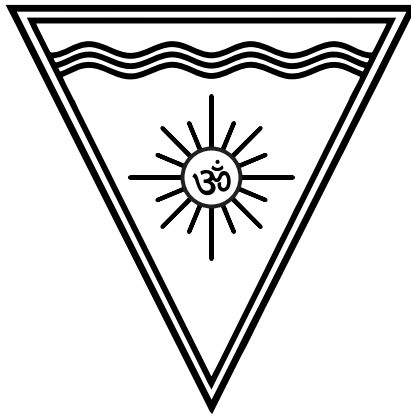


THE
TRISTHANA VINYASA YOGA
METHOD



YOGA FOR EVERY *BODY*

WITH
ANTHONY SCOTT



www.tristhana.com
3ommms@gmail.com

THE TRISTHANA VINYASA YOGA SYSTEM

TRISTHANA YOGA PRACTICE DEVELOPMENT COURSES

TEACHER TRAINING PLAN

PREPARATION FOR YOGA COURSES

HEALTH AND FITNESS PROGRAM

YOGA THERAPY

PERSONAL SESSIONS - IN HOME OR STUDIO

GROUP CLASSES

PERSONAL FITNESS TRAINING

ADVANCED VINYASA TUITION

ASHTANGA YOGA

MENTOR PROGRAM

WORKSHOPS

GETAWAYS AND RETREATS

MEDITATION

STRESS MANAGMENT

THE TRISTHANA YOGA METHOD

TRISTHANA

Tristhana is a Sanskrit word meaning the 'Harmonizing of Movement with Breath and Focus.

This is the essence of Vinyasa Yoga.

Combining these 3 actions of attention brings together the body and the mind through connection with the breath.

The Breath is the bridge between the mind and the body.

The mind is the master of the body, but the breath is the master of the mind.

The Tristhana Method is a Therapeutic, Holistic, Health and Wellness Fitness system that has its origins dating back over 3000 years.

The Tristhana Method brings these ancient techniques to the needs of the modern world, simply and effectively.

Beginning as a Therapy, then moving into a physical training program that develops the foundation for yoga practice.

This practice becomes a valuable Life Tool, slowing down the effects of ageing.

The Tristhana Method has evolved from the "hands on" teaching of 1000's of personal sessions and classes.

The influence of many styles and the observation of them have lead to this method.

With the many different yoga styles, taught in so many ways, it is confusing to find a path with a direction that will evolve and be maintained through life.

Through Repetition the Magic is forced to Rise.

The Tristhana was an important aspect of Yoga practice in ancient times.

First reintroduced and taught by Tiumalai Krishnamacharya who passed these methods down to some of the most influential yoga teachers of our time. His teachings have filter into, and have had a major influence on Yoga as it is practiced today.

Ashtanga Vinyasa Yoga and Iyengar Yoga both evolved from his teachings.

It is important that this aspect of yoga practice is not ever lost.

Yoga is a Breathing Practice, something overlooked in many classes today.

Vinyasa is a Sanskrit word meaning 'flow' - connecting asana/movement with breath.

Also 'to place in a special way'

The joining of postures on the thread of the breath.

Regular practice that is challenging, as well as therapeutic ensures a natural growth emerges.

Yoga is a serious undertaking that will change lives and transform people back to be where they should be, and beyond, uncovering their true potential.

Yoga should be practiced with commitment, regularity and Intent.

The aim of this method is to bring out the 'guru within,'

to become your own guide, and find that elusive path to follow.

It's not the destination,

It's the journey.

The Tristhana Method begins with "1 on 1" personal sessions until a practice is developed. This allows the benefits of yoga to be gained in a timely manner, at a pace that is tuned to each individual.

It is easily adapted to suit all lifestyles.

Whether it is to gain strength, stamina, flexibility, alignment, balance or to improve breathing, concentration or de-stress, it is all found in this method.

It is predominantly a breathing practice.

Yoga, practiced this way inevitably has far reaching effects that are still being uncovered by medical science.

Once learnt, the practitioner is free to build the practice into life.

Yoga is all about Freedom,

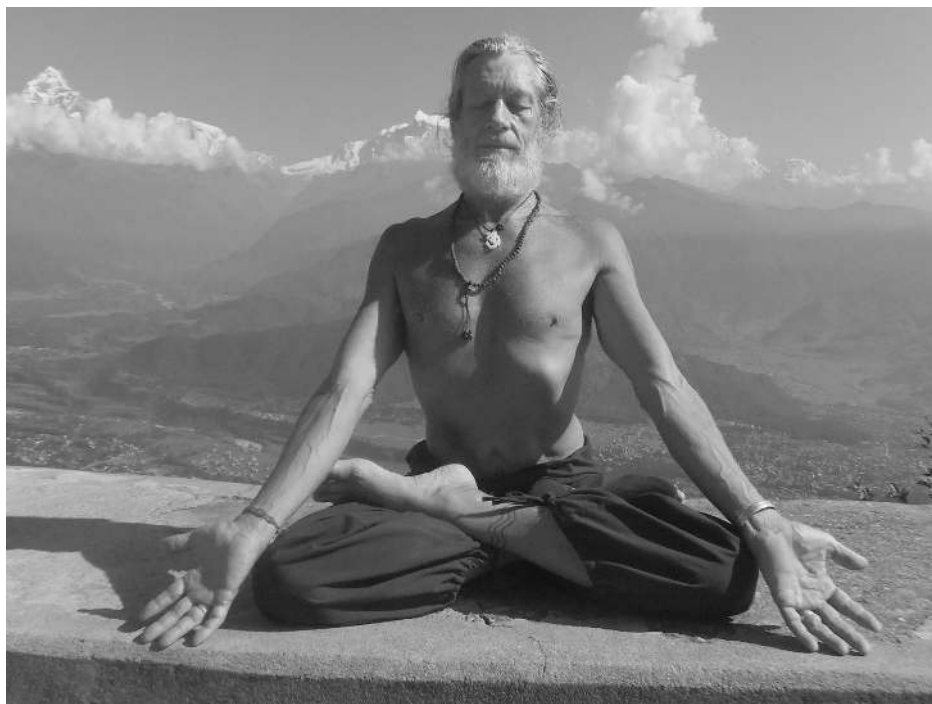
Classes are an option, not a necessity.

THE TRISTHANA YOGA METHOD

MOVEMENT - BREATH - FOCUS

TRISTHANA – the essence of VINYASA

MOVEMENT	Body	Asana
BREATH	Nervous System	Pranayama
FOCUS	Mind	Pratyahara



PADMASANA

ASANA AND MOVEMENT

Tristhana Vinyasa Yoga is a moving, breathing practice.

Vinyasa, meaning flow, joining postures or asana on the thread of the breath.

The body becomes agile, strong and flexible, with response to the internal heat generated by the breath.

Flowing from one posture to the next in a sequential manner enables many postures to be performed in a graceful, fluid and effortless way.

