

**THE
TRISTHANA VINYASA YOGA
METHOD**

with

Anthony Scott & Aleasha Shine

THE 7 ELEMENTS

LEVEL 1

**SELF - PRACTICE DEVELOPMENT
COURSE**

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7 ELEMENTS OF TRISTHANA VINYASA YOGA

The essential components of holistic yoga practice

1 BREATH - vitality, detoxification, nervous system, pranic energy

2 STRENGTH. - muscle tone, energy transportation, core connection

3 FLEXIBILITY - muscle and connective tissue

4 ALIGNMENT- joints, range of movement

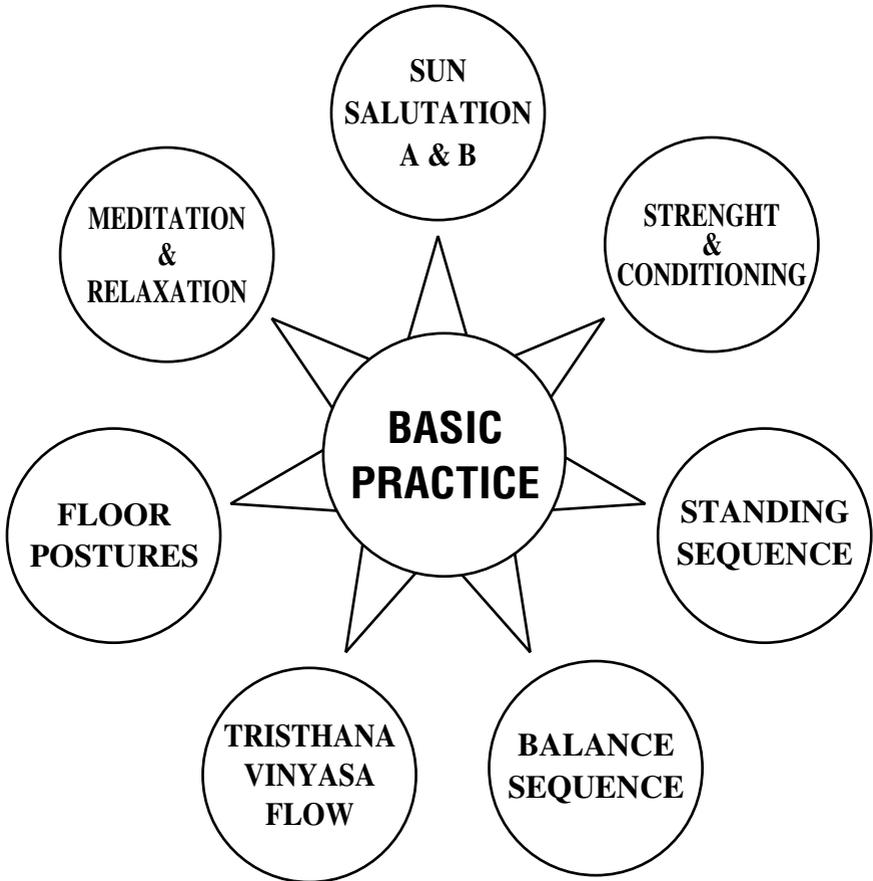
5 BALANCE – steadiness, stability

6 CONCENTRATION – focus, dristi, stillness of mind

7 VINYASA – flow, harmony of mind, body and breath.

Begin a journey of self discovery and continual improvement, your own personal yoga practice, Uncover the Guru within.

THE 7 ELEMENTS



LEVEL 1 BASIC PRACTICE

Keeping Fit, Strong & Flexible with Tristhana Yoga

It is not easy to keep up a progressive, effective fitness program living in the world today.

Lifestyle, occupation, recreation, travel and relaxation don't leave much time for an efficient, regular fitness/wellness program.

Much time is spent sitting for many hours of the day.

This sedentary life slowly takes effect on general health and well being effecting quality of life.

Some facts based on the latest research are alarming;

After 3 hours of sitting there is a 50% decrease in arterial dilation increasing the risk of heart disease.

Insulin decreases the ability to uptake glucose not helping to offset diabetes.

After 2 weeks of sitting for 6 hours a day LDL cholesterol increase, muscles begin to break down and atrophy and lose the ability to help pump blood to the heart.

The brain receives less oxygen and slows down, reducing inspiration, concentration, motivation and creativity, mood is affected.

Bone mass decreases.

Core strength is lost and back pain begins, the hips stiffen and tighten.

The healing power of the immune system is reduced along with the bodies natural detoxification.

The respiratory system reduces capacity and is directly effected by the posture.

Long term affects include 64% increase of the risk of heart disease and 30% in cancers and diabetes. Blood pressure also rises, weight gain continues, metabolism slows and the endocrine system is affected.

The spine is affected by the limited movement and becomes compressed causing loss of blood flow and nutrient supply to the vertebrae, back pain and sciatica result. Also a higher risk of herniated disk.

Other parts of the body become affected, hamstrings tighten and the neck loses range of movement, shoulder alignment is also affected.

Once the joints loose there range of movement they become calcified and arthritic.

Keeping fit becomes harder the longer we leave it, motivation is lost and stamina decreases.

The long term effect of living and working in a confined space with little room or time to stretch and exercise takes its toll on the body and mind over time.

Fitness and well being is one of the most important aspect of life and effects overall happiness and contentment.

After living for 5 years on the water and teaching Yoga professionally for over 20 years I have yet to come across a better way to deal with this issue.

