



Yoga for Life

A Program of Yoga Studies and Learning

Module 4: Vayu - Air



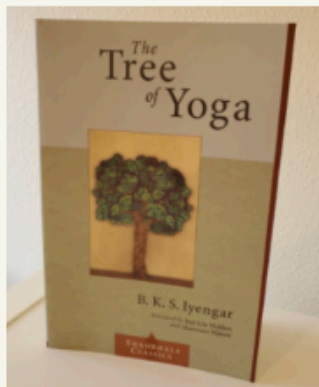
lightness, touch of intelligence, inspiration, open heartedness

Recording of Class Lecture 10/3/20

<https://youtu.be/z4f5xH2RH8E>

Welcome, the following reading and media will help you during the week to absorb the elements presented in the class lecture and then incorporate them in your practice and life.

Weekly Reading



BKS Iyengar, *Tree of Yoga*

Please read the following pages:

- The Roots (pg 50-51)
- Death (pg 35-36)
- The Branches (pg 54-56)
- The Leaves (pg 57-60)
- The Practical Approach (pg 93-96)

Video 5:



BKS Iyengar Intensive 2005

[\(Click here\)](#)

Please watch from the beginning of Gurujii's speech through minute 29 of the video.

Practice Session



Practice Ardha Chandrasana with support before Utthita Trikonasana.

Yoga Tool Kit

Tools to help you in your life



Keep the shoulders, chest, and upper back open for upliftment.

Pranayama Practice



Explanation of Ujjayi II (prolonged exhalation). Watch first, and then start with Savasana and other pranayamas learned thus far. Press play for a guided practice and final Savasana.

[\(Click here\)](#)

Ayurveda



- Review, digest, & consolidate your learned practices.
- Take a look at your morning routine.

SUBMIT A QUESTION/COMMENT/FEEDBACK

HERE

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