This is an efficient and powerful yoga practice that becomes easier over time and continues to evolve.

The practice requires discipline and the ability to direct the attention within.

Concentration develops and a moving meditation arises.

The body is the temple of the spirit, the maintenance and care of the body is essential to spiritual growth.

Over time, limitations and obstacles subside and are replaced by strengths; the body and mind are liberated, a feeling of inner – strength and achievement follows.

PRANAYAMA

BREATH CONTROL

Yoga practiced with Vinyasa gains mastery over the respiratory system.

Recognition of the importance of the breath and its connection with movement and focus begins the understanding of how the mind and emotions are influenced by the breath.

Only 20% of breathing capacity is used in normal respiration.

The practice encourages the breath to continually expand until 100% is utilized.

This has a powerful purifying and detoxifying effect, aiding the immune system and revitalizing every cell in the body.

The mind is also given a chance to let go of clutter and accumulated thought.

The present moment becomes a more comfortable place.

Prana – fundamental life force

Yama – to control

Pranayama can also be seen as a combination of ‘pran’ the life force with “ayama” meaning expansion. In this sense pranayama expands the life force through all levels of our being, physical, psychological and spiritual.

The key to understanding prana is the breath. When the mind is clear the breath is even and rhythmic. When the mind is tense and nervous, the breath is strained and erratic.

Breathing has a profound effect on our vitality and wellbeing.

The breath is the real *'fountain of youth.'*

Pranayama is the bridge between the conscious and the unconscious and serves to integrate body, mind and spirit.

The diaphragm is the key muscle, and is both a voluntary and involuntary. It links the conscious and unconscious functions of the body.

Pranayama brings the breath and prana into consciousness.

Yoga means 'union,' bringing together the mind and the body.

This is only achieved through the ability to control the breath.

Tristhana Vinyasa Yoga is a very efficient and effective vehicle to assist this process.

As The Future Unfolds

And The Past Dissolves

The Present Rides

On The Wave of The Breath

Anthony

PRATYAHARA

WITHDRAWAL OF THE SENSES

GAINING MASTERY OVER EXTERNAL INFLUENCES

SENSORY TRANSCENDENCE

This element of the Tristhana Method is a conscious effort to draw the awareness and attention from the distractions of the external world and outside stimuli.

Becoming aware of, yet cultivating a detachment from the senses, the attention is directed within.

This withdrawal allows for self observation as we step back, objectively looking at habits, desires and cravings that have a detrimental affect on our body, health, happiness and development.

This happens when the breath and movement are brought together.

Specific breathing techniques are learnt and applied to the practice, opening doors to this inner world.

The combination of these 3 actions of attention,

MOVEMENT - BREATH - FOCUS, are one of the most powerful methods of human transformation and long term maintenance of the mind and body.

THE 8 LIMBS OF ASHTANGA YOGA

The 8 limbs were conceived by the ancient Sage, Patanjali in his guideline to the practice of Yoga.

This must not be confused with Ashtanga Vinyasa Yoga introduced by K.Pattabhi Jois.

The 8 limbs comprise

1 Yamas – ethical standards

2 Niyamas - self discipline and spiritual observances

3 Asana – posture and movements

4 Pranayama – breath control

5 Pratyahara – withdrawal of the senses

6 Dharana - concentration

7 Dhyana – meditation or contemplation

8 Samadhi - joy, fulfilment, and freedom. Bliss and ecstasy – enlightenment

The first 2 are ethical standards and self-disciplines.

The next 3 stages are the Tristhana.

Then the practice can move into Raga Yoga, the yoga of the mind.

Dating back to the 4th century, the ultimate intention –

cittavritti nirodhah - stilling the fluctuations of the mind.

This is the first Yoga Sutra of Patanjali.

This is a guideline to the practice of Yoga that is overlooked in many modern yoga styles.

The breath is the central point, the 4th limb, everything radiates out from the Breath. The core is awakened, the hub of the body, the central point of holistic strength, the area of the element- *fire*.

This area is also the pranic centre of the body.

Ancient Yoga methods must not be ignored; there is much to learn from the masters that have gone before us.



TITTIBASANA

VINYASA -- THE KEY

VINYASA means 'breath – synchronized movement'

Vinyasa is the practice of moving from one point, or posture, to the next, creating a sequence joined together by the Breath, moving through with the power of inhalation and exhalation. Vinyasa movements are smooth and graceful and flow together creating a continuous Flow.

It is more about the lengthening of the breath and deepening the postures than trying to get every posture perfect or holding postures in a static way.

It's all about movement.

The connection of breath with postures and movement is a powerful healing exercise.

Heat is created, the body is oxygenated and muscles strengthen and lengthened, the joints loosen up and release, healing and restoring the body.

Pranic energy flows freely.

The joints are not overworked and muscles become lean, strong and flexible.

There is no lactic acid build up.

Most exercise systems overlook two important aspects, Breath and Alignment.

Once the limitations of the breath and body are overcome it is easy to maintain and improve physical condition for life.

Not all yoga styles offer this type of benefits.

Vinyasa is becoming the most popular way to practice yoga.

Vinyasa yoga practice has both mental and physical benefits. Physically, sweat generated by movement and breath expel toxins, purify and re-energize the body.

Strength and balance, along with flexibility and alignment also develop.

Mentally, the attention and synchronized breathing relax the mind, unblocking and releasing energy flow throughout the body. The mind moves into another state as the focus is drawn inward.

The Tristhana Method is a gradual progression taken step by step. The practitioner moves forward at his/her own pace, progressing smoothly and safely into the practice.

This approach allows the body to continually evolve over time, turning what was once impossible into reality.

The focus of the Tristhana Method is to gain complete freedom of movement.

It is more than just being flexible; it is alignment that is most important. This gets right back to the skeletal system; the complete range of movement of the joints is the goal.

Flexibility is about muscles and connective tissue, alignment is concerned with the joints.

Restricted range of movement through the joints cause's major problems as we age, joints become calcified, painful and arthritic if they don't move through the full range of movement.

Flexibility must be maintained to eliminate this degeneration.

Eg. the spine is affected by loss of flexibility in the hamstrings causing back pain and limited mobility.

The body slowly contracts as we age if it is not addressed and maintained effectively.

Some sports and training methods only make this worse.

Weight training is good for strength but has a detrimental effect on the joints, there must be a balance.

Strength must be built on a flexible and open body frame.

The mirror is no proof of fitness.

The longer this is neglected the harder it is to regain.

Tristhana Yoga is a holistic practice addressing this important aspect of health and fitness.

Vinyasa is the key to this method.

Connection of breath and movement creates heat, the body is oxygenated and muscles and joints strengthen and loosen

allowing healing Pranic energy to flow freely throughout the body.

Vitality is induced and the joints and muscles are not overworked, a lean, strong body results.

It is not about trying to beat our personal best every time we practice.

Most exercise systems tend to overlook the importance of Breath and Alignment. The body tightens up over time. Once the limitations are overcome it is easy to maintain and continually improve for life.