Teaching, practicing and studying yoga in the USA and sailing my 37ft Irwin 'Aeolus' from Florida to Luperon in the Dominican Republic, teaching Yachties there over the hurricane season before a solo passage to Puerto Rico, and having my own studio on Isla de Culebra for 3 years has helped inspire this program.

Since then I have had studios in many countries including Norway, Thailand and Nepal.

Along the way my Tristhana Vinyasa Yoga Method has continually evolved.

Extensive experience in Ashtanga Yoga and Yoga Therapy, mainly teaching privately, has help shape the Tristhana Vinyasa Yoga Method.

This method is all about movement and the development of a personalised Yoga practice, a practice that can be learnt and continued for life.

Yoga must be done on a regular basis to gain the real benefits.

Vinyasa Yoga is one of the most powerful and effective fitness and wellness systems I have seen and it can be done by *anybody*, regardless of age or physical condition and there is no need for any previous Yoga experience.

This booklet is only an introduction to the Tristhana Vinyasa Yoga Method and not a practice manual.

It is important to undergo a course to develop a personal practice.

The ‘7 Elements’ are illustrated to help remember the sequences once they have been learnt and should not be attempted before seeking professional guidance.

This introductory course covers these 7 Elements, and can also be adapted to suit *anybody* whose lifestyle and occupation limits their ability to maintain fitness, and balance out the stresses, restrictions and demands placed upon them living in the *MODERN WORLD*.

My partner Aleasha and I would like to welcome you to
TRISTHANA VINYASA YOGA.





COURSE STRUCTURE

The intention of this course is to establish a personal Yoga practice that can be learnt by *anybody*, and practiced anywhere, anytime without equipment or supervision.

Sailing is about freedom and so must be Yoga, this course will enhance that freedom and enable a more fulfilled life on and off the water and enjoy the life we love for as long as we can.

This comprehensive course covers the main aspects of physical well being and leads to a calm and focused state of mind.

This is Vinyasa, which means *flow*, movement connected to the breath brings together the mind and *body*.

Tristhana, the essence of Vinyasa is the harmonisation of Mind - focus, Body - asana and Breath - nervous system.

Bringing these 3 aspect of attention together is a powerful exercise.

The course covers 7 Elements that can be put together to form the Basic Practice or separated and practiced individually.

Each lesson is 2 hours until the 7 Elements are covered, fully understood and can be done alone.

Self practice can then be undertaken.

The course length is determined by the students physical condition and ability to learn the practice. It can also be taken in stages over time.

This course also provides the basis for Tristhana Vinyasa Yoga Teacher Training and can be a valuable supplement for Yoga teachers looking at teaching '1 on 1'.

The most important aspect of teaching Yoga is building a foundation and the continual development of Self - Practice.

LESSON STRUCTURE

Lesson 1.

Breath and Movement
Gentle Postures
The 3 Tibetans
Middle of the Sun
Sun Salutation A
Lunge sequence

Lesson 2.

Strength & Conditioning

Lesson 3.

Sun Salutation B
Tristhana Standing Sequence
Balance Sequence

Lesson 4.

Tristhana Vinyasa Flow
Floor postures

Lesson 5.

Floor postures and Inversions
Meditation / Relaxation

Lesson 6.

Basic Practice Development

Lesson 7.

Self - Practice Observation and conclusion

LESSON 1

BREATH & MOVEMENT

Yoga, especially Vinyasa Yoga is a breathing practice.

This first lesson develops breath awareness and how to apply it and integrate it into the practice.

The breath used in Vinyasa Yoga is Ujjayi Pranayama.

This powerful breathing technique enables much more of the lung capacity to be utilized, opens the diaphragm and has a direct effect on the nervous system.

The breath is the bridge and connection between mind and body.

This breath is a powerful energiser / detoxifier, allowing a connection to the core of the body. It helps purify the internal organs and has a calming effect on the mind.

This breath, combined with focus and movement, is the key to the practice and unlocks doors to potential within.

The Breath is a subtle, personal thing, and must be learnt under professional guidance before it can be applied to the practice.

This lesson begins a gentle sequence of floor postures with breath awareness being the focus.

The breath is applied to the postures guiding the student safely into and out of a therapeutic sequence of asana designed to open the body in preparation for the practice ahead.

The 3 Tibetans are introduced, movement and breath begin to come together and the principles of Vinyasa are applied, the body loosens up as the internal heat begins to rise.

These three movements are a valuable warm up and become an important part of the Basic Practice.

The most important and valuable exercise ever developed must surely be Surya Namaskara - Salute to the Sun.

This movement is the oldest exercise known to man and is the basic movement in most Yoga styles.

Its is a Vinyasa combining postures with the breath, each posture is modified for each individual and the breath connection begins.

There are 2 Sun Salutation, A & B, together they are a complete, therapeutic and powerful exercise.

Major limitations are overcome quickly with regular practice.

The first exercise, 'The Middle of the Sun' is learnt and prepares the body for the full movement (vinyasa).

The combination of these vinyasa movements have a profound effect on the body creating and correcting alignment in the shoulders, back, hips, neck, the muscles of the legs are lengthened and strengthened, upper body strength is gained and the respiratory system is opened allowing much more air flow, energizing and detoxifying the entire physiology. Internal organs are toned and the mind becomes focused.

This eventually leads to a moving meditation once the body and mind become free and the breath flow is unrestricted.

A Lunge Sequence is learnt to prepare for Sun Salutation B.

This begins to open the hips closed down from sitting.

