

Re: 2020 Spring semester at OLLI
Course Title: Beginning Tibetan/Kripalu Yoga
Instructor: Gerald Mousley

Course Outline/Syllabus:

- 02-10-2020 Introductions; Tibetan/Kripalu Yogas; warm-ups; Body/ Breath Awareness;
- 02-17-2020 1st Tibetan Rite; 6 movements of spine/floor; Yoga and Health
- 02-24-2020 1st Tibetan Rite; 6 movements of spine/ standing; Deepening your practice
- 03-02-2020 2nd Tibetan Rite; Sun flow; Prana, the Life Force
- 03-09-2020 2nd Tibetan Rite; Moon flow; Pathways of Energy
- 03-16-2020 3rd Tibetan Rite; First Chakra Yoga; Purifying Body and Mind
- 03-23-2020 3rd Tibetan Rite; Second Chakra Yoga; Experiences and Awakenings
- 03-30-2020 4th Tibetan Rite; Third Chakra Yoga; Building Character
- 04-06-2020 4th Tibetan Rite; Fourth Chakra Yoga; Opening the Heart
- 04-13-2020 5th Tibetan Rite; Fifth Chakra Yoga; Riding the Wave of Sensation
- 04-20-2020 5th Tibetan Rite: Sixth Chakra Yoga; Clearing the Mind
- 04-27-2020 Advanced Tibetan Yoga; Seventh Chakra Yoga; Witness Consciousness
- 05-04-2020 Kripalu Yoga: Meditation-in-Motion
- 05-11-2020 Kripalu Yoga off-the-mat (24-7); A Living Relationship with Spirit

Catalog Course Description:

From Tibetan and Hatha Yoga, we evolve into stages of Kripalu Yoga: learning and holding postures to Meditation-in-Motion [surrendering mental agenda into spontaneous yoga flow, as directed by needs and higher wisdom of the body]. Open to all.

Read Wikipedia article: Five Tibetan Rites. Bring mat.

Bio Info for New Instructor:

A Certified Kripalu Yoga Teacher, Gerry has taught yoga since 1972 onset of 5 year Kripalu Yoga Ashram residency. Classes adapt to needs of beginners, incarcerated adolescents to nursing home residents, in PA/DE/NJ, indoors, outdoors and in water.