O' yogi,

Do not practice asana without Vinyasa

Vimana Rishi

The roots of the Tristhana Method have grown from Ashtanga Vinyasa Yoga as taught by K. Pattabhi Jois in Mysore, India.

This is the original Vinyasa style incorporating the Tristhana.

It must all come back to the breath, without breath connection there is no yoga.

Many sports have a negative effect on the body, overtraining, injury, repetition, unbalanced and incomplete training methods as well as mental pressure.

Personal Trainers, coaches and any one seriously involved in the fitness industry will benefit from this approach.

Tristhana offers a balance that can enhance and complete any training program and can become valuable for all athletes and sportsman.

Many training methods are not working on a long term basis.

The 3 aspect of fitness; strength, stamina and flexibility.

The most important is flexibility.

The Tristhana is more than just 'Yoga'; it is a complete Vinyasa Method.

It begins as a challenging physical workout/training program that develops the foundation to build a strong Yoga practice.

Breathing technique's are learnt and applied to the practice.

Core strength and connection as well as overall strength throughout the body develop.

Vinyasa sequences to suit each level are then introduced, enhancing stamina and endurance.

This enables all these aspects of fitness to be combined into one flowing movement.

Tristhana Yoga is a breathing practice that takes fitness training to new and higher levels and can be adapted by every body.

The entire mind/body is addressed, unrestricted movement unfolds.

Grace,

The outer expression of the inner movement of energy.

Vinyasa practice is the future of fitness training, opening doors to a more advanced Yoga practice as well as a higher level of wellbeing that is easily maintained.

The Breath is the most overlooked and important aspect of physical and mental health.

The ancient Yogis knew much more about the breath and its profound effect on the mind/body thousands of years ago than modern medical science does today.

Most medical professionals, physiotherapists, chiropractors, coaches, trainers and therapists don't know how to look after their own body.



HASTA URDHVA MUKHA PASCHIMATANASANA

Trying to fix problems after they happen is not the way.

Prevention is more important.

Where is the preventative medical approach?

Health care providers are not providing health; drugs, surgery and counselling are not always the way.

Yoga is HEALTH INSURANCE and ASSURANCE.

Health care is our own responsibility, relying on others is not the way. We must look to what has been working for centuries.

Who do we turn to, who can we trust?

We must continue to look towards eliminating prescription medication where ever possible and not rely on modern medical practice.

Yoga is misunderstood by so many. Perceived as an esoteric, spiritual, meditative or religious activity, practiced by strange yogis trying to twist themselves up into knots.

Yoga has a very colourful history and everyone has a different perspective of what Yoga really is.

First it must be experienced before any conclusions are made.

Yoga is looked at as an alternative medicine; on the contrary, the medical system is really the alternative.

We have the ability to help ourselves; all that is needed is the right guidance.

Yoga is a science with far reaching effects, developed over many centuries by some very intelligent minds.

The true benefits of Vinyasa Yoga are still to be uncovered by medical science. Funding for yoga research is very rare as it is difficult to generate profits as Yoga cannot be owned by anyone.

Vinyasa is the cutting edge of Yoga practice today.

It leads to higher states of mind and body rarely seen in other practices.

If only the first and most important movement; The Sun Salutation, was practiced regularly, aging would become more of a pleasure than a pain.

Many new students comment that they wish they had found Yoga years ago.

30 minutes of Yoga before breakfast can make the day more productive, less stressful, the mind more creative and focused. Perception is improved and we are happier within ourselves that reflects onto others.

The time/effort factor is high, what is put in is returned 10 fold.

Get out the Yoga mat, change your life.

WHY TRISTHANA YOGA?

There are many styles and approaches to yoga practice.

All have their appeal and benefits for different people and classes are attended for many reasons.

To get fit, look good, feel better, lose weight, get strong, sweat, meditate, relax, workout, overcome weakness or rehabilitate, get over illness or depression, sleep better, improve sex life, get a sex life, meet women, meet men, spiritual reasons, keep young, have fun, or just cos its *cool*.

All can be achieved if we follow the path that is right for us and we have the correct approach and guidance.

Firstly we must realize we are all 60% water. If water is still for too long it stagnates.

We must keep moving, to continually flow and enable oxygenation to rejuvenate, maintain and restore purity.

We must keep moving; if we stop we become sluggish and lack vitality.

Water at the edge of a stream is muddy and silted; the flowing water in the centre is fresh, clear and purified.

We must remain in the flow otherwise we get stuck in the mud.

If left too long it becomes harder to get back into the flow.

Vinyasa is the way to keep the body moving and energized, creating vitality and vigour, breath and movement create heat and healing.

Painless fluidity is achieved and maintained.

75% of the toxins in the body are eliminated by the exhalation of the breath, 92% of the body's energy requirements come directly through inhalation. This is achieved by only using 20% of our breathing capacity.

Vinyasa yoga gives the immune system a boost as we begin to use much more of our breathing capacity.

Every cell in the body is positively affected, purged from toxin and disease, oxygenated and purified.

Unless we breathe to our full capacity on a regular basis we are denying ourselves one of the most powerful and effective aspects of health and wellbeing.

The combination of these aspects come together in Vinyasa practice, movement and breath flowing together is the ultimate way of improving and maintaining our quality of life as we age.

Unless Yoga is practiced with attention to the breath it is not Yoga.