Sun Salutation B prepares the body for the Tristhana Standing Sequence. Each one of the 7 Elements compliment each other and help form the Basic Practice over time.

The Element that is most important for the individual at the time is prioritized and weakness is turned to strength.

This way limitations are addressed and overcome, enabling a smooth safe and enjoyable progression.



HASTA URDHAVA MUKHA PASCHIMATANASANA

LESSON 2

STRENGTH & CONDITIONING

This is the 'workout' Element of the practice and is modified to suit the present physical condition of the student.

The entire body is addressed and the need for weights, machines or any other equipment is not necessary.

This Element develops the foundation for the Basic Practice and is a very effective and efficient program that can be done in less than 30 minutes.

It is up to the individual as to how intense it is done.

It is safe and easy to learn and follow.

The breath is the guide and a "Reduction Breath Method" is used.

This challenging Element emphasizes alignment as well as core strength, back and leg strength and upper body.

The 3 Tibetans become an important aspect of the foundation.

They help with Vinyasa progression and the co-ordination of breath and movement. They also act as a warm up, opening the back, shoulders and hamstrings.

Vinyasa Yoga requires the body to be in the best possible condition and is a pre requisite and important aspect of this Yoga style.

This course is designed as a fitness program that leads to a more advanced, safe and progressive Yoga practice.

This proven method integrates each Element and one compliments the other, the body adapts over time and all Elements are interwoven into the Basic Practice.

LESSON 3

SUN SALUTATION B

TRISTHANA STANDING SEQUENCE

TRISTHANA BALANCE SEQUENCE

This lesson introduces the second Sun Salutation, 'B'.

This is more of a challenge and must be prepared for with Sun Salutation A and a lunging sequence to open the hips.

There is a lot of sitting done on a boat or office, it is important to keep the hip flexer muscles stretched and the hips open so range of movement is not lost.

Both Sun Salutations together make for a very challenging, dynamic Yoga workout that has far reaching effect into every aspect and system of the body/mind.

There is no better way to greet the new day than Surya Namaskara.

The Tristhana Standing Sequence is now introduced and forms the major Element developing overall flexibility and alignment.

This sequence follows the Sun Salutations and is also modified for *everybody*.

Strength and stability in the legs and opening of the hips as well as focus of the mind develop.

The postures are learnt separately and then put together in sequence.

More challenging postures may be added as the body adapts.

This sequence also is a preparation for the Tristhana Balance Sequence.

Balance is also important to maintain as we age.

The core strength and connection to it is important for balance and is a focus of this practice.

LESSON 4

TRISTHANA VINYASA FLOW SEATED FLOOR POSTURES

Once the postures of the Tristhana Standing Sequence are mastered a selection are put together in a continuous movement.

This is a powerful, dynamic Vinyasa with tremendous therapeutic value.

The true feeling and benefit of the Tristhana Vinyasa begins to emerge. Freedom within the body as the mind turns inward is like no other exercise.

The breath lengthens, along with the movement and a smooth graceful flow begins to evolve.

The ageing process of the body is reversed and we feel the rejuvenating effects of this true Vinyasa.

The Seated Floor Postures or Asana Sequence now begins.

These postures and the sequencing of them, are determined by the condition of the student.

This is the time of Yoga Therapy.

These postures become more important as the student progresses.

The secret to Yoga is regularity, a 'little a lot' is far more effective than a 'lot a little'.

The sequencing of Yoga Postures is of major importance.

One asana prepares for the next and compliments the one before it. The breath becomes the guide as we move in and out of the asana, listening to the feedback from the body.

LESSON 5

SEATED FLOOR POSTURES cont.

INVERSIONS

MEDITATION & RELAXATION

As the floor Asana form an important Element of the Basic Practice they are reviewed and continued in this lesson.

It is important the student has a good understanding of this Element and is confident to practice without supervision.

The sequence may differ for one student to another and is dependent on the individual needs as *everybody* is different.

Inverted postures are introduced.

Meditation.

It is a long road to true meditation.

An introduction and basic guidance is introduced in this lesson.

Why the breath is so important to help settle the mind is learnt and a time of stillness and reflection is experienced.

A guide to help begin a meditation practice is looked at here.

Deep relaxation is also an important Element as we learn to dissolve any tension left in the body and still the mind.

Savasana or the Corpse pose is the last posture of the practice and must not be rushed.

A time for inner peace and calm as the mind clears and reflection has a chance to emerge as the mind/body comes to complete rest.

This is the time of healing as the body assimilates the benefits of the practice and we tap into the peace within.

LESSON 6

BASIC PRACTICE DEVELOPMENT

Now the time has come to put it all together.

All Elements of the practice have been covered and the structure is now established.

It is too much to try and do all Elements in one session to begin with.

As the body adapts and the student becomes more familiar with the practice, slowly, over time it may all be combined into one.

Here we look at how it is approached on a daily basis.

The practice is tuned to the student and a program is written.

An analysis is done to work out the best approach and how much of each Element is done over a week.

Goals are worked out and a path to follow emerges.

Any limitations are taken into consideration and plans put into place to overcome them.

At this stage the student has a good understanding of the breath and how it is integrated into the practice.

Body awareness begins to emerge.

The ability to learn how to continue to teach oneself and be guided by the breath as the feedback from the body is heard, begins a path that will continue to evolve, unlocking the true potential that lays dormant within each and everyone of us.

LESSON 7

SELF- PRACTICE OBSERVATION

Now it time to help you put it all together yourself.

