

Yoga Guide

Lazenby Yoga & Pilates



Yoga focuses and calms the mind and develops strength and flexibility. Relaxation brings peace, tranquillity and replenishes energy.



Lazenby Yoga & Pilates was established in 1991 by Murray Lazenby. With 10 experienced and fully trained instructors, we work in cooperation with City of Yarra and Melbourne University Sport providing yoga and pilates programs. We also run a range of yoga & pilates sessions in Eltham.

THE BENEFITS

The benefits brought by Yoga fulfil & delight the body and mind. Yoga:

- develops **strength, suppleness, increases your stamina**. Develops grace and balance.
- brings a feeling of **inner resilience and groundedness**, even when experiencing great demands
- enhances your health, whatever your physical type
- reduces fatigue and gives you resistance to stress and ailments.
- provides relaxation and restores energy.

find out more at www.lazenbyyoga.com.au

HATHA YOGA

Hatha Yoga is the yoga of breathing and posture, the physical elements of yoga. An internally & externally strengthening & enjoyable way of releasing tensions and mastering oneself.

Not only to you release recent muscle tension but, gradually, long-standing stress as well. Unlike many sports which work one particular group of muscles, Hatha Yoga focuses your attention, step by step, on your entire body. This concentration brings insight and awareness of the way your body moves and mind operates. In this way, **Yoga revives and generates physical and mental energy, bringing peace and wellbeing.**



OUR YOGA STYLE

was developed by Murray Lazenby, founded on the Iyengar Yoga tradition. It is dynamic and intensive. Using principles of anatomy and an understanding of how one's lifestyle and past experience varies the benefits of practice. Sessions subtly and gradually build student's knowledge and accomplishment of Yoga.

- You are welcome to progress or consolidate your practice at the level appropriate for you.
- Sessions are sequenced to balance dynamic and restful postures. They include shoulder & hip opening, standing poses, salutes inversions, twists, forward bends, breathing techniques & relaxation.

IYENGAR YOGA



is a style of Hatha Yoga. Mr BKS Iyengar, now 88 years old, still teaches at the Iyengar Yoga Institute he founded in Pune, India. He is **credited with inspiring much of the modern popularity of Yoga in the West**. He has produced the most detailed and anatomical account of the yoga postures, free of the religiousness of some yoga teaching. Iyengar Yoga:

- is more dynamic than 'Hatha' Yoga, but less fast & vigorous than Ashtanga Yoga.
- precise instructions emphasise balanced postural alignment.
- unique use of yoga equipment which allows everyone to practise to their full capacity.
- allows time in each posture for the body to stabilise and the mind to reflect. **This is ideal for beginners developing technique.**

LAZENBY YOGA INSTRUCTORS

are fully trained, experienced and chosen for their dedication to **technically accurate, but personalised and patient teaching**. Murray and Gillian Lazenby co-direct the Lazenby Yoga School. Gillian is a full time yoga & pilates instructor with 11 years teaching experience. Georgia, Andrew, Christine, Lizzie & Kate have completed the Lazenby Yoga apprenticeship. Julia has a CAE Diploma of Yoga Teaching. Joanna has extensive experience teaching dance, pilates & yoga. Angela is Iyengar certified.

contact us at info@lazenbyyoga.com.au

Pilates Guide

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Pilates (Pi-lah-tees) is a contemporary approach to mind body exercise where the focus is as much about the process as about results. **It's about focusing the mind on how your body moves, developing a strong and stable torso and spine.**

The exercises can be done on a mat in traditional 'mat work' classes (offered at Yarra Leisure venues) or on specially designed bed-like Pilates equipment called Reformers. Learning the Matwork technique allows you to practise at home, greatly enhancing results.

PILATES BENEFITS

- physical vitality and an invigorated mind
- muscle tone and greater flexibility
- improved posture & reduced stress
- greater energy and ability to tackle new challenges
- support for the lower back from a strong abdominal core
- reduced muscular tightness or weakness in the lower back

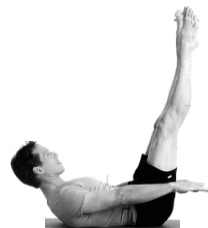
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WHO WAS JOSEPH PILATES?

Born in Germany in 1880, Joseph Pilates was a sickly child who was determined to attain his peak physical fitness. By age 14, he had become an accomplished gymnast and also practised Yoga, martial arts and boxing.

In WW1 he was interned with other Germans in a Prisoner of War camp where he developed a series of exercises which he taught to fellow inmates. Those who did Pilates' exercises developed a strong immune system and escaped the deadly plague which killed many of the other prisoners. Joseph Pilates was **inspired by Yoga, eastern philosophies and emerging ideas of health as a way of bringing zest and pleasure to everyday life.**

After the war he continued developing his unique approach to physical fitness and immigrated to the US where he established the Pilates Studio in the basement of the New York City Ballet. Many of his first clients were dancers needing to overcome injury and **develop great strength while maintaining the lean look of a dancer.** Joseph Pilates died in 1967 in a fire at his Studio. He would have been delighted at the popularity of his method today!



AT PILATES SESSIONS...

The technique of precise flowing movements is gradually explained. Instruction is focused on **coordinated breathing and connecting with the deep postural abdominal muscles.** At first the exercises are gentle, then variations and challenges are added as stamina builds. You can use the resting positions or continue each exercise to suit your needs.

Most exercises are done lying down, on the back, front and side.

- Some exercises articulate the spine,
- some focus on flattening the belly and
- others free the shoulder and hip joints and tone the upper limbs.



Many people over-train the muscles in the front of the body without doing enough stretching and strengthening of the back. Pilates rebalances your effort.

Lazenby Yoga & Pilates' sessions at Yarra Leisure are mostly presented as Courses during the school term, encouraging you to progress through a course structure, refine your technique and master more dynamic Pilates. Instructors are fully qualified Joanna, Belinda and Kathy and share their experience through detailed instruction, demonstration and personal assistance.

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