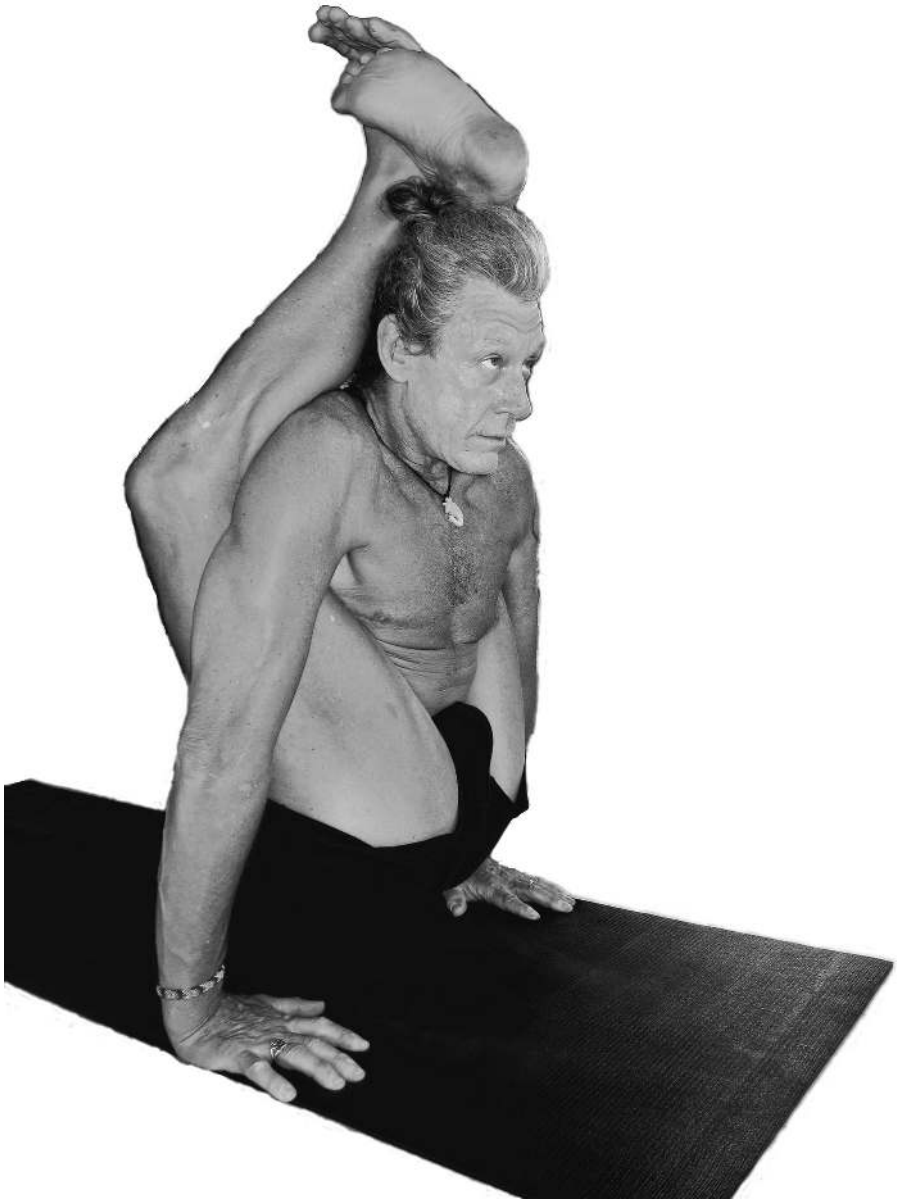
Tristhana Vinyasa Yoga is a moving breathing practice.

Seated postures, inversions, balances, standing postures all play an important role in the practice but the emphasis is on movement.

Whether we like it or not we are wise to begin to prepare for older age, the sooner the better.

What we do and how we live, as well as what we don't do, determine the way we spend our later life. It is never too late to begin Yoga.

Aging is a downward spiral, if not addressed it spins out of our control, Tristhana Yoga gives us the opportunity to not only slow this down, but turn it around – improving as we age, reversing this downward spiral.



RAJA KURMASANA

THE BREATH

The breath has a direct effect on brain function and the nervous system.

The exhalation has a calming affect and stimulates the parasympathetic nervous system and the left side of the brain.

This is the cooling, calming, healing side responsible for rational and logistical thinking, the Luna side, symbolized by the Moon.

The inhalation activates the 'fight flight' or sympathetic nervous system effecting the right side of the brain. This is the heating, invigorating side responsible for the creative, intuitive, aggressive and competitive part of behaviour.

This side is symbolized by the Sun.

The still point between the breath is called the Kumbuka, the present moment.

Once the breath is controlled and harnessed the transformational power emerges.

Stress is reduced through long exhalation, vitality through complete inhalation, calm in between.

Initially the Breath is restricted by the mind and body. Over time and with regular practice body limitations are reduced, the mind settles and the breath is free and complete.

True Vinyasa begins to evolve.

Effort leads to effortlessness

Chaos to calm.

The Breath plays a major roll in the ability to control the emotions and stilling the fluctuations of the mind.

The goal of yoga.

The Tristhana Method begins as a therapeutic practice that takes the practitioner on a journey deep into the true potential.

This ever evolving path is not concerned with a destination, it is the journey within, and the fruit picked along the way that counts.

Peace within is achieved once a way is found to continually improve our life and wellbeing.

PRANA -- the life force

Energy channels through out the subtle body carry healing energy. These channels are called Nadis.

Like electricity, it is unseen but powerful.

This energy, from the Breath, helps balance the Chakras, having a direct effect on our emotional state.

The Chakras are energy centres that are related to the endocrine system.

Breathing full deep and long inhalation and following the exhalation to completely empty the lungs, while moving in and out of postures, is the most efficient way of distribution of this Pranaic energy.

HEALTH AND FITNESS FOR LIFE WITH YOGA

Yoga and Fitness are two words rarely seen together.

This is the initial intention of the method, Yoga Fitness.

Yoga is the oldest form of physical exercise recorded in history.

It has stood the test of time.

This ancient method has now evolved to suit the lifestyle of the modern world.

Inactivity, stress, over eating, lack of proper exercise, dependency, no time, etc. all contribute to premature aging and decline.

Improper and irregular exercise is also a contributing factor.

The Tristhana Method is a complete (holistic) path that enables the practitioner the freedom to develop a Yoga practice that suit the lifestyle and physical condition, without costs or classes.

This is a home based practice, classes become an option once the practitioner gains the experience to be able to attend, but are not essential.

It is then possible to use the classes to enhance self-practice.

All participants in class will be Tristhana members and everyone will have learnt the same way through The Tristhana Method.

The practice begins as a therapy and evolves into Yoga practice.

All angles are covered -

Strength, stamina, flexibility, alignment, balance, cardio, etc.

This develops the foundation for the practice ahead.

Yoga fitness is like no other fitness, many people think they are fit, look fit, but find many limitations when it comes to Yoga.

Many Personal Trainers and Fitness experts, athletes, and sportsmen flounder when confronted with the challenges of Yoga.

This is due to the incomplete approach to what is required by the body, usually over use of weights or too much running or bike riding. Neglecting the alignment of the body leads to many problems later in life.

70% of gym memberships are not used?

Personal Trainers are expensive and lead nowhere.

Most other forms of exercise are incomplete, impractical and have no overall long-term plan.

The Tristhana Method covers all of the essential components necessary for an evolving fitness program that develops into a Vinyasa Yoga practice.

This can be done at home, in your own time and at no cost.

The biological age of the physical body is in decline.

30 year olds are in 70 year old bodies.

This is due to occupations and lifestyle.

Sitting in front of a computer all day doesn't help.

This method not only balances the biological age of the body but can bring it below and maintain it.

Once attained, it is possible for a 40 year old to maintain the same physical biological age for the next 30 years.

This takes application, consistency, motivation, intent, and discipline.

The only way to achieve the benefits of Yoga is through regular practice. Once the method is learnt, practice can be done at any time or place.

No equipment is needed, not even shoes.

A little a lot is better than a lot a little.

Your own yoga practice is the answer.

Reverse de-generation with Tristhana Yoga.



BAKASANA

THE TRISTHANA VINYASA YOGA SYSTEM

WERE CAN IT TAKE YOU

The proven method of Tristhana Yoga forms the nucleus of the entire system.

From the practice many doors begin to open.

Initially a yoga practice for all levels of experience is developed.

This may be done at home or in the studio, small group classes, level 1, 2 and open classes may then be attended as the practice progresses.