This is your practice and a chance to practice alone.

This lesson can follow after the student has had a chance to practice without supervision.

It can cover selected Elements or just the ones learnt so far.

The course can also be done in stages and at different locations.

The main objective of this proven Yoga Method is the development of your own Yoga Practice that once learnt can be with you wherever you go and become a valuable possession to help improve the quality of life. Once learnt there is no need for teachers, studios, gyms or equipment, just the time and place to practice.

This course is done with a holistic approach covering all the most important aspect for the continuing evolution of a personal Yoga practice.

This practice will continually evolve and begin a path that never ends, it just gets better and easier along the way.

For more information :

Anthony Scott

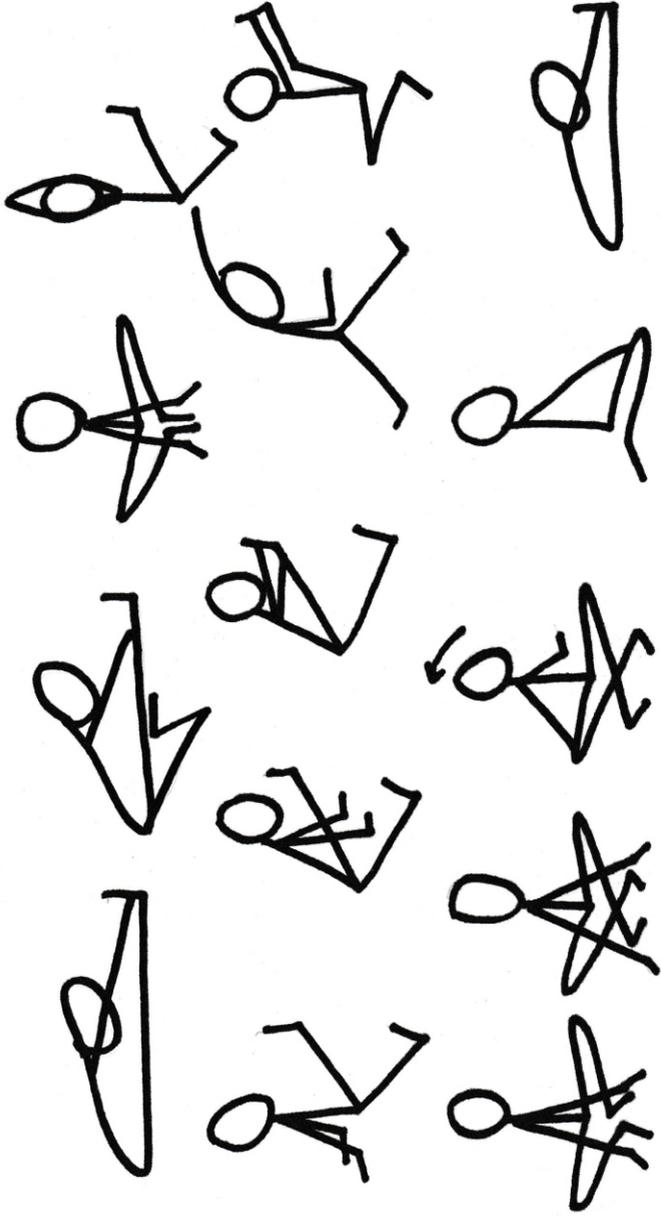
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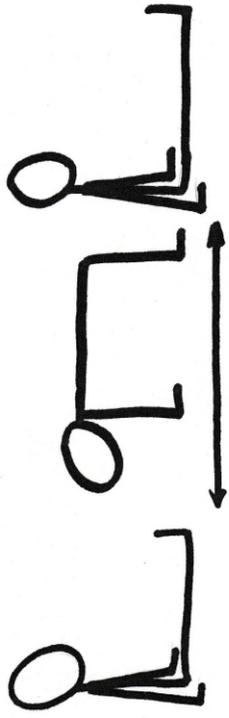


