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Cyclic Yoga Style of Teaching

Source of material from:
Maya Machawe In script,
RYT200 Maya Machawe's lessons &
https://www.cyclicyoga.ca

Evolution of Cyclic Yoga Worldwide

Cyclic Yoga is an art of sequencing yoga Asana, Pranayama, Mudra, Bandha and Kriya techniques to maximize the benefits and to energize body and mind.

1. The early trainings of Cyclic Yoga got on the road in 1984 in the city of Pune in India. During that period Cyclic Yoga was mere therapeutic training and used to carry on in small class for one on one training. Soon after that with migration of founders the roots of Cyclic Yoga were moved to Iran.
2. In Iran Cyclic yoga was utilized in treatment of psychiatric patients in mental health clinic in Tehran. Its applicability has been the subject of various research projects for years in the scientific work in collaboration with universities and health programs in hospitals. The first book on introducing Cyclic Yoga style was published in 1986. Cyclic Yoga style is being taught in "Payam Mehr Wellness Center" since 1996.
3. Payamemehr Yoga School and Cyclic Yoga style was registered internationally in 2016 with Gold designation by Canadian Yoga Alliance (CYA), International Yoga Alliance India (IYA) and International Association of Yoga Therapists (IAYT) in the USA.
4. Register Teacher Training on Cyclic Yoga is being held in Toronto-Canada, Tehran-Iran and Nasik-India.

What is Cyclic Yoga

- Cyclic Yoga is an art of sequencing yoga Asana, Pranayama, Mudra, Bandha and Kriya techniques to maximize the benefits and to energize body and mind.
- The aim of Cyclic Yoga is to maintain optimal level of wellness on physical, psychological and spiritual plane.
- Cyclic Yoga is an appropriate tool for self-development.
- Cyclic Yoga is based on “Ayurveda” and “Kosha” therapy system.

Sequencing in Cyclic Yoga

- Design of each cycle in Cyclic Yoga can be compared to composing a harmonious tune in which each musical note is important in its own special position, but it is their sequence that determines how they fit together to create a pleasant music.

- Design of each cycle in Cyclic Yoga can be compared to composing a meaningful sentence in which each word has its own unique essence, but the combination of those words as a sentence has a special cumulative meaning that convey sense.