This transformative approach ensures a continual forward momentum is maintained, the practice becomes an important tool for life.

Once the practice is underway the opportunity to become a mentor to those new to the practice is then possible, helping to guide and motivate others through the initial challenges met at the beginning of the program.

Becoming a qualified Tristhana Yoga teacher evolves from this valuable experience.

Beginning with 1 on 1 Yoga Therapy personal sessions and conducting classes for small groups is the next stage.

It is a rewarding experience helping others find their way.

The Tristhana Teacher also continually evolves with the practice and teaching skills improve with experience.

The System allows for creativity as well as support and guidance with ongoing training.

If a full time career in Yoga is the desire Tristhana Yoga gives the opportunity to manage or own a Tristhana Yoga studio.

A small room for private work is all that is needed.

No large studio is necessary, this is where the initial client base is established.

Once there is enough students with the experience required, a room can be hired in a local hall or yoga studio. This need only be for the time necessary for the class.

This may lead to studio ownership if that is the aim once a large enough student base is established.

This way there is no risk or expense.

It may also be a home based business.

Once this stage is reached it is possible to teach and qualify other teachers in the Tristhana Yoga Method.

There are many aspects to this system depending on the needs, desires and requirements of each individual.

There are courses available in all levels of the Tristhana Yoga System.

This approach ensures a career in Yoga that will continue to evolve, just like the practice.

There is nothing more rewarding than helping others to live a better life.

Do what you love,

Love what you do.

THE POWER OF VISION

Our future lies in our own hands, we control our own destiny.

A vision is an important aspect of our development and direction.

We are able to visualize how we want to look, feel, and act, where and how we want to live, what job we do and how much money we want to make, the type of partner we would like, how we want to be when we get old, we are able to continually reinvent ourselves.

Not underestimating our own ability and having a strong belief in ourselves is the key.

Visualization is like a dream while awake, a conscious dream.

We need goals to head for on the way to making the vision reality.

The belief in our self, to handle, enjoy, and grow in a situation we think is beyond us.

Think of the wildest thing you can, I had the wild idea of sailing from the USA to a tropical island in the Caribbean and teach yoga.

It seemed way out of reach considering I didn't even have a sailing boat, it all became a reality and I lived on my yacht on an island called Culebra, for 3 years, teaching yoga in my own studio.

Yoga practice helps us to understand our potential, to achieve much more than we think we can.

As we continue to surprise ourselves with our achievements in our practice, we begin to look towards more distant horizons.

This filters down into many aspect of life.

Never underestimate your own ability.

We all possess untapped potential and power that lay's idle, awaiting release, both physical as well as mental.

Yoga is a vehicle that helps us uncover these hidden potentials and detach from everything that is holding us back.

*The out of reach becomes reachable, attainable,
And then manifest into reality.*

Vinyasa yoga allows clarity of mind, from here our visions appear.

The Breath is the key.

We tend to create our own limitations.

Yoga helps to think outside the circle of our imagined limitations.

The breath opens from within, we find the core of our inner power, from there it radiates out, like the hub of a wheel.

Inner strength, like the spokes on the wheel, continue to strengthen with time, the wheel keeps on rolling, smooth and effortless.

The Breath is the only way this connection is possible, with the aid of Bandhas and specific advanced breathing techniques incorporated into the practice, many new doors open.

Practice, and all will come.

SIMPLICITY AND CONSISTENCY

This is needed to evolve in Yoga practice.

Little is achieved by attending yoga class once a week.

Back bends one week, hip openers the next, inversions another day, there must be consistency in order for progression. The practice must be looked at as a holistic therapy.

Practice must be approached in a way that covers all areas on a regular basis in order to continually evolve safely and effectively.

This comes from a well structured self- practice, with classes designed to enhance this practice.

There must be a clear direction and a path to follow.

Dropping into a yoga class can be a very intimidating, uncomfortable and unpleasant experience.

Most people won't even think of going to a yoga class for many reasons or they have been, and found it not suitable and not what they were looking for.

Once we find our level and become aware of our limitation we can modify the practice to suit.

Classes with students that are all practicing the same way makes classes much more enjoyable, safe and effective.

The Tristhana Method follows a specific theme, that once understood, can be practiced at home or in a class.

The Tristhana Method is a practice, once learnt, enables regularity and consistency.

DON'T WAIT

If we wait for others to continually show the way we hold ourselves back.

Depending on others is not the way.

Once the path is found, we can follow.

Classes change, teachers change, venues change, Yoga changes.

It is difficult to find stability and consistency.

Self – practice is the way.

The Tristhana Method incorporates classes and with an emphasis on self – practice gives freedom of choice.

Yoga is all about Freedom,

Freedom of Mind, Body and Self.

Your own practice can become the most valuable asset you will ever possess.

We are more useful to ourselves and others if we are fit, healthy and happy.

THE TRISTHANA SYSTEM

HOW IT WORKS

Beginning with a free consultation to evaluate and explain the Method.

Any areas of limitation are discussed.

The practice is outlined and a plan put in place.

The next stage is 1 on 1 therapy sessions and the exercise sequence is developed.

The student/teacher understanding develops.

This is the traditional way to teach Yoga.

The student is gradually prepared for self – practice.

The student then becomes a practitioner as self- practice is achieved.

This then enables Tristhana Yoga classes to commence.

The teacher is already familiar with all students and there is no walk- ins.

Tristhana Yoga is by membership only.

The student must make a commitment to him/her self and the teacher.

It is a very satisfying experience to teach a room full of students that you have taught from the beginning and watch the progression and feel the energy as they all flow together on the breath.

Everyone has there own personal goals, be it to move into the next class level, or just continue with there own practice or maybe become a Yoga teacher and travel the world or have your own studio.

There is a path for all.

THE TRISTHANA TEACHER TRAINING PLAN

Teaching Yoga must evolve from Yoga practice.

The student teacher must first have a complete knowledge of the Tristhana Method and be competent in the practice before being accepted into the Tristhana Teacher Training Program.

This may take up to a year depending on the dedication and input of the student.

LEVEL 1

This course is an extensive practical and theory program covering many aspect of Yoga

It is a combination of home study and "hands on" training.

Subject studied;

Anatomy, Ayurveda, Yoga philosophy, Asana and the body,

Breathing, Sequencing, Adjustment, Yoga Therapy, Mentoring, 1 on 1 private teaching, class assistant, Teaching Class.

This course has no hour limits and it is not associated with any other yoga Alliance.

This course is a Tristhana Vinyasa Yoga Teacher Certification.

This will qualify the teacher to undertake the next stage if a full time career in Yoga is the desire.

LEVEL 2

STUDIO MANAGEMENT / OWNERSHIP COURSE.

SUBJECTS;

Business management, Marketing, basic accounting, studio set up, daily operation, advanced Asana and Vinyasa.

Once successfully completed the teacher has the option of managing or running a studio in there own area.

This course is on an individual basis and is evaluated with the progression of the student.