LESSON 1 BREATH & MOVEMENT

1.1 PREPERATION POSTURES / YOGA THERAPY



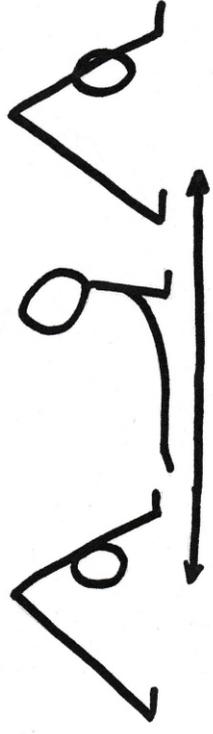
1.2 3 TIBETANS



MOVING TABLE

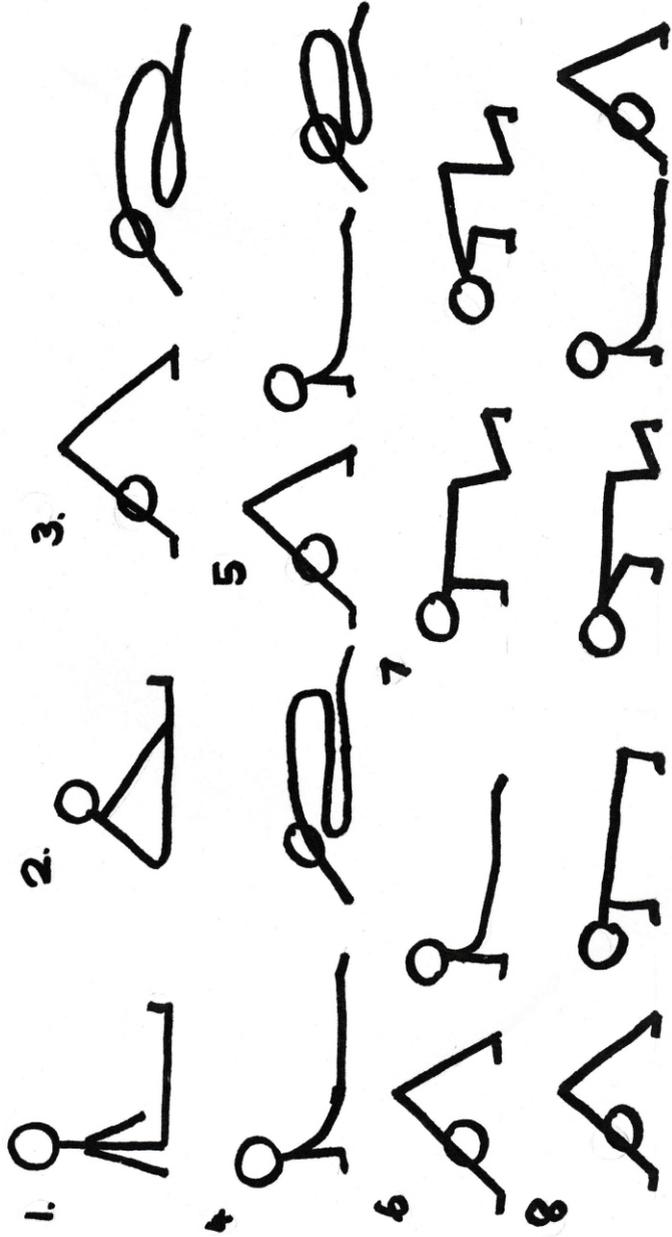


MOVING CAMEL

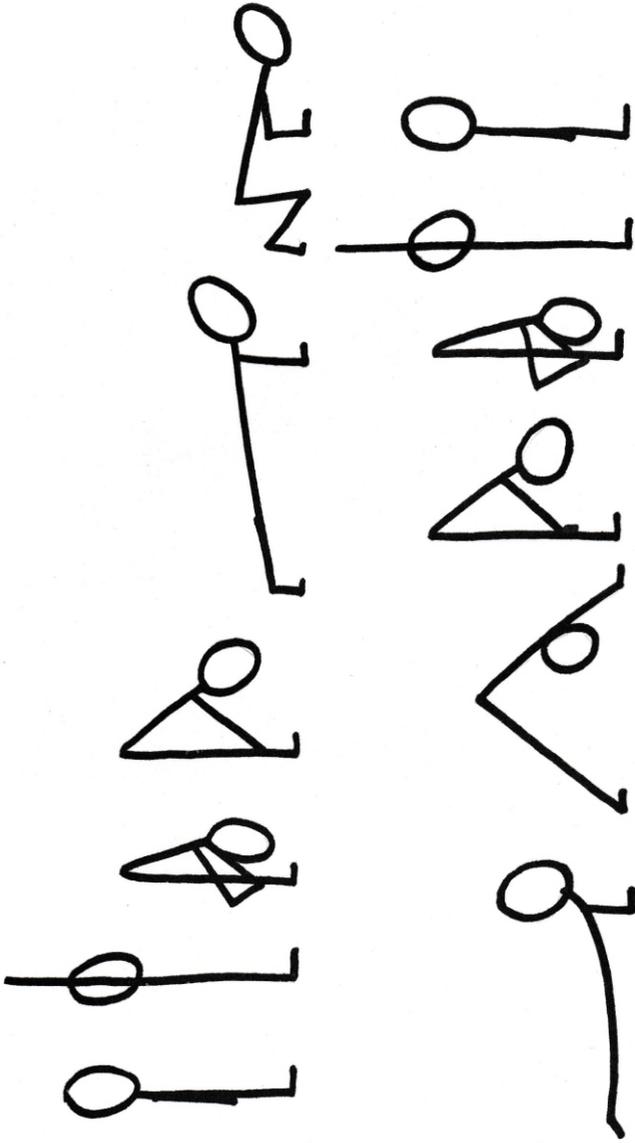


UP DOG - DOWN DOG

1.3 MIDDLE of the SUN



1.4 SUN SALUTATION 'A'



1.5 LUNGE SEQUENCE

STEP BACKS



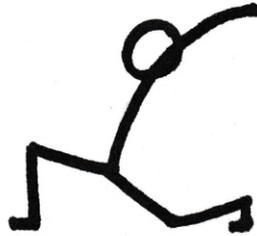
RUNNERS



LUNGE



CRESCENT MOON

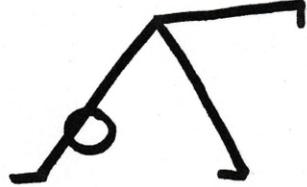


LESSON 2

2.1 STRENGTH & CONDITIONING

3 LEG DOG

