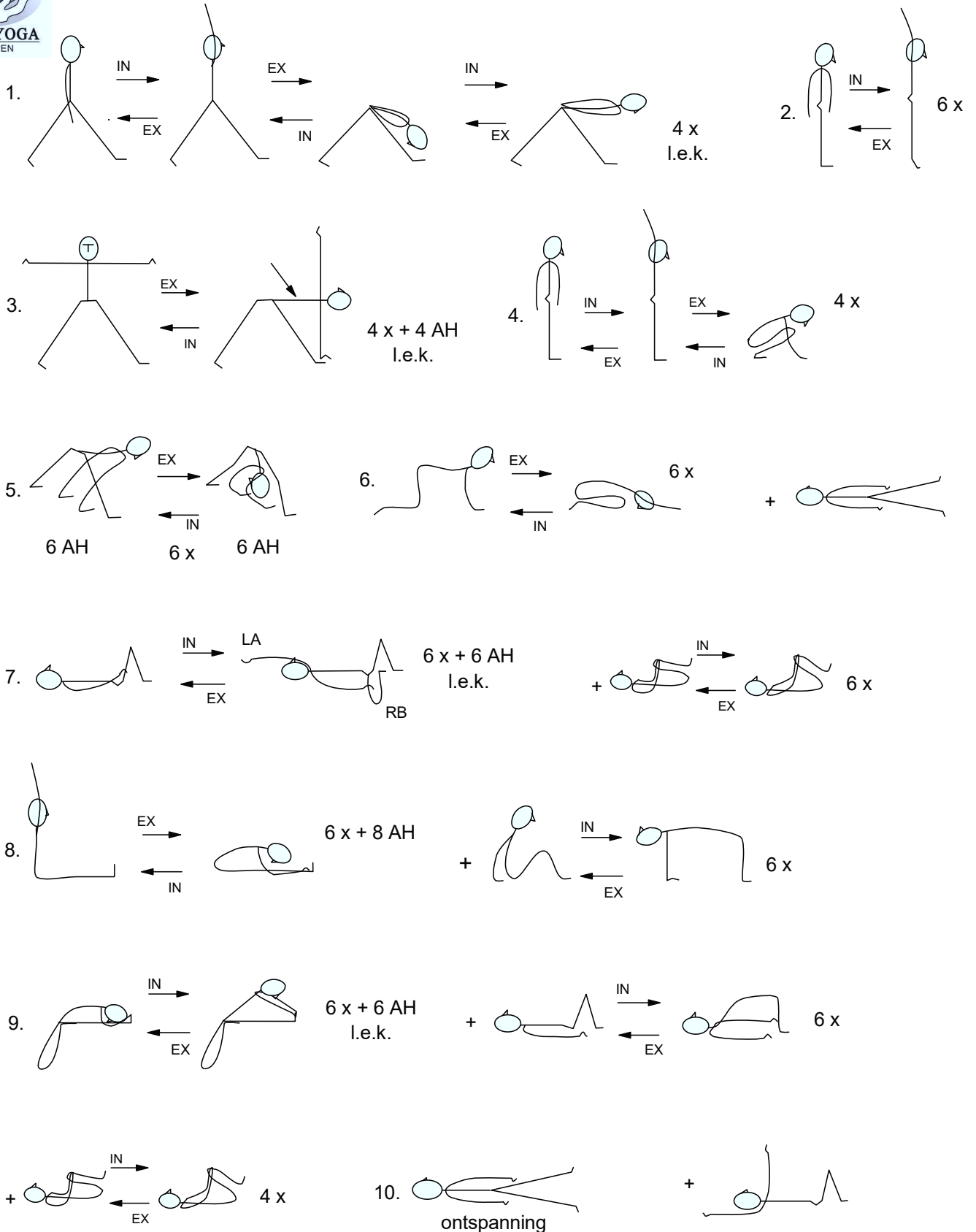




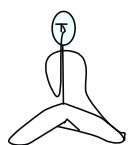
10. Pratiloma Ujjāyī Prāṇāyāma : (anuloma - viloma) L + (anuloma - viloma) R



