

Bernadette de Gasquet ©
"Yoga sans dégâts" (Damage-Free Yoga)/ 3 days

The practice of yoga without biomechanical precision for placement and breathing can lead to joint problems, heart and circulatory problems and more. These questionable practices are often a consequence of misunderstanding postures and consequently, poor adaptation to the European public. Furthermore, when yoga is adapted, personalized and respectful of biomechanics, it is a valuable tool in physiotherapy or exercise groups.

Damage-Free Yoga

Objectives

- Biomechanical analysis of postures and desired effects.
- Analysis of the usual placement and breathing errors and the risks involved.
- Ensuring physiological breathing, correct placement is basic yoga postures and auto-lengthening in all postures.
- Integrating the pelvic floor into breathing and placement for safer practice.

Program

Physiological breathing/ obstacles, means of correction.

- Notion of right posture: role of morphology
- Adaptations and use of positioning accessories
- The foundations of yoga postures: sitting, hands and knees, supine and standing postures
- Misconceptions: hyperlordosis and hyper extension, hip flexion and spinal flexion or bend
- Fundamental postures and desired effects
- Sequences « pose – counter pose », muscle strengthening and stretching
- Joint release
- Circulatory, visceral and energetic effects
- Basic balance poses
- Relaxation

PUBLICS :

Yoga teachers, Pilates teachers, Physiotherapists, Osteopaths, Midwives, Fitness instructors and open public.

LANGUAGE : French and simultaneous translation into English

DATES : 10, 11, 12 July 2020

INSTRUCTOR : Dr Bernadette de Gasquet

PRICE : 590€

PLACE: Vedanta Yoga Centre, Limassol, Cyprus