

The Yoga Fundamentals – online

Welcome to The Yoga Fundamentals – a practical course guided by yoga teacher Brooke Elliston, forming a necessary base, although simple, the fundamental aspects are also bottomless in complexity. It will provide you with the fundamentals of the yoga practice; the bedrock tools, techniques, and ideas that provide the most potent aspects of the journey.

About the course

The essential components of a yoga practice are always more challenging than the final destination. If there is a peak posture in a sequence, the preparatory phases require the most effort and attention. The journey prepares us physically, mentally and spiritually, so that the final destination is not a fixed outcome or form, but an energetic sense of ease, space and relief.

Ultimately, this course was created as a way to share the nuances, subtleties, and details of the inner journey. When we dig down and get really familiar with ourselves, we move from *cause and effect*, where the external environment dictates how we feel – to *causing an effect*. That is, we choose our state of being and life mirrors the inner majesty we feel, reflecting our dreams right back.

For whom is this course?

This course is for everyone, regardless of age or experience. It's for those stepping on a yoga mat for the very first time, as well as those who have been practicing or teaching for years. The only prerequisite is some kind of inner urge to delve deeper into and get familiar with the internal terrain.

Purpose & goal with the course

In this course you will learn the fundamental aspects of the yoga practice:

- Build focus, becoming more aware of distractibility and lay the mind-work for consistent home/self-practice.
- Make intelligent self-adjustments by understanding how different movements and actions feel.
- Be able to feel lighter and stronger through unified, full body recruitment.
- Catalyze your personal growth by slowing down and taking the time to immerse yourself in the fundamentals.

Course structure

The course is divided into seven parts, each part presenting a new fundamental teaching of the yoga system – first tutorial style format, followed by a longer class.

Each tutorial is paired with a corresponding class. The tutorials introduce the fundamental concept or aspect of practice, and classes are where we weave the teaching into a flow.

- **Part 1: The Rebound Effect**

The Rebound Effect is the principle that when we use the downward pull of gravity to stabilize our roots, there's a simultaneous energetic ricochet from the earth, generating an upward release.

- **Part 2: Freedom inside form**

Exploration of the concept of freedom inside form through the use of blocks.

Working within the limits of any medium inspires us to grow creatively in order to progress.

- **Part 3: Divine pivot**

Divine pivot is the idea that practice, like life, is constantly fluctuating and in order to cultivate balance, something new is needed in each moment.

- **Part 4: Subtle breathing**

Get an introduction to the physiology of breathing and how to breathe optimally.

- **Part 5: Alive with awareness**

An exploration of the yogic perspective that our inner world is more real and alive than our outer world.

- **Part 6: The energy informs the physical**

Get to know the three fundamental bandhas and how they can be used to direct energy in the body.

- **Part 7: Equal effort in all directions**

Learn about cultivating a more evenly spread activation that allows the whole body to collaborate in a beautiful and elegant symphony.



Access time

You have access to the course for three months. If you wish to have access for a longer time, you have 30 % off on your next purchase of the course.

Learn more about Brooke

If you want to know more about Brooke Elliston, you can [read more about her here](#).