5-1 REDUCTION BREATH



HIGH PLANK

HOLD



3 POINT PLANK

5-1



YOGI PUSH-UPS

10 X 3



CHATURANGA

HOLD



FINGER TIPS

HOLD



2.1 CONT.

REVERSE HANDS



LOW PLANK
HOLD



3 POINT LOW PLANK
5-1



DOLFIN
HOLD



3 POINT DOLFIN
5-1



MOVING DOG
5-1



2 POINT PLANK
5-1



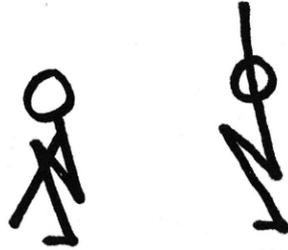
STRADDLE STANCE



2.2

SQUATS

FEET TOGETHER



WIDE LEGS



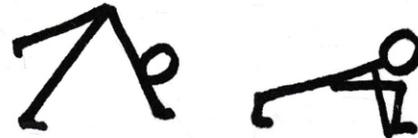
FLOATING FROG



HEAD TO KNEE



FLOATING LUNGE



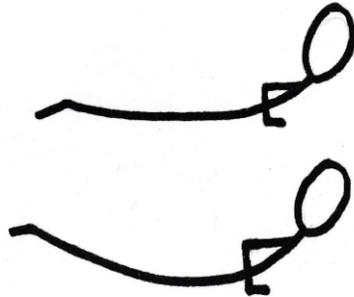
2.3 BACK STRENGTH

