

# THREE SEASONS AYURVEDA



## YOGA PROP KIT



**Your yoga retreat includes the prop kit above, which includes:**

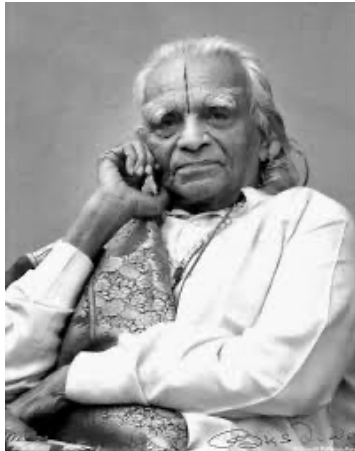
Airline Carrying Bag

5ea- Superior Indian White Blankets

2ea- Wooden Blocks

1ea- 8' White Indian Strap

### **A little bit about Iyengar Yoga**



Yoga is union, and is derived from the Sanskrit root Yuj, which means to bind, attach, join, to direct & concentrate one's attention. Yoga is the true spiritual union of our will and the will of God.

Iyengar yoga is a system of hatha yoga postures (asana) & breathing techniques (pranayama) that stresses precise movement & action with correct alignment.

We use props to not only enhance & enable the correct action of the poses, but they make them more accessible to any type of body. The use of specific sequencing not only opens the body slowly but also addresses particular physical, physiological, or psychological needs. Iyengar yoga teaches purity of intention & integrity of the process.



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage and Marma Therapist, AHG Herbalist, Certified Iyengar Yoga instructor, IAYT Yoga and Ayuryoga Therapist and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639