11. Meditatie



11. Nāḍīśodhanam Himālaya Stijl 3 ronden actief NG = meest open - passief NG = minst open



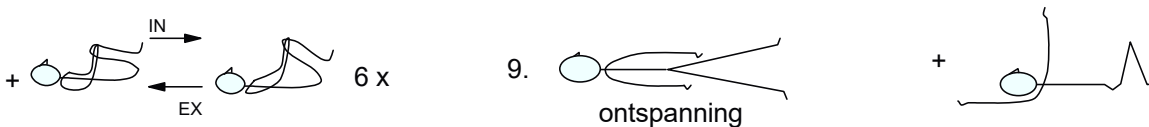
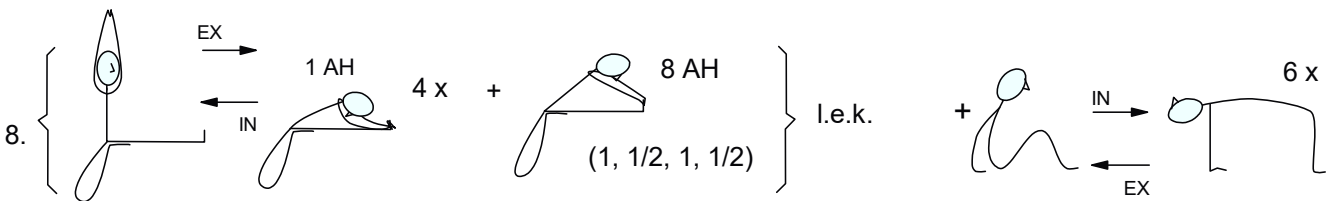
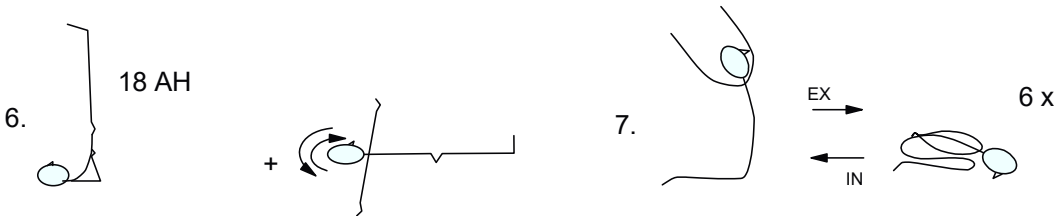