ARM & LEG LIFTS

5-1



COBRA



LYING LIFTS

5-1



SUPERMAN



SUPERMAN
HANDS BEHIND



BOW



2.4

THE 3 TIBETANS

2.5

ABDOMINAL & CORE STRENGTH

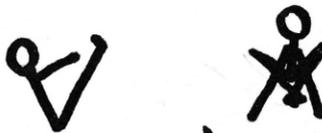
LEG LIFTS



LOW BOAT



BOAT & LIFTS



SCISSORS



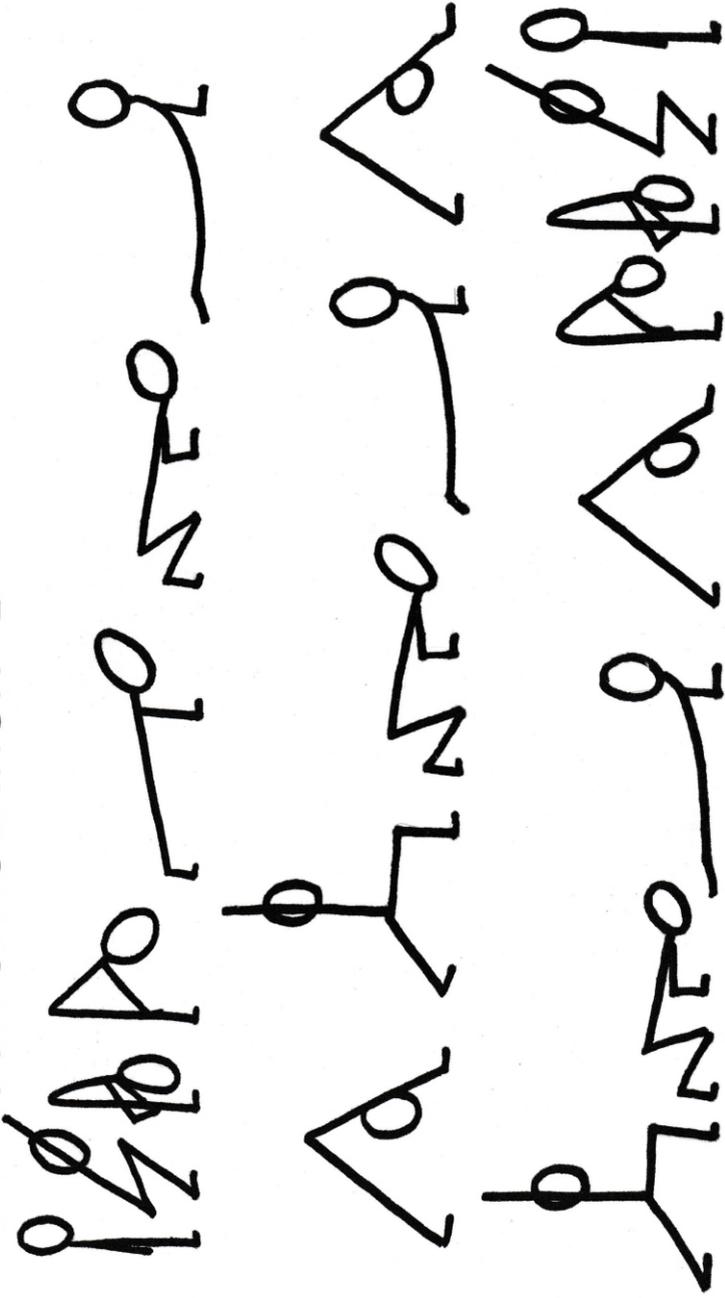
ELBOW TO KNEES



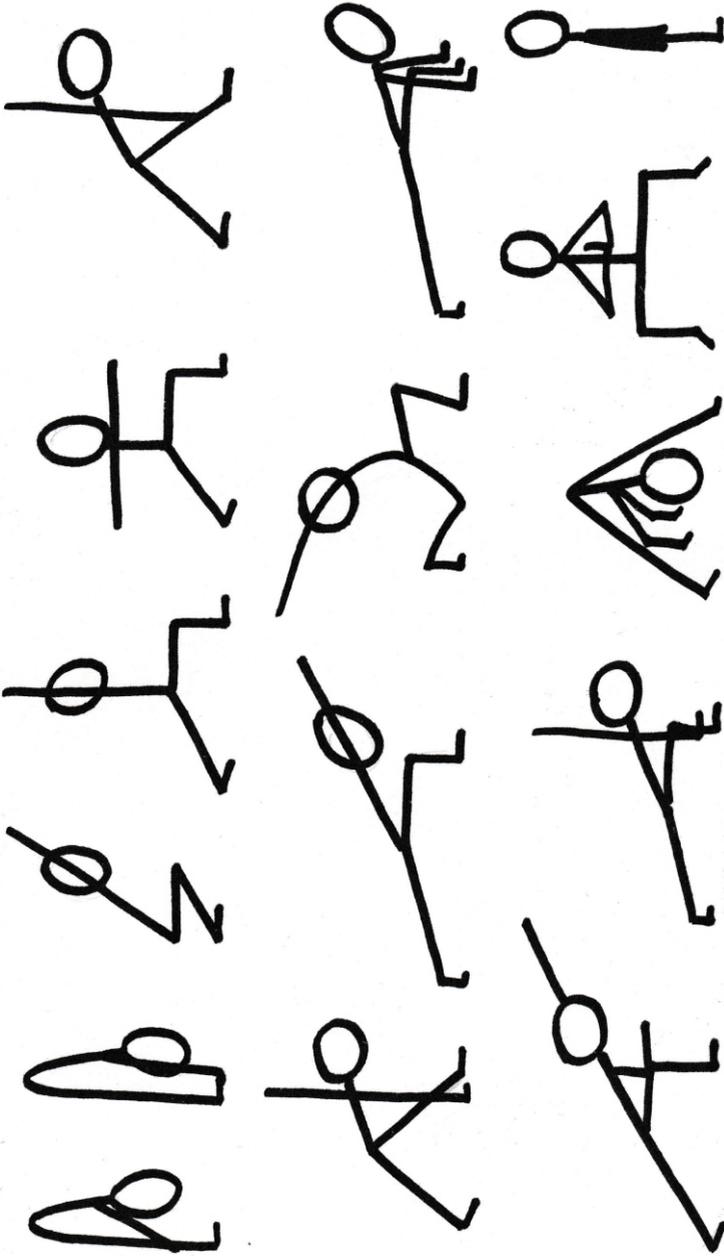
TWISTED SIDE LEGS



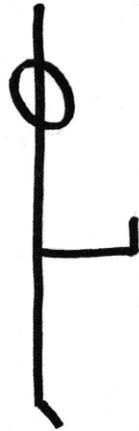
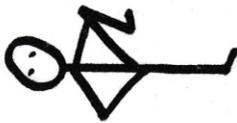
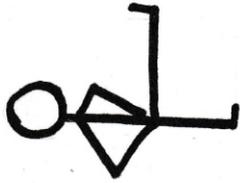
3.1 SUN SALUTATION 'B'