Cyclic Yoga

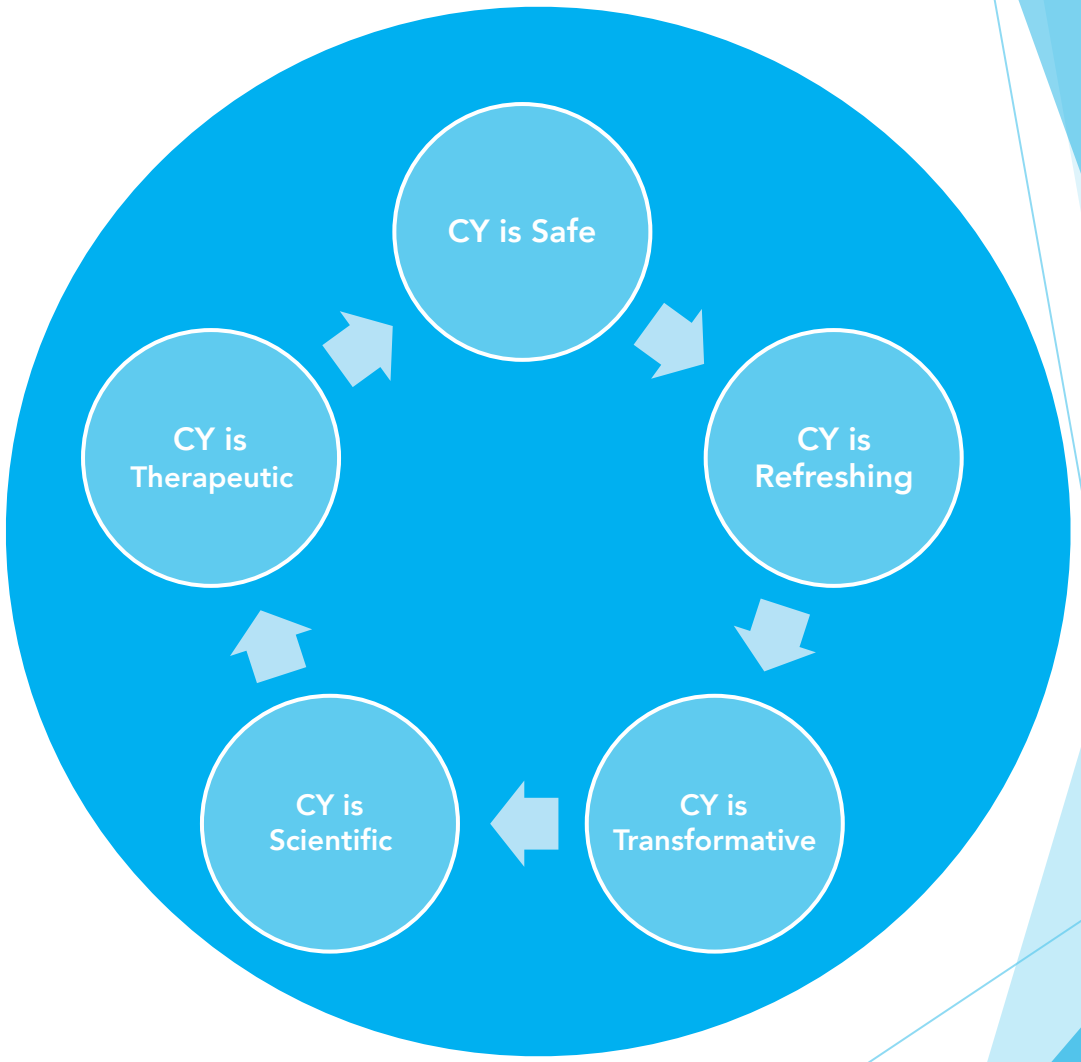
1) Therapeutic

2) Sequencial

3) Transitional

Cyclic Yoga Mottos

- CY is Scientific
- CY is Therapeutic
- CY is Safe
- CY is Refreshing
- CY is Transformative



9 Principles Used in designing the Cycle

- Types of spinal movements
- Types of muscle contractions and joint movements
- Compatibility of asanas with each other
- Progressing from simple to complex
- Transitional points while changing physical alignments
- Creating space for rest to neutralize tension
- Assimilation of physical and mental pursuits of yoga
- Cultivating energetic balance
- Considering individuals' flexibility

Alignment in Cyclic Yoga

- Yoga is not mere exercise. Practicing asana is a physical, mental and spiritual experience.
- Every person has unique anatomical structure and individual range of motion.
- Postural forms of asana requires a solid foundation and harmony in body alignment.
- Alignment demands muscular efficiency, stable joints and mental awareness.
- Alignment brings wisdom to every asana and organizes our practice with more safety and also prevents injury.
- Cyclic Yoga accepts universal principles of anatomical alignment.
- Cyclic Yoga believes that during implementation of asana body should be aligned with breath and mind to develop spiritual awareness.

Alignment in Cyclic Yoga

- Strong Foundation: To build a strong foundation for each pose ground through weight bearing parts of the body.
- Stable Core: For keeping the sacrum leveled and creating a strong foundation for spine, draw tailbone down, pubic bone forward, belly button in.
- Happy knees: To prevent hyperextension, always keep knees soft and micro bend. Knees stay in line with hip and ankle, directly pointing to the toes
- Relaxed Shoulders
- Bending from Hips
- Inner spiral-expanding energy and outer spiral-contracting energy

Cyclic Yoga fits for those who pursue:

- Physical Fitness
- Mental Peace
- Spiritual Gains

Health Benefits of Cyclic Yoga

Spend less time and gain maximum results

- Practicing predesigned Cycles can prevent possibility of harmful workouts
- Increase flexibility and reduces physical and mental stresses in a short time frame
- Reduce fatigue and muscle cramps
- Maintains a balanced metabolism
- Improve function of the immune system

After executing a complete Cycle, it is always safe to repeat it again for several times.

Classification of Asanas in Cyclic Yoga

Position of Body	Position of Spine	Characteristic
Standing	Forward Bend	Meditative
Sitting	Backward Bend	Relaxing
Kneeling	Lateral Bend	Strengthening
Supine	Twist	Core Strengthening
Prone	Axial Extension	Hip Opening
Side Reclinig		
Inverted		
Balancing		
Arm Supported		

Table of cycle classification

Simple Cycles	Advance Cycles	Therapeutic Cycles	Strengthening Cycles	Pranayama-Mudra Cycles	Meditation Cycles	Detoxification Cycles
Warm-ups	Trikonasana	Stress reduction	Will power enhancing	Nadi Shudhana Cycle	Focused attention	Detoxifying Digestive Trak
Virasana	Virbhadrasana	Anti-Anxiety	Core Strengthening	Viloma Cycle	Silence	Detoxifying Liver
Marjarasana	Uttanasana	Anti-Depression	Cardio Strengthening	Ujjaee Cycle	Chakra	Sessional Detoxification
Energy Boosting	Bhujangasana	Anti-Migraine	Bone Strengthening	Mental Peace	Mantra	Detoxifying Chakra
Kriya	Vrikshasana	Varicose-veins recovery	Concentration Boosting	Mental Stability	Mindful	Detoxifying Nadis
	Paschimottanasana	Lumbago Recovery		Stress Management		
	Sarvangasana	Thyroid beneficial				