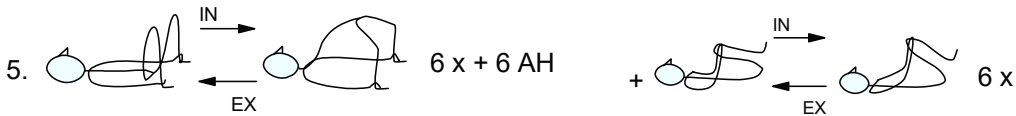
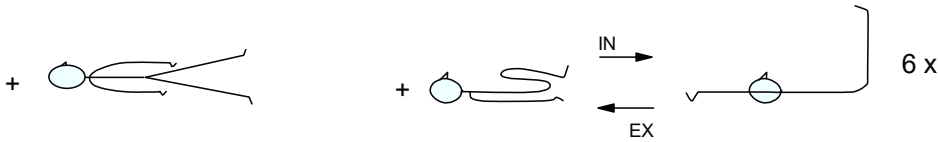
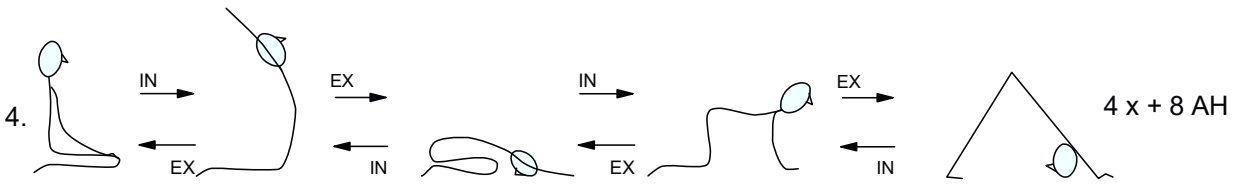
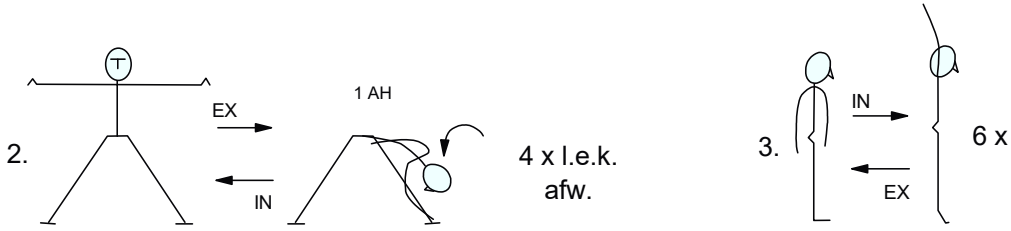
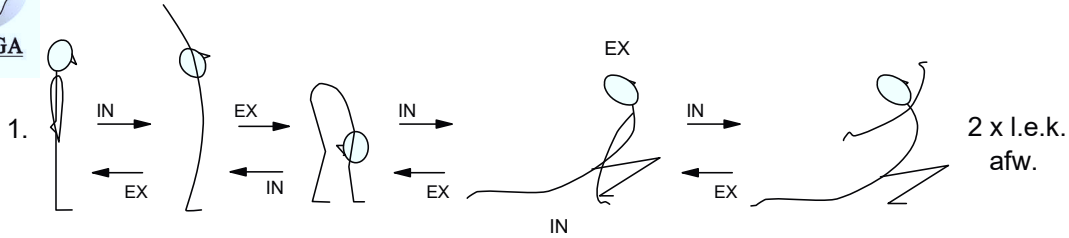
eerste en derde ronde