3.2 TRISTHANA STANDING SEQUENCE

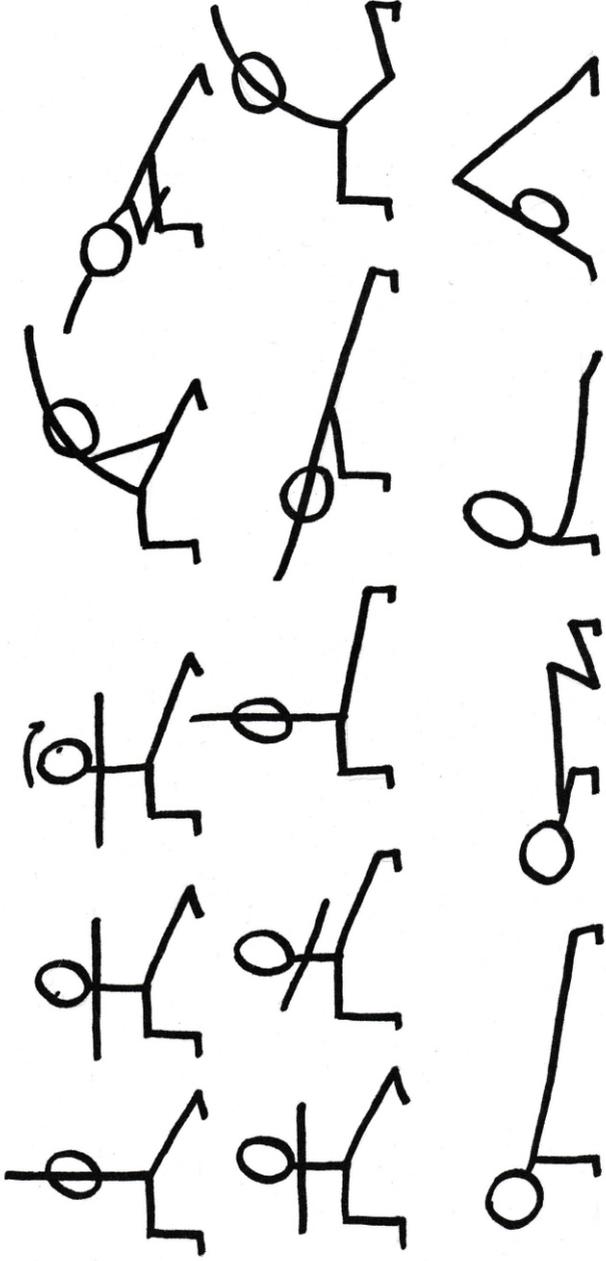


3.3 TRISTHANA BALANCE SEQUENCE

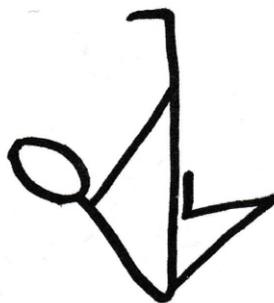
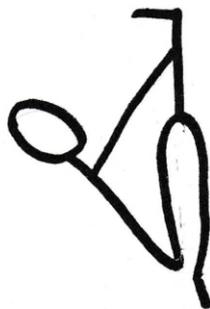
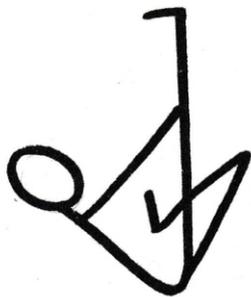
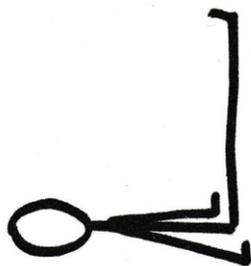


LESSON 4

4.1 TRISTHANA VINYASA FLOW

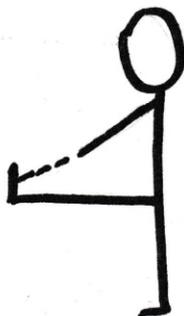
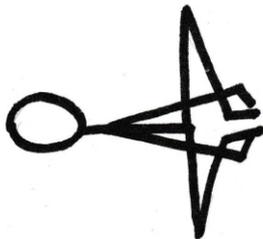
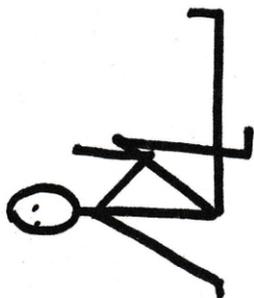


4.2 FLOOR POSTURES - ASANA SEQUENCE



LESSON 5

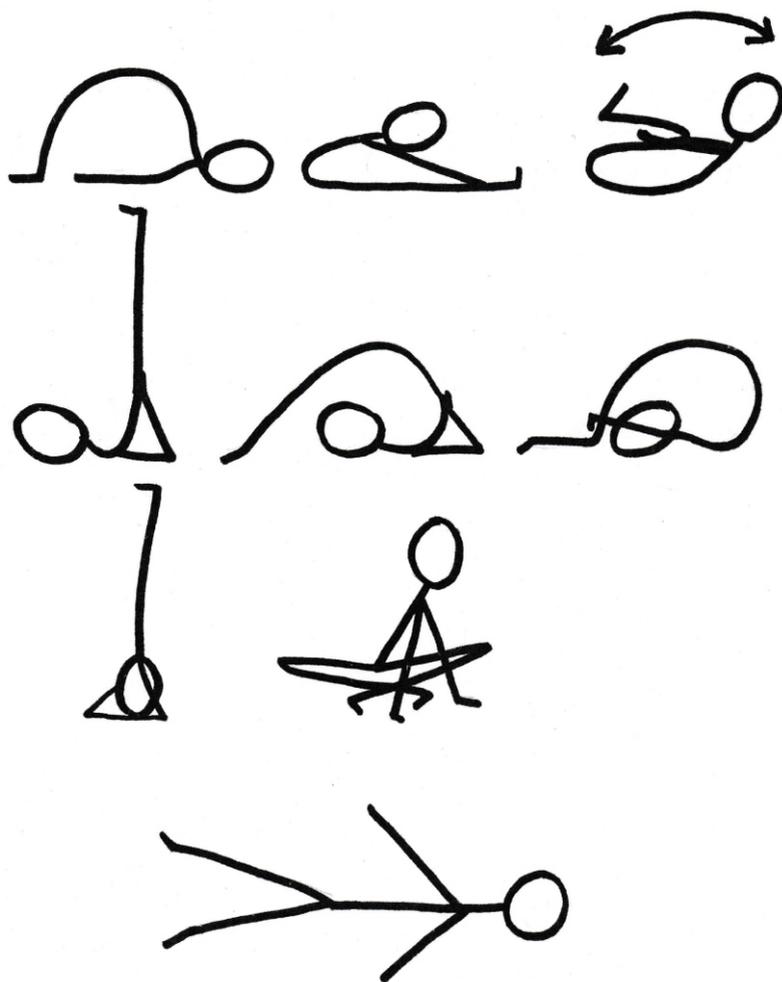
5.1 ASANA CONT.





ADHO MUKHA VRKHASANA

5.2 INVERSIONS



5.3

MEDITATION /RELAXATION

LESSON 6

6.1 OVERALL REVISION

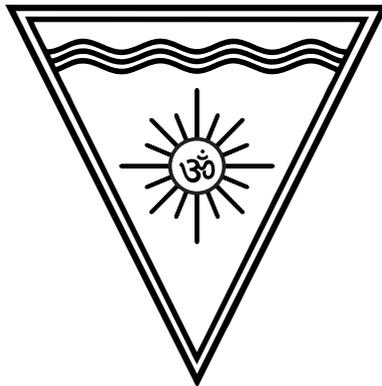
6.2 PUTTING ALL TOGETHER

6.3 TRISTHANA VINAYASA
BASIC PRACTICE

6.4 APPLICATION of the
7 ELEMENTS

LESSON 7

SELF - PRACTICE OBSERVED
CONCLUSION



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*"As the future unfolds
and the past dissolves
The present rides
on the wave of the Breath"*

Anthony