For more information visit www.cyclic-yoga.com
Performed by Ahmad A. Hd
Design by Seena Ahmadi

CYCLIC YOGA RYT - 200

55 MAIN ASANAS

-1-
Adho Mukha Svanasana
Standing forward bend I
Downward facing dog pose

-2-
Anantasana
Recline side stretch I
Lord Vishnu pose/ Sleeping Vishnu

-3-
Anjaneyasana
Standing back bend A
Lord Hanuman pose / the king of monkeys pose

-4-
Ardha Chandrasana
Standing balance A
Half-moon pose

-5-
Ardha Kati Chakrasana
Standing side bend B
Half waist wheel pose

-6-
Ardha Matsyendrasana
Seated twist A
King of the fish-half pose

-7-
Badhakonasana
Seated axial extension B
Bound angle pose

-8-
Bakasana
Arm balance A
Crane (Crow) pose

-9-
Balasana
Seated forward bend B
Child pose

-10-
Bhujangasana
Prone back bend I
Cobra pose

-11-
Dandasana
Seated axial extension B
Stick pose

-12-
Dhanurasana
Prone back bend A / Bow pose

-13-
Eka-Padasana
Standing balance B / One-foot pose

-14-
Eka-Pada rajakapotasana
Seated back bend I
One-legged king pigeon pose

-15-
Gomukhasana
Seated axial extension I
Cow face pose

-16-
Halasana
Supine inversion A
Plow pose

-17-
Janusirsasana
Seated forward bend B
Head to knee pose

-18-
Kumbhakasana
Seated strengthening I
Breath retention pose

-19-
Marjarasana
Kneeing back &
forward bend B / Cat pose

-20-
Matsyendrasana
Seated twist B
King of fish pose

-21-
Matsyasana
Supine back bend B
Fish pose

-22-
Natarajasana
Standing balance A
Dancing Shiva pose / Lord of the dance pose

-23-
Navasana
Seated balance I
Boat pose

-24-
Padahastasana
Standing forward bend A
Hand to foot pose

-25-
Padmasana
Seated axial extension A
Lotus pose

-26-
Parasarita Padottanasana
Standing forward bend I
Intensively extended foot pose

-27-
Parivrtta Janusirsasana
Seated twist A
Revolved head to knee pose

-28-
Parivrtta Parsvakonasana
Standing twist A
Revolved Extended side angle pose

-29-
Parivrtta Trikonasana
Standing twist A
Revolved triangle pose

-30-
Parsvakonasana
Standing side stretch I
Extended side angle pose

-31-
Parsvottanasana
Standing side stretch I
Intense side stretch pose

-32-
Pashchimotanasana
Seated forward bend A
Extended back stretch pose

-33-
Pavan Muktasana
Supine forward bend B
Wind releasing pose

-34-
Purvottanasana
Seated strengthening I
Intense front body stretch pose

-35-
Sarvangasana
Supine Inversion A
Entire body pose

-36-
Setu Bandhasana
SupineInversion I
Bridge-lock pose

-37-
Shalabasana
Prone back bend I
Locust pose

-38-
Sidhasana
Seated axial extensionB
Accomplished pose

-39-
Sukhasana
Seated axial extension B
Easy pose

-40-
Supta Padangusthasana
Supine leg stretchI
Supine big toe pose

-41-
Supta Vakrasana
Supine twist B
Supine twist pose

-42-
Trikonasana
Standing side bend I
Triangle pose

-43-
Urdhva Mukha Svanasana
Standing forward bend I
Upward facing dog pose

-44-
Upavistha Konasana
Seated forward bend A
Seated wide angle pose

-45-
Ustrasana
Kneeling back bend I
Camel pose

-46-
Utkatasana
Standing strengthening I
Fierce pose

-47-
Uttanasana
Standing forward bend A
Extensive stretch pose

-48-
Uttana Pristhasana
Standing strengthening A
Stretch out book-page pose

-49-
Utthita Hasta
Padangusthasana
Standing balance A
Hand to toe pose

-50-
Vasisthasana
Standing Strengthening A
Dedicated to Sage Vasistha pose

-51-
Virasana
Seated axial extension B
Hero pose

-52-
Virabhadrasana 1
Standing back bend I
Dedicated to Sage Virabhadra pose

-53-
Virabhadrasana 2
Standing back bend B
Dedicated to Sage Virabhadra pose

-54-
Virabhadrasana 3
Standing Strengthening A
Dedicated to Sage Virabhadra pose

-55-
Vrikshasana
Standing balancing B
Tree pose

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