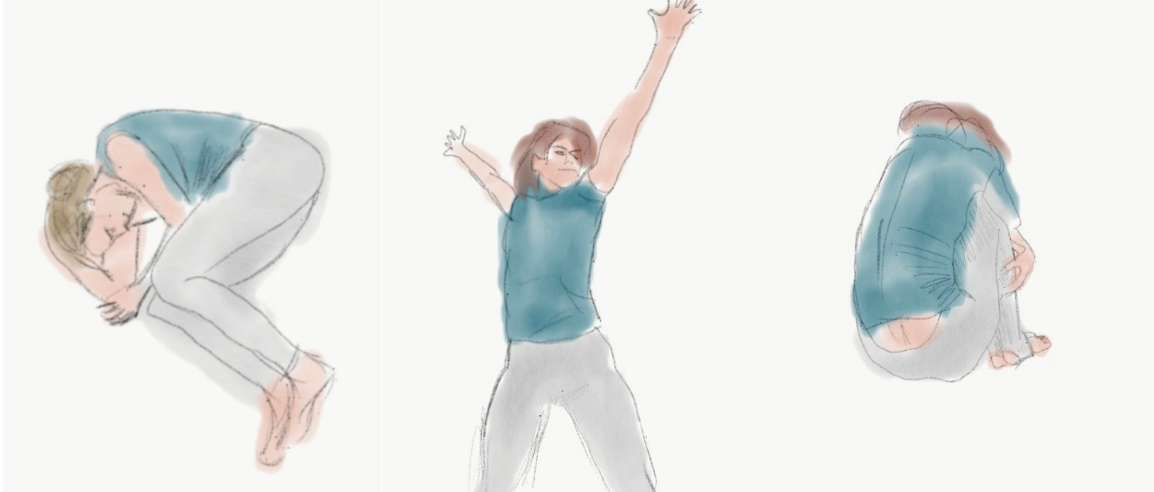


A YOGA COURSE WITH SAM LOE

Nourishing Yoga Moves



Introduction

What does it take to make your yoga practice a nourishing one?

The word 'nourish' is a verb that asks us to feed, sustain and maintain something, and in addition it is also a call to nurture, foster, hold or keep an intention in one's mind. In the context of yoga I see it as a vital ingredient to cherishing ourselves enough to keep committing to, enjoying and evolving our own practice.

In the contemporary misunderstanding and interpretation of yoga we can be forgiven for approaching yoga as a sports activity or even a performance. I would like you to consider however that *Yoga is not exercise*.

Exercise is generally focussed on the outcomes to our body structure and makes a demand on the body in order to increase muscular endurance and fitness which involves expending energy. Approaching yoga in the way that we might take on a new aerobics class or fitness boot-camp, may have beneficial effects to begin with, but is unsustainable in the long term and encourages a self-competitive "no pain, no gain" attitude and approach.

Even though it can offer undeniable physical benefits, the ancient practice of Yoga seeks to support our daily lives on a physical, energetic, mental, emotional and spiritual level. Yoga is a closer relation to meditation than it is to exercise and practiced in line with its original and traditional intentions should be maintaining or increasing our energy levels as an outcome. It is

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also an opportunity to observe physical and mental habits that don't serve us and instead develop functional habit patterns that serve our daily lives and interactions. So please consider that: Yoga is not a 'work-out' but a 'work-in' and, that the approach I encourage is more a "gently does it" mindset.

We are using a somatic approach of inquiry to explore movement from the inside out so that we can foster internal awareness. We do this through interoception by feeling, registering, mapping and tracking sensation. We can then use that feedback to become more skilled in our responses and movement choices.

A somatic approach to yoga asks you to:

- Cultivate Curiosity
- Move slowly and quietly
- Take Rest
- Notice what you Notice
- Stay away from performance
- Move with pleasure – no pain or strain
- Listen for your Inner YES
- Cultivate smoothness in your movement
- Make choices that generate life force rather than use it up
- Honour your whole Soma

Know yourself as a self-monitoring, self-organising, self-renewing Soma –
An Aware, Awake, Alive, breathing, thinking, conscious body.

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The course unfolds in an evolutionary manner starting with quiet floor based, laying down movements to connect with the ground and breath before exploring seated body shapes, posture, walking and reaching into the world through standing forms as well as finding fluid transitions between all of these functional movements.

May it nourish you at this time.

Ayur Mantra

From the Taittiriya Aranyaka IV.2

Om āyur[|] dhehi prāṇaṃ[|] dhehi

May my life be nourished. May the upward flow of energy be nourished

Om, apānaṃ[|] dhehi vyānaṃ[|] dhehi

May the downward flow and circulating energy be nourished

Om caksur[|] dhehi śrotraṃ[|] dhehi

May my sight and hearing be nourished

Om mano[|] dhehi vācaṃ[|] dhehi

May my mind be nourished and my speech be nourishing

Om ātmānaṃ[|] dhehi praṭiṣṭhāṃ[|] dhehi

May my soul be nourished. May I rest in that nourishment

Om māṃ[|] dhehi mayi[|] dhehi

May I be nourished and through that nourishment bring pleasure to others

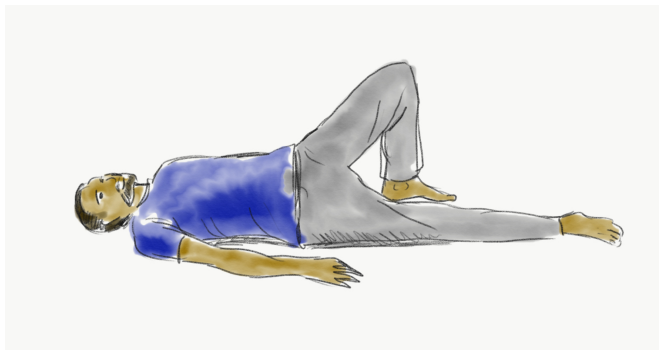
Week 1. Quietening Down Practices

Constructive Rest



Constructive Rest Position can restore your fatigued body and mind as it balances the Nervous System. Notice how the body shape regulates and encourage natural breathing as well as good digestion. This position may relieve back pain. Ultimately this simple practice will connect you with stillness and connection with your Self. For Guidance: <https://soundcloud.com/sam-loe/constructive-rest>

One Foot Press



Pressing one foot into the floor comes from the work of Peter Blackaby and is an effective way to map the contact area of the foot on the floor. One side of the body is in CRP as above and one side is in Savasana as below! As you press the foot evenly and quietly onto the floor the right hip gradually lifts as a result. You can track how this sequences through your whole body from a place of ease.

Savasana



Lie on a soft blanket, support the head with a folded towel. Place a pillow under your knees if you like, and definitely cover yourself with a blanket and if you have an eyebag or facecloth place it over the eyes or on the forehead. For more information: <https://samloe.yoga/dying-for-savasana/> or a guided Savasana: <https://soundcloud.com/sam-loe/body-sensing-in-savasana>

Your Notes
