



Introduction to Ashtanga Yoga by Rod Watson

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Introduction to Ashtanga Yoga is a 70 minute audio yoga class that has been created to provide an introduction to the Ashtanga primary series for those who are already familiar with basic yoga postures. The Introduction to Ashtanga Yoga class includes the Surya Namaskar A and B sequences and a selection of postures that will improve strength, flexibility and balance, clear the mind and remove toxins from the body. Ashtanga practices can be strong and may present a few challenges to newcomers so this class includes achievable postures from the primary series to safely introduce this style of yoga. The postures and techniques in the class will help to form a foundation in Ashtanga yoga and prepare the body and mind for some of the more challenging postures that make up the complete Ashtanga primary series. The Introduction to Ashtanga Yoga class is instructed by Rod Watson and was devised and created specifically for the audio format. Rod is a highly experienced teacher of Yoga and Meditation. He began practicing Buddhism in 1973 and Yoga in 1986. He qualified initially as an Iyengar Yoga Teacher in 1992 and then moved on to Ashtanga Yoga studying with Derek Ireland, John Scott and David Swenson. More recently he has softened his approach influenced by the Yoga teaching of Donna Farhi. Rod has taught classes and workshops globally and delivers classes that are relevant and rewarding, combining elements from his personal journey into Yoga, Buddhism and Psychotherapy. The Introduction to Ashtanga Yoga class is accompanied by a free PDF guide book that highlights the instructions and gives a series of reference photos for each yoga posture featured.

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