

shadow yoga @ rokpa house

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The name Shadow Yoga is derived from the 6th chapter of the ancient tantrik treatise – ‘The Shiva-Svarodaya’ (the birth of the breath of life revealed by the god Shiva). This chapter, entitled ‘Yoga of the Shadow Man’, deals with the intricate manifestations of the shadow and their significance both inside and outside the human organism. According to Hatha Yogic anatomy the body is composed of three discrete bodies and five sheaths, (coverings or shadows). The practice of Hatha Yoga has evolved with the purpose of dissolving these shadows.

The teaching of the Shadow School is based upon the ancient Hatha Yogic texts, which state that all fixed forms should be designed to develop the practice of freestyle. Freestyle is a necessary step in the cultivation of longevity and enlightenment. The texts also suggest that the set forms should contain within them the following bodily positions and movements for the proper development of the vital breath.

Classes from January 2008:

Start Up:	Mon 18.00 – 19.25pm (Pat James)
Moving the shadow:	Mon 19.30 – 21.00pm (Elaine Ormiston)
Shadow Practice:	Thurs 07.00 – 08.30am (self practice – contact Pat or Paul)
Balakrama:	Thurs 18.00 – 19.30pm (Paul Duncan)