

Jay Ma Yoga
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Norway
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Free yoga clubs for MYP students oct-dec 2018

The Gjøvik based yoga studio Jay Ma Yoga has volunteered to run free yoga classes for MYP students the last part of this year from oct 25. Thursdays ()

Yoga is the art and technology of conscious breathing and movement in order to attain inner peace with the emotions, physical strength and endurance and is beneficial to the body and mind in numerous ways.

Though originated in ancient India, yoga is not foreign or competing religious wise to any one as all religious and philosophical perspectives will be absent in this breath and energetic motion for the mind and body.

We use to ancient mantras in the tuning in and out; namely
Ong namo guru dev namo –I bow to my inner teacher, I bow to the endless wisdom of my body
And
Sat Nam.- truth is my primal essence

We challenge the breath and body just a little, to detect our comfort zones and connect to our biochemistry such as to be able to manipulate both a bit. These are exercises for particular purposes as to attain better focus, physical and mental balance, resilience(endurance) and sense of self worth. There is no hocus pocus, only the body and minds bio chemical adjustments to the flow and balance in the blood stream, adrenals, nerve system and all organs with their synapses and neuro transmitters.
None of us are exactly alike and we remind the students not to compare each other to one another, but to feel their inner zones, resources and capacities. Discomfort can be motivation, pain shall not be accepted.

I, An-Magritt Seeland am the mother of Julian in grade 4. I am educated as a yoga teachers from several yoga schools, run my yoga studio in Gjøvik and do quite a lot of travelling as a teacher and speaker about medicinal and traditional yoga. I also share a educational program for yogateachers for children and adolescent from Gjøvik. Some of my students might assist us as teachers during one or two of these yoga classes, but it will be under my directions.

I am very happy to have this opportunity again and recite yogi Ramacharan with these words

“If only one generation learned how to breath the right way it would change human history and disease and violence would disappear”.

An-Magritt www.jaymayoga.com facebook: Jay Ma Yoga