Level 3

This is an advanced course for studio owners/manages that have completed the previous course and are working full time as a Tristhana Yoga Teacher.

This is an ongoing course to keep studio owners and teachers up to date with the progression of the Method and the System.

The areas covered;

Advancing practice, hands on adjustment, Ashtanga Yoga, Teaching The Teacher, growing your business, other styles, running a retreat.

Monthly meetings are also available and recommended to keep pace with the evolution of the Tristhana System.

Teaching yoga evolves from the practice and experience.

Once the benefits of the first Sun Salutation are felt the desire to share it with others will be felt.

This natural evolution occurs due to the organic nature of the practice and the Method.

Within the first 12 months a firm understanding of the practice and method is gained, the path becomes clear. This makes teaching Tristhana Yoga much easier as personal experience is the guide.

All students must become members and have been through the preparation stages prior to attending classes.

There is no walk- ins or new student in classes.

This system ensures all students are practicing Tristhana Yoga and are familiar with the Method.

The classes are made up of students that have been prepared by the teacher teaching the class.

This ensures a safe progression in a comfortable environment.

Classes are arranged to allow the entire method to be covered in a systematic way, allowing each segment of the method to be practiced eg. Vinyasa Flow, Strength, Balance and Alignment, Technique, inversions.

Each class has a different focus, but all having the same objective and are designed to enhance self- practice.

Classes also evolve with the advancement of the students.

Once the student base is built, a large room can be acquired to conduct classes eg. Local hall or Yoga studio.

It is not necessary to rent a room permanently to hold classes as the venue can then be changed.

It is necessary to have a small room for private work even though some of the private work is done at the students own home.

Any class, of any style may be attended anywhere in the world, with confidence, once this method is learnt and practiced.

The level is reached, and continually lifted.



ADHO MUKHA VRKHASANA

THE TRISTHANA VINYASA YOGA METHOD

OVERVIEW

STAGE 1 FREE CONSULTATION

- EVALUATION AND METHOD EXPLANATION
- RECOMMENDATIONS

STAGE 2 PROGRAM COMMENCEMENTS

- 1 ONE 1 PERSONAL SESSIONS BEGIN
- YOGA THERAPY AND BASIC EXERCISES
- SELF – PRACTICE BEGINS

STAGE 3 SELF – PRACTICE IS MONITORED

- ADJUSTMENTS MADE WITH PROGRESSION
- WEEKLY CONSULTATION CONTINUE AS REQUIRED
- MENTOR HOME VISITS CONTINUE IF REQUIRED

STAGE 4 - GROUP CLASS MAY BE ATTENDED

STAGE 5 - LEVEL 1 CLASS

STAGE 6 - LEVEL 2 AND OPEN CLASSES

This is a progressive Vinyasa Yoga style based on a proven method.

It is designed to give everybody the opportunity to gain the benefits of Yoga and to begin, and continue a Yoga practice that will evolve for life.

The method is designed to be practiced at home with classes an option once the practice develops.

This approach allows anyone the chance to commence Yoga practice regardless of age, physical condition or life style.

Attending classes are an option but not a necessity.

Once learnt the practice is free, and can be done by anyone, anywhere, anytime without the need for a teacher or equipment.

TRISTHANA TEACHER TRAINING PROGRAM

OVERVIEW

STAGE 1 - THE ENTIRE TRISTHANA YOGA METHOD IS LEARNT

- HOME STUDY COMMENCES

STAGE 2 – MENTOR PROGRAM

- YOGA THERAPY
- 1 ON 1
- GROUP TEACHING

STAGE 3 LEVEL 1 CLASS TEACHING

STAGE 4 LEVEL 2 OPEN CLASS TEACHING

ONCE THIS COURSE IS SUCCESSFULLY COMPLETED THE STUDENT TEACHER IS ELIGIBLE TO ENROL IN THE STUDIO MANAGEMENT/OWNERSHIP COURSE.

Teaching yoga evolves from yoga practice, each stage leading to the next. This way the teacher shares with the student from personal experience, ensuring safe and effective development.

No previous yoga experience it needed. This powerful method is available to everybody, athletes and sportsmen, yoga practitioners or anyone with the desire to keep fit and healthy.

Those with limitations or disability, injury, or are rehabilitating, have chronic illness or disease, can benefit from this practice.

As long as there is breath, there's yoga.

The majority of the population are missing out on the benefits of yoga for many reasons.

Tristhana now makes yoga accessible to everyone.

As it is not based on attending classes and it can be done in the comfort of home, many more people can now practice this ever evolving method that just may become one of the most important things they have ever done.

Your own Yoga practice becomes a valuable and beneficial aspect of life.

Anyone interested in making a career from teaching Yoga will find this a simple and rewarding way to develop the direction and foundation needed to open the doors to the world of Yoga.

This is a progressive, ever evolving, complete, well proven and rewarding method.



VAKRASANA

WHO CAN BENEFIT

Have you heard of all the benefits of yoga but are unsure where and how to start?

Do you think you are too old or unfit to do yoga?

Do you suffer from back pain or other problems and have not found a way to overcome them?

Do you have a yoga practice but no direction?

Are you a yoga teacher but find it difficult to make a living teaching?

Would you like to build a career in Yoga but don't want the risks, rules, regulation and problems associated with owning a studio?

Are you lost and confused with the many different yoga styles and are looking for a path that is right for you?

Would you like to just keep fit, strong and healthy but can't find a way that works for you?

Would you just like a challenging, sweaty workout you can do any time or place?

Do you want the benefits of yoga but going to class is not for you?

Are you recovering from illness or injury and would like a rehabilitation plan that works and develops into yoga practice?

Are you looking for a way to balance the stresses of life?

Would you like to avoid the side affect of working on a computer?

Have you tried other therapies and found them expensive and ineffective?

Do you have a friend or relative you think would like yoga?

Do you travel and find it difficult to keep up a regular fitness program?

Would you like to take control of your own wellbeing?

Do you have trouble sleeping?

Are you in jail?

Do you suffer depression or anxiety?

Do you think you are to stiff or weak to do yoga?

Do you have an addiction or dependency?

Would you like to stop smoking?

Would you like to loose weight?

Do you eat too much of the wrong foods?

Would you enjoy being part of a community of like minded people on weekend getaways and retreats?

Can't find the right class or teacher?

Can't find a fitness program that keeps developing?

Not sure about yoga and what is it really all about?

Tried Yoga classes and found them unsuitable for you or not what you expected?

Been to classes and found them to difficult or to easy?

Been to classes and there was no breathing instruction or connection?

Been to yoga class and the teacher was an instructor and you didn't learn anything?

Does your studio follow a specific method and theme?

Would you like the assurance you are guided by a teacher with the experience and expertise to enable you to evolve your practice?

Would you just like to be in safe hands?

Would you like to be able to attend any class in the world and not feel inadequate or intimidated?

Would you like your friends to notice improvement in you appearance and attitude?

