



# Ch1. English Yoga

クラスの始まりから太陽礼拝まで



by Shoko - Kapalili Hawaii Official

# クラスの始まり - 1

## はじめのあいさつ

Good morning everyone.

How are you doing this morning?

My name is Shoko.

Nice to meet you!

Today it's going to be 45min yoga class.

## 初めての方の参加は？

Does anyone here practice yoga for the first time today?

If so, please pace your self and feel free to drink water and take a break anytime.



# クラスの始まり - 2

**無理しないでくださいね!**

- ① Do only what feels comfortable for you.
- ② Remember, there's no need to push yourself. Just listen to your body and do what you can.

**この時間を楽しみましょう!**

- ① Simply enjoy this time for yourself.
- ② Just allow yourself to enjoy this moment.
- ③ Remember to take this time to enjoy the practice.

**Let's get started !**





# 心地よい座位姿勢に導く

## 安楽座 両足を中心に

Come to comfortable seated position.

"Align both heels with the center of your body. Sit nice and tall, grounding through your sitting bones, with your tailbone directly underneath of you."

## リラックス

Relax your shoulders, Create a long and nice back neck



# 深呼吸：息の通り道を意識する

Let's take three cleaning breath together

**1** Inhale, through your nose. Exhale, through your nose.

鼻から息を吸って、鼻から息を吐いてください。

**2** Take a deep breath (Inhale) through nose,  
Exhale through your mouth. / Open your mouth.

鼻から深く息を吸って、口から息を吐いてください。

**3** Keep going, One more time, Two more Times, Last one.

続けて、もう一度、あと2回、最後の呼吸。

# 呼吸への意識

## 1 "Focus on your breath."

ご自身の呼吸に集中してください。

## 2 "Bring your awareness to your breath."

ご自身の呼吸を意識してください。

## 3 "Turn your attention inward and observe your breathing."

あなたの意識を内側に切り替えご自身の呼吸を観察しましょう。

## 4 "Center your mind on the rhythm of your breath."

あなたの呼吸のリズムをあなたの思考の中心に

## 5 "Notice the natural flow of your breath"

あなたの呼吸の自然な流れに気づきましょう

# Cat & Cow: 肋骨の動きを意識する

**1**

**Come to the table top position.**

**Place your hands shoulder distance apart.**

**Place your knees hip distance apart.**

**Press down your hands on to the mat.**

**2**

**Bring your shoulders over your wrists.**

**Bring your knees under your hips.**

**3**

**As you inhale, drop your belly / arch your back / tail bones up / open your chest / gaze up / Squeeze your shoulder blades together**

**4**

**As you exhale, squeeze your core / drop your head / tail bone down / separate your shoulder blades / gaze your stomach**

# Cat & Cow

1

**Inhale, expand your ribcage.**

**Exhale, close your ribcage.**

吸う息で肋骨を広げ、吐く息で肋骨を閉じましょう。

2

**As you breathe in, feel your ribcage opening.**

**As you breathe out, gently close your ribcage.**

吸う息で肋骨が開くのを感じて、吐く息で優しく肋骨を閉じましょう。

3

**With your inhale, let your ribcage expand.**

**With your exhale, let your ribcage draw in.**

吸う息で肋骨を広げ、吐く息で肋骨を内側に引き寄せましょう。

4

**Inhale to broaden the ribcage.**

**Exhale to contract the ribcage.**

吸う息で肋骨を広げ、吐く息で肋骨を収縮させましょう。

# 座位から四つ這い

## 1 Moving with your spine movement.

背骨の動きと共に動かします。

## 3 Moving with your breath 3 more times.

あなたの呼吸に合わせてあと3回動いていきましょう。

## 5 Bring your arms underneath of you

あなたの腕を体の下にくぐす。

## 2 Make circles with your torso

上半身で円を描いてください。

## 4 You can find any stretches that feel good for you.

ご自身が気持ちいいと感じる動きを見つけながら好きなように動いてください。

## 6 Use your upper body weight to stretch your Hamstrings.

上半身の体重を使ってハムストリングスをストレッチします。



# 左右の入れ替え

## 1 Switch sides.

「逆サイドに切り替えましょう。」

## 2 Let's move to the other side.

「反対側に移りましょう。」

## 3 Now, do the same on the other side.

「次に、逆サイドで同じことをしましょう。」

## 4 Change to the opposite side.

「反対側に変えてください。」

## 5 Transition to the other side.

「逆サイドに移行しましょう。」

# 立位までの動き

- Walk your hands to the right / Walk your feet forward
- Grab opposite side of your elbows
- Shift your weight forward to stretch your hamstrings
- Bend your knees slightly
- You can bend your knees as you need it
- Sway your upper body side to side from the torso
- Slide your hands underneath of your feet
- Shake your head Yes & No
- Bring your elbows away from each other
- Feel a stretch outside of your thigh. That is the IT band
- Twist from your torso
- Feet together, bend your knees, engage your core, slowly roll up to the standing, your head comes last.
- slowly curl up one vertebrae at the time



# 太陽礼拝

Now we are ready to flow the Sun Salutation!

1

太陽礼拝とは

The Sun Salutation, also known as Surya Namaskar. It's a sequence that means greeting the Sun.

2

朝一の習慣に

Doing it three times in the morning is a great way to start your day.

3

心身をアクティベート

It helps you feel energized and ready to go! highly recommend incorporating it into your daily routine.

# ゆっくりとしたフロー

**1** — **For the first round, we'll move slowly through the flow, so follow along.**

1セット目はゆっくりとフローしますので、付いてきてください。

**2** — **We'll take it slow for the first round, so just follow my lead.**

1セット目はゆっくり進めるので、私に付いてきてください。

**3** — **Let's move through the first set slowly. Just follow along with me.**

1セット目はゆっくり進めますので、一緒に付いてきてください。

**4** — **We'll start the first round with a slow flow, so follow along at your own pace.**

1セット目はゆっくりとフローしますので、ご自身のペースで付いてきてください。

# Downward facing dog

1

**When you feel the stretch, go ahead and fully extend your knees.**

伸びてきたなと感じたら、膝をしっかり伸ばしましょう。

2

**As you notice the stretch, gently straighten your knees all the way.