

Forty Minutes & a Headwrap



JOIN KATHLEEN FOR THIS SERIES OF 40 MINUTE PRACTICES

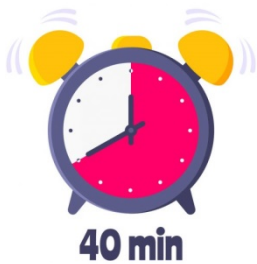
FRIDAY EVENINGS:

JANUARY 29, FEBRUARY 26 & MARCH 26, 2021

6:30 PM

VIA ZOOM

SUGGESTED DONATION \$20



We will review the use of “eye wrap” or head wrap” to experience the resting of the senses and the quieting of the mind. Class will include how to use the wrap, a few asanas and breath awareness.

As used in classes at the Ramamani Iyengar Memorial Yoga Institute in Pune. The head wrap is a basic tool used to quiet mental activity and equalize internal and external pressure on the brain. When you experience the head wrap you feel more contained. It is recommended during some asana practice in some therapeutic sequences and may be used during the practice of pranayama. The head wrap also helps us to understand the fifth limb of yoga Pratyahara or the withdrawal of the sense organs.

Head wrap can also be used as a soft prop under the dorsal spine, in the upper thoracic, under the neck, under the ankle, between the ankle and hip with folded legs. It is a handy thing to have around.

A personal head wrap, or eye bandage, as it is called in India, is recommended for hygienic reasons. If you do not already have one you can purchase them from IYNAUS online props.