Are you looking for direction and a path to follow that will continually evolve?

Are you looking for a down to earth approach to yoga without too much talking, chanting, music, or meditation?

Just curious?

Think you just can't do Yoga?

The Tristhana Yoga method has developed over many years of practice, study and observation, experience and dedication, it opens up doors for everyone looking to gain the benefits of Yoga, in a way that suits their present condition and life style.



MAYURASANA

THE EVOLUTION OF THE TRISTHANA SYSTEM

The Tristhana System and Method have evolved from Anthony's near 30 years of experience and extensive travels on the Yoga Path.

It has led him all over the world teaching, studying and practicing in over 10 countries.

He has been teaching full time abroad since 2000.

The journey began in Australia with severe back pain at the age of 30, due to many years in the construction industry.

This led to unsuccessful and expensive, attempts by Doctors, Chiropractors, Physios, and many other therapists to find a way to overcome the problem.

The conclusion was to find a way to fix it himself.

He began to stretch and strengthen the back and found relief and realized he was doing a crude form of Yoga.

This evolved into 10 years of Yoga self- practice.

After moving to the USA, Anthony gained a Teacher Training Certification and began teaching privately in Florida.

He then taught over 3000 private Yoga sessions before teaching any classes.

The discovery of Ashtanga Yoga opened many doors and he began study and practice with some of the most respected Ashtanga Yoga teachers in America.

After intensive practice and study in Jamaica, he began to teach Ashtanga Yoga classes, as well as his own style.

Anthony then sailed out of America to the Caribbean where he established his own Yoga Studio on the island of Culebra in the Spanish Virgin Islands.

Finding Asthanga Yoga to restrictive for many of his students, he continued to develop a more Therapeutic approach based on Vinyasa Yoga.

Norway became home where he taught Ashtanga, Tristhana and also opened the first Yoga Therapy Studio in Oslo.

Anthony also worked as a Personal Yoga Trainer in large Gyms in Oslo and established Tristhana Yoga in Gyms and Studios under the "Yoga Fitness" banner.

After extensive travel/teaching, Anthony is now based in Nepal where he has his own Tristhana Vinyasa Yoga studio.

He is also assisting in the establishment of the Shivalaya Yoga Centre in Begnas Lake where he is resident teacher.

Anthony now specializes in Self-Practice Development and Preparation for Vinyasa Yoga courses.

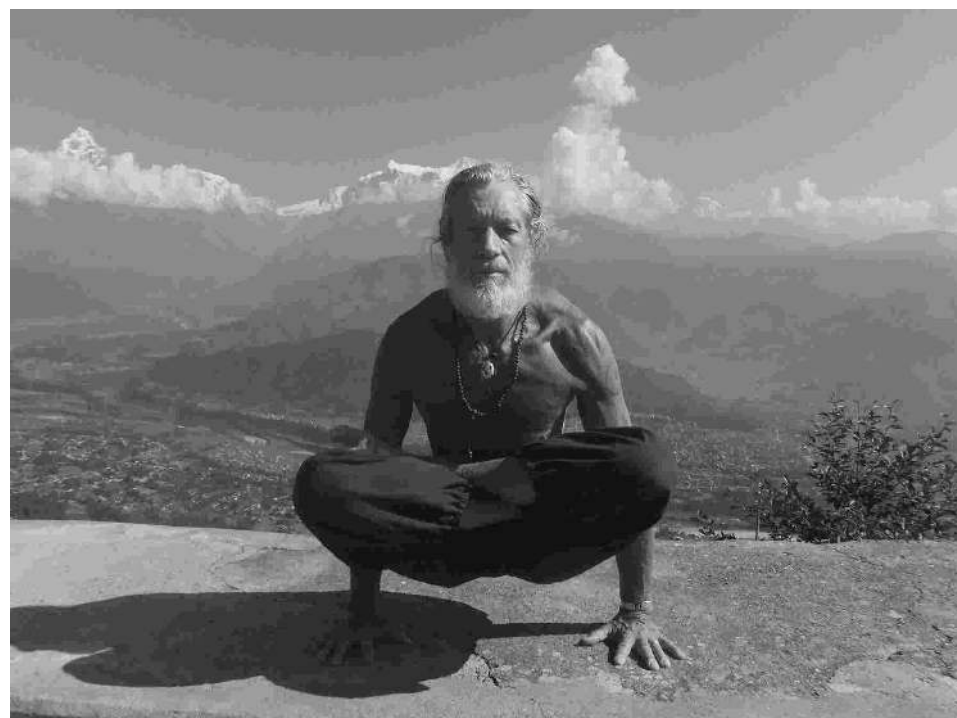
These courses may begin at any time and can be structured to suit both time and budget.

Contact Anthony Scott

3ommmms@gmail.com

+977 9818443040

www.tristhana.com



UTH PLUTHI

TRISTHANA VINYASA YOGA METHOD BASIC PRACTICE

SEATED FORWARD FOLD (RELAXED)

PRANAYAMA

THE 2 SQUATS

WARM UP

3 TIBETANS

STANDING OPENING SEQUENCE

STRENGTH WORK

CHATURANGA PREPARATION AND MODIFICATION

MIDDLE OF THE SUN

DOWN DOG - WALKING FORWARD

SURAYA NAMASKARA A

LUNGES

SURAYA NAMASKARA B & C

TRISTHANA STANDING SEQUENCE

BALANCE SEQUENCE

TRISTHANA VINYASA FLOW

CHIKISTA SEQUENCE (THERAPEUTIC FOUNDATION & PREPARATION FLOOR POSTURES)

STRENGTH SEQUENCE - INCLUDING ABDOMINALS

SEATED ASANA SEQUENCE - ADAPTED TO LEVEL & REQUIREMENT

BACK BENDS

INVERSIONS

FINISHING SEQUENCE

SHAVASANA / MEDITATION

This practice is not intended to be done all in one session.

Each module is learnt and practiced individually and in sequence.

The class or session can be a selection of the areas that need to be worked on and are preparation for other areas of the practice.

