

Student Experiences

'Working with Sabine has been invaluable both for myself and my partner. Sabine is very generous in adapting the postures so that I can do something 'equivalent' even if I cannot manage the 'standard' posture due to my disabilities. The yoga has also been very beneficial to my partner who had a mental breakdown a while ago and for whom the grounding and mind-body awareness generated through the movement and breathing practices is just the right thing for her road to recovery. I would thoroughly recommend working with Sabine to anyone.'

'I have had challenging things going on in my life that I have coped with a lot better than I would have done without my daily practice.'

I have had neither an asthma nor a panic attack since I started doing yoga 5 weeks ago.'

'I felt my breath was different. There were points where it was so soft and fine.'



The most important thing I have gained from this course is dramatic progress in my health—both physical and mental. This course has been an invaluable help to me, and the teaching is excellent.'

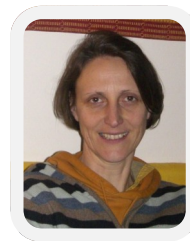
Approach

My teaching follows the tradition of T Krishnamacharya and his son TKV Desikachar of Chennai, India. Yoga, here, is understood to be a committed practice to maintain, or possibly restore, good health and wellbeing, to develop a clear, focussed mind and experience peace and contentment in our hearts.

This understanding of yoga expresses itself in the use of simple practices and respectfully and skilfully adapting them to the needs, abilities and wishes of the individual.

In posture work careful attention is placed on coordination of movement and breath, modifying postures according to need and effect, using postures in their dynamic as well as static applications, and carefully sequencing postures to achieve specific effects. Breath work, simple meditation practices and chanting can also form part of the practices.

The Yoga Sutras define this approach to yoga as 'Vinnyoga', the 'appropriate application of yoga'.



YOGA PRACTICE FOR EVERYDAY LIVING

Sabine Dahn

Yoga Teacher and Therapist



Phone: 01273 556795

E-mail: sabine.dahn@talktalk.net

www.yoga-portal.co.uk/sabine

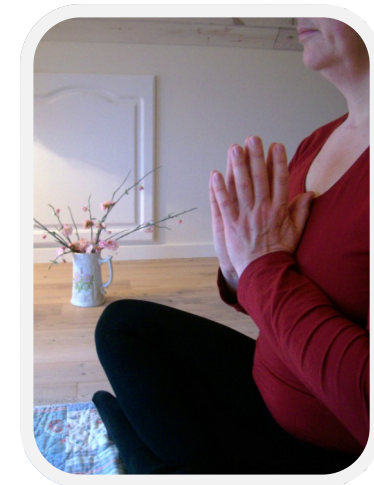
YOGA PRACTICE FOR EVERYDAY LIVING

YOGA

Personal Home Practice

Therapy

Group Classes



Our lives are very full – make time for your yoga practice like you would for a valued friend. Like a good friend, the relationship will nourish and support you.

Sabine Dahn
Yoga Teacher and Therapist
01273 556795

Developing a Personal Home Practice

Although nowadays Yoga is generally practiced in group classes, traditionally it was taught on an individual basis. This allows the teachings to be tailored to the abilities, needs, life circumstances and goals of each individual student. Together with regular, independent practice at home this creates the most rewarding and effective way to practice yoga.

What may motivate you?

Every individual has different needs and expectations as to what they may want from a yoga practice. Accordingly, each person's yoga practice will be very different. You may want

- ◇ to maintain your health and vitality with safe, appropriate exercise
- ◇ to relax and refresh after the days' demands
- ◇ to find a way to release stress & alleviate problems that may arise from stress
- ◇ to develop resilience for the many mental and emotional challenges in our lives
- ◇ to develop a focused, clear mind
- ◇ to create a positive relationship to your body and breath
- ◇ to improve your breathing
- ◇ to encourage a state of mindfulness
- ◇ to explore a new avenue for self-reflection and personal development
- ◇ help with managing specific health conditions

Individual tuition will place you and your needs and expectations firmly at the center of your yoga practice.

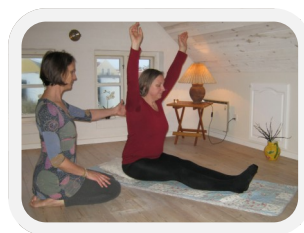
What is involved?

There will be an initial consultation for me to understand your needs and what you hope to gain from a personal yoga practice, the life situation that you bring to it and any health issues that may influence, or direct, your practice. From this starting point we will work out an appropriate practice that you are comfortable with and which integrates easily into your everyday life. You then take home a written plan of your practice with the aim to practice independently on a daily basis.

The practice may include a number of postures, some breathing exercises or elements of relaxation and meditation. Mindfulness and personal reflection will always be an integral part of the yoga practice.

Most benefit can be obtained from committing to at least 5 sessions as this allows time to arrive at a rounded practice incorporating all aspects that are important to you, to gain confidence in your independent practice and to experience the effects of your practice in everyday life.

Generally sessions will take place at 4-6 week intervals. If you are new to yoga it may be beneficial at the beginning to meet fortnightly to establish confidence and good practice.



Many students continue to have regular lessons, choosing to adopt their yoga practice as a steady support to skillfully negotiate the many ups and downs of everyday life.

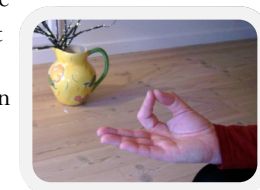
Yoga as Therapy

You may turn towards yoga looking for support coping with a particular health condition. Regular yoga practice that is suited to an individual's particular needs can positively influence many conditions, alleviating symptoms and activating your body's inherent healing abilities. Yoga does not exclude conventional treatment approaches but rather seeks to

support and strengthen you. In particularly difficult situations a yoga practice can be invaluable in offering a new perspective and self-confidence in dealing with an illness.

All you need for a personal home practice

is a little space at home to spread a blanket or yoga mat, a willingness to begin the journey with an open mind, perseverance and a little patience with yourself and your practice to give it time to bring you alive and present in this moment!



Group Classes

A group class may also be a good place to begin. You may find that a group class offers you the inspiration of like-minded people and getting out of the house at a set time may make it easier to develop the discipline for regular practice. Whereas group classes, in contrast to individual tuition, can only offer a general practice you will always be given individual support within this.

Please see the enclosed leaflet for details of group classes.

Cost

Individual sessions generally last 1 hour and are booked at a mutually convenient time. The hourly rate is £35. 5 sessions are recommended to allow the practice to unfold its effect. If booked in advance five sessions cost £160.

The cost of group classes depends on group sizes and number of weeks per term. They are usually paid for per term but you are always welcome to try out classes on a drop-in basis first until you feel confident that the class is right for you.