



Yoga
union

Maha
ample, large, great, important

Asana
posture/pose

Pranayama
breath control/energy control

Bhakti R.Y.T.

Bhakti has been a student of yoga and meditation for more than 10 years. She understands from her own life experience the needs and particular challenges of plus sized people in practicing yoga, and has created *Maha Yoga* especially to meet these needs.

She is a Registered Yoga Teacher, trained in *Ananda Yoga for Higher Awareness™*, and has taught yoga and meditation at The Expanding Light Retreat and The Meditation Retreat in California, USA.

Bhakti has a background in natural therapies, and in 2008 she commenced studies in Ayurveda, a holistic health science closely related to yoga. She is available for Ayurvedic Lifestyle Consultations and Ayurvedic Body Therapies, as well as Holistic Aromatherapy.

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Maha[®]
Yoga
ॐ
Living Large

Maha[®]
Yoga
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What is Maha Yoga?

Maha Yoga classes are created specifically for plus size students, who may feel uncomfortable in a regular yoga class: perhaps due to self consciousness about their larger bodies, or thinking they are not fit or flexible enough, or being unable to relate to the stereotypical yoga image of thin people twisting their bodies into pretzel shapes. Often the teacher of a class may not know how to help a large person find the right adaptations of the pose to suit their shape and size, leaving the student feeling they have not received adequate assistance, or that they can't do yoga.

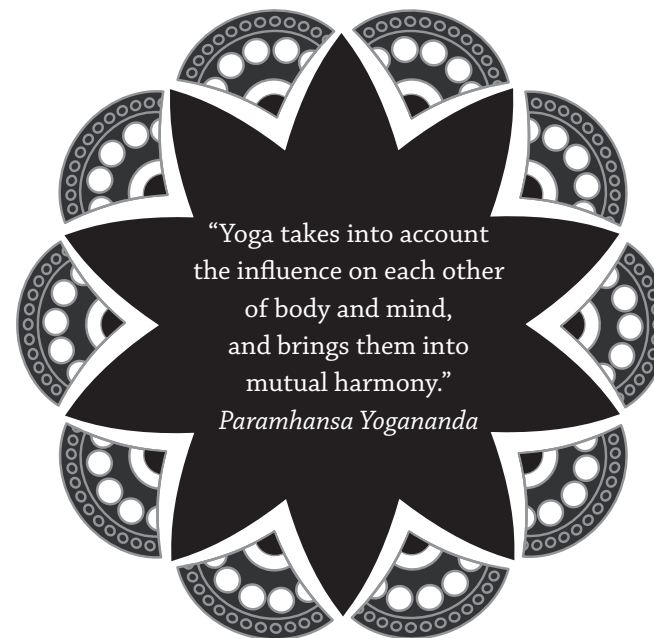
There is also a common misconception that you need to be fit and/or flexible to do yoga: the truth is that you can start at any level and the practice of yoga will increase both fitness and flexibility. *Maha Yoga* is a great way to explore and enjoy movement, no matter what your size, shape or level of fitness. Regular yoga asanas can be modified to suit all body shapes, sizes and individual needs, without losing their benefit.

Maha Yoga classes do not emphasize weight loss, diet, or aerobic exercise: the emphasis is on the deeper aspects of yoga – its ability to enhance your wellbeing on all levels: body, mind and spirit. Regular yoga practice can help to regulate weight, and to tone and shape the body, more importantly though, yoga brings about positive self-awareness and inner happiness, and helps put people more in touch with their bodies in healthy and beneficial ways.

Maha Yoga classes provide an environment especially for students with generous physiques, creating a sense of community and harmony for the practice and experience of yoga.

Benefits of Maha Yoga:

- Heightened sense of wellbeing
- Improved health
- Increased energy and vitality
- Increased agility and flexibility
- Releases stress and tension
- Increases muscle tone and strength
- Improved posture and ease of movement
- Greater poise, self confidence and self awareness
- Integration of body and mind
- Increased happiness, calmness and inner peace
- Improved sleep



Maha Yoga Foundation Series

Introducing *Maha Yoga Foundation Series* for beginners

- 10 weeks of **sequential** 1¼ hour classes
- For all levels of fitness and flexibility
- Supportive and encouraging environment
- Gentle, safe, appropriate and adaptable poses
- Fun and laughter

In this series of classes we build the foundation of all future yoga practice. Focus is on gentle practice of asana (postures), which can easily be modified to all shapes and sizes and to all levels of fitness and flexibility. Each week will build on the previous week - gradually increasing flexibility and strength in the joints and main muscle groups*. Introduction to yogic breathing practices (pranayama) promotes correct breathing and facilitates free movement of energy in the body. A few minutes is spent in deep relaxation and meditation at the end of each class. Class size is limited to ensure individual attention. Very simple and easy to adapt to a home practice.

Students may be asked to fill out a brief health questionnaire to ensure individual safety and quality of experience. This information will be treated as private and confidential.

See insert of brochure for location, time, class fees, and what to bring.

Bookings are essential.

Private tuition is available for individuals and groups.

**A regular home practice is necessary to achieve the maximum benefits of yoga.*