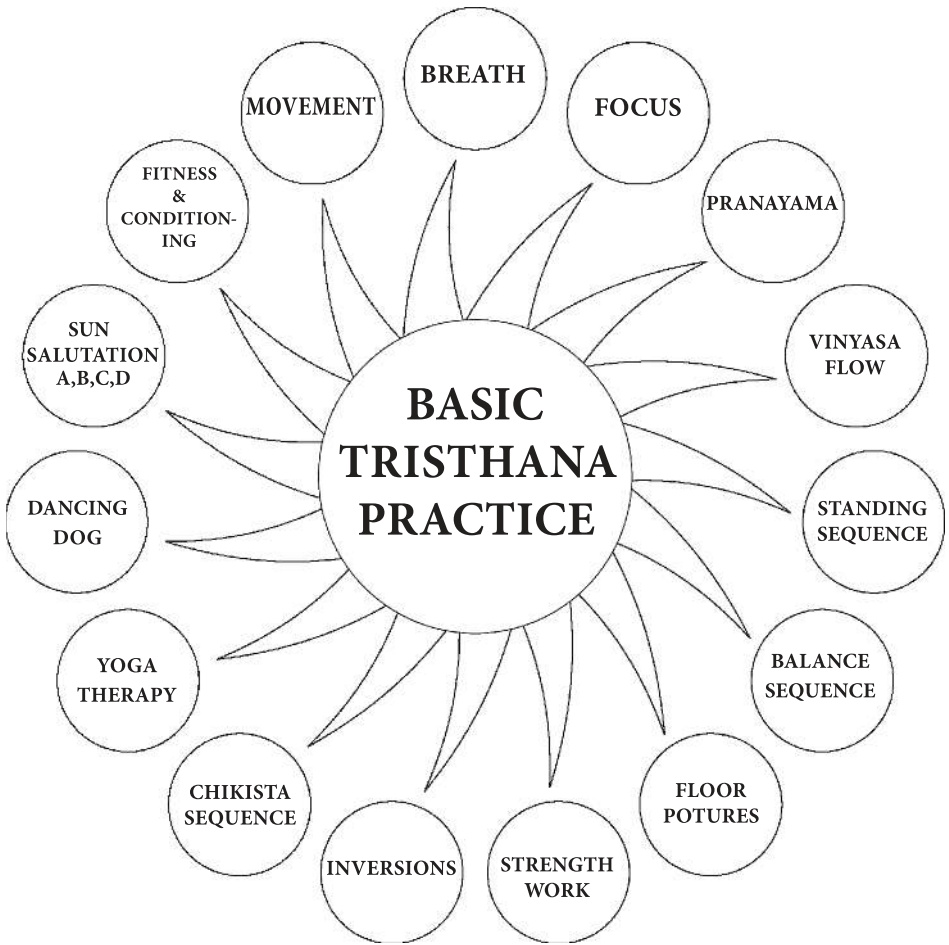
Each segment of the method must be learnt from a qualified Tristhana Yoga Teacher.

Classes are there to improve self- practice.

Workshops on specific areas of the practice, as well as weekend getaway, intensives and retreats can be conducted throughout the year.

This Method can begin at any age or physical condition.

The purpose of the Tristhana Method is to make Yoga accessible to every *body*.



ELEMENTS OF THE BASIC PRACTICE

TRISTHANA YOGA THERAPY

PREPERATION FOR YOGA PRACTICE

The goal and purpose of Tristhana Yoga Therapy is SELF – PRACTICE DEVLPOMENT.

A personal yoga practice can be achieved by *everybody*, regardless of their present condition, age or experience.

It may just become your most valuable possession, and change your life.

Whether it is for rehabilitation from sickness or injury or to assist an élite athlete find an edge, manage a chronic condition, RSI, overcome dependency, depression, anxiety, deal with a disability, build strength, flexibility and agility, reduce the effects of aging, weight loss , improve concentration, *reach enlightenment*, TYT can be an applied.

There is no condition TYT cannot assist in some way.

This method puts the healing into the hands of the practitioner.

TYT can be curative, preventative, rehabilitative, or purely for physical conditioning, depending on the requirements.

The initial personal consultation evaluates the condition and its history and from there the program is developed.

It may begin with gentle adjustments, exercises, and postures.

Breath awareness and movements are learnt, then a home practice may commence.

This is monitored and adjusted as the client adapts and begins to gain improvements.

Regular private sessions are essential at the beginning of the program and taper off as the student takes over the practice, unassisted.

Group sessions then also become possible.

This stage begins to establish a strong foundation for the Basic Yoga Practice.

The student then becomes a practitioner of yoga and is well equipped to continue to follow a well defined path that continues to unfold.

It is important to have a regular 'Holistic' practice that can be done anywhere, anytime, without equipment or machines and at no cost.

It becomes your practice, and it is with you wherever you go.

Once the initial problem is overcome or under control, the student continues with a progressive Vinyasa Yoga Practice.

Even if the problem is persistent, the rest of the body is not held back or neglected.

This is possible with any condition and at any age.

Even 'Healthy' people need this preparation especially if an advanced yoga practice is the vision.

It is important to have a path to follow, one that never ends, but just gets easier to follow.

The empowerment gained from self achievement is a powerful motivator.

This is a Vinyasa Yoga practice,

Finding the flow within our capabilities,

It's never too late to start.

TRISTHANA - Harmonizing Movement, Breath and Focus,

- The essence of Vinyasa.

After 15 years of practicing and teaching Ashtanga Yoga as well as working personally, one on one, with 1000s of private students the need for a path to prepare for more advanced yoga practice became apparent.

This stage must be done carefully to ensure a safe, smooth passage for the challenges that lay ahead.

The body takes time to adjust, adapt and integrate the practice.

The Ashtanga Yoga Primary Series is one of the most effective Therapeutic systems that has ever been developed but it must be approached with

caution, prepared for, and understood that it is a Breathing practice.

Many injuries occur due to an over aggressive approach by both student and teacher.

The Breath is the guide and safety net.

Included and emphasized in TYT are the breathing skills that will enable the continual improvement of the flow of the breath.

Health Fitness and Longevity

The fact that we are not getting younger must be addressed and taken control of as early as possible if we are to grow old with grace and have a better quality of life in later years.

Through my own experience working as a personal trainer and teaching Vinyasa Yoga in large gyms I was surprised to see the lack of alignment in most of the PTs [some couldn't even hold down dog] as well as lack of stamina and serious training injuries.

Much energy is wasted if the body is not free and in alignment.

Some PTs were too embarrassed to come to yoga class.

The mirror is no proof of true fitness.

It proved to me Vinyasa Yoga is a very effective holistic fitness method, favourably comparing with anything I could see coming from the gym.

If peak fitness is required, Vinyasa Yoga should be included in the training program.

TYT method has a comprehensive strength and balance workout program designed for foundation and condition building as part of the program.

This is then taken up by the practice.

It is much better to continue moving forwards than slowly sliding back.

This method can be practiced by *anybody*, but it must be practiced!

It is important, body workers, healers, doctors, health workers, PTs, trainers, coaches, masseuse, chiropractors, Yoga Teachers, physiotherapist, psychiatrists, ect. do not neglect to study and experience the long term benefits to be gained from Vinyasa Yoga.

Science is yet to catch up with this most beneficial, ancient, form of holistic wellness, long term maintenance and conditioning system for the human body.

Not just static postures, freedom of movement is the aim of this method.

The Breath must also be at the heart of the practice.

A well constructed, complete self- practice must be continued if Yoga is to be taken seriously, as it should.

One thing must lead to another.

Within the Tristhana Vinyasa Yoga method lays a framework consisting of different elements that together, form the Basic Practice.

These elements are practiced, and eventually condensed. The elements that have formed the foundation, are taken up by, and absorbed into the practice. This may lead to an advanced Yoga practice or just a better quality of life.

A lifetime practice..... for *life*.

