

Journal #1

Yoga Class Bhakti Yoga at first provides you the basic poses, as you go through the poses the more intense and advanced the poses get. These poses are known as rounds of sun salutations. The sun salutation poses are stretching your arms above your head. This helps loosen the muscles to go into deep more intense poses. The instructor then transitioned into a forward fold. After completing this she then went into a lunge, transformed into an average height plank, then lowered her body down. She afterward lunged ending back into a forward fold, then she reached back ending in back at her beginning position.

The key factor of yoga and doing these positions is breathing and prayer. Throughout the video “Yoga Class Bhakti Yoga” you see the women constantly inhaling and then a dramatic exhale. This breathing is important while doing your yoga practice. Prayer was also represented throughout the film offering you different methods to approach when doing yoga. Pray after every pose is one option, and breathing is the other. The woman practicing the poses does not speak, the narrator sounds like a very spiritual and advanced yoga instructor. This person is most likely Indian, he mentions what positions to do next with light peaceful music playing in the background.

The music does not have any lyrics and helps you relax your body. The class ended with the instructor laying down and thanking the gods. The Bhagavad Gita quotes “Yoga most often means simply mental discipline, or just discipline or training, while a yogi is a master of such

discipline.”(Sanskrit, 23). This helps me the reader have a better understanding of what exactly is yoga.