IN BNG
EX actief - IN passief (3 x)
EX passief - IN actief (3 x)
EX BNG - IN BNG (3 x)

tweede ronde

IN BNG
EX passief - IN actief (3 x)
EX actief - IN passief (3 x)
EX BNG - IN BNG (3 x)

12. Meditatie



10. Prāṇāyāma

11. Meditatie

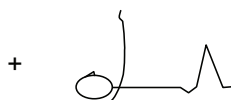
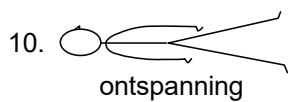
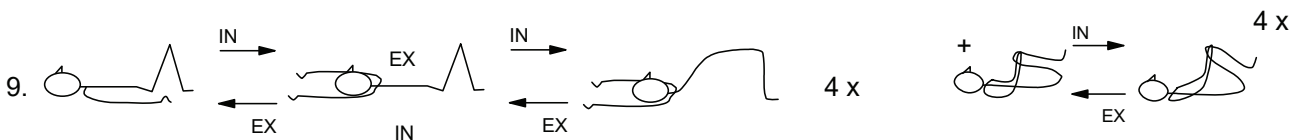
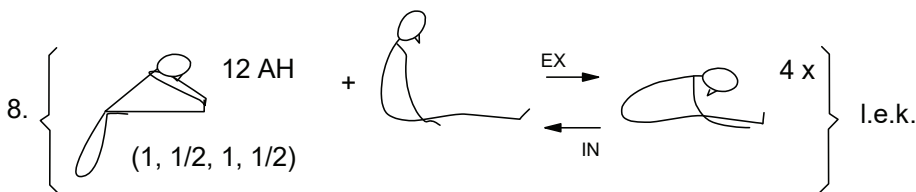
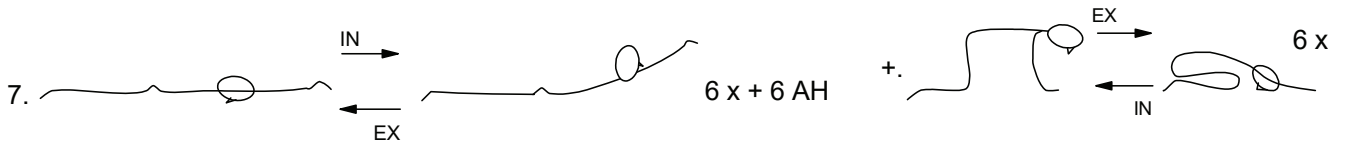
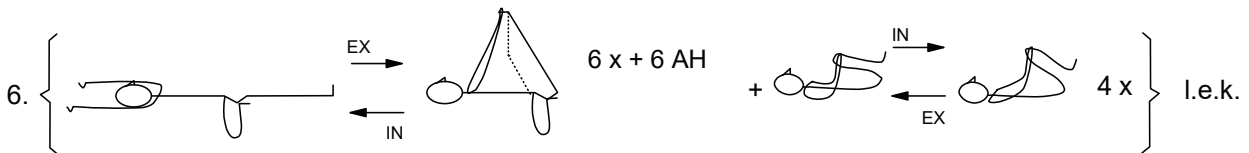
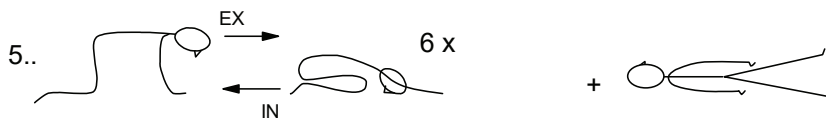
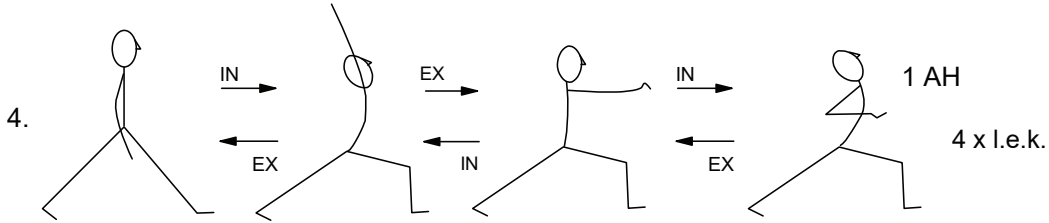
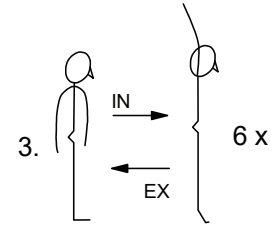
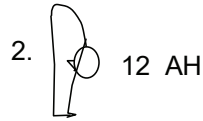
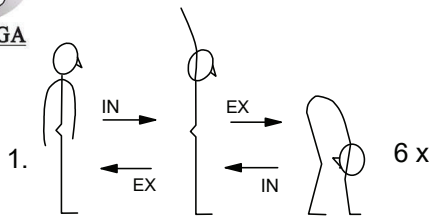


.Śītalī 12 AH EX > IN (afw. L en R NG)

(1, 1/2, 1, 1/2) 4 AH

Pratiloma ujjāyī (1, 3/4, 1, 3/4) 4 AH

(1, 1/2, 1, 1/2) 4 AH



11. Prāṇāyāma



.Nāḍīśodhanam (klassiek) 20 AH

(1, 1/2, 1, 1/2) 4 AH

(1, 1, 1, 1/2) 4 AH

(1, 1, 1, 1) 8 AH (bandha's)

(1, 1/2, 1, 1/2) 4 AH

12. Meditatie