

ABOUT SHUDDHA YOGA

Shuddha Yoga was conceptualized by Kanchan Raste to weed out the confusion people have about different types of Yoga that are practiced in the West. Shuddha which means Pure focuses on teaching Yoga the way it was laid down by Rishi Patanjali and other sages: The original creators of this great science.

Rishi Pathanjali created a system of Ashtanga Yoga or the 8 Limb Yoga which describes the 8 rules that a disciple must follow in order to lead a Yogic Life and attain Moksha or Self Realization. Hatha Yoga is the term coined originally by Sage Patanjali to describe the Poses performed by a person, as the third principle or third limb of the system.

At Shuddha Yoga we practice and teach Hatha Yoga in its purest form.

WHAT WE OFFER

Yoga as Therapy: We specialize in treating various ailments – mental and physical with therapeutic yoga.

Corporate Yoga: We believe that the key to a strong company is having strong, healthy employees. Encouraging a preventative approach to health and wellness is one of the most innovative and effective ways employers can boost employee morale, productivity, employee retention and overall profit. We offer Yoga classes on the office premises to help achieve the wellness goals of your organization.

Yoga for Seniors: Shuddha has developed a series of courses using gentle posture – especially suitable for Seniors

Yoga for Kids: Starting yoga at an early stage helps kids become more grounded and connected to themselves. We offer fun Yoga classes specially designed for kids

Yoga for Wellness: These courses are specially designed to maintain a state of balanced and healthy lifestyle

Yoga for Weight Loss: This is a course designed to help people with their weight loss goals. A personalized diet plan along with asanas help people achieve their target weight in a safe, healthy and non-intrusive way



SHUDDHA YOGA

Aum bhur bhuvah swaha
Aum tat savitur varenyam
Bhargo devasya dhi mahi
Dhiyo yonah prachodayat

*(Aum You are present on the earth, the sky and the universe
You are that pure light oh worth one
A part of you is present in me as my conscience
I meditate on you. Please guide me and everyone in the right direction)*

KANCHAN RASTE

DIRECTOR

416 839 6987

KANCHANRASTE@GMAIL.COM

1.PRELIMINARY COURSE

No.	PRACTICE	DURATION
1.	VAJRASAN – with Pranadharana (Thunderbolt Pose with Fixation of Mind)	10 – 45 Breaths 1 Round
2.	SHWASANA MARGA SHUDDHI (Nasal Cleansing Process)	5 x 3 expulsions 3 Rounds
3.	MARJARASAN – A & B (Cat Pose – A & B)	3 -5 Breaths 2 – 4 Rounds
4.	TRIPAD MARJARASAN (Three Legged Cat Pose)	3 – 5 Breaths 2 – 4 Rounds
5.	ARDHA PAVANA MUKTASAN (Semi Wind – Release Pose)	3 -5 Breaths 2 – 4 Rounds
6.	UTTHITA EKAPADASANA (One Leg Up Pose)	3 – 5 Breaths 2 -4 Rounds
7.	SULABHA ARDHA DRONASANA (Easy Semi Bowl Pose)	3 – 5 Breaths 2 -4 Rounds
8.	PURVA BHUJANGASANA (Pre-Cobra Pose)	3 – 5 Breaths 2 -4 Rounds

1.PRELIMINARY COURSE

No.	PRACTICE	DURATION
9.	ARDHA SHALABHASAN (Half Locust Pose)	3 -5 Breaths 2 – 4 Rounds
10.	UTTAN VAKRASAN (Supine Spinal Twist Pose)	3 -5 Breaths 2 – 4 Rounds
11.	HASTAPADASAN (Hands to Feet Pose)	3 -5 Breaths 2 – 4 Rounds
12.	POORVA CHAKRASAN (Pre-Wheel Pose)	3 – 5 Breaths 2 – 4 Rounds
13.	BHUSHIRSANA – A & B (Head on the Ground Pose A & B)	3 -5 Breaths 2 – 4 Rounds
14.	SULABHA TADAGI MUDRA (Easy Lake Symbol)	According to capacity – 3 -5 rounds
15.	ANULOM VILOM (Alternate Breathing)	According to capacity – 5 -10 rounds
16.	SHAVASAN (Corpse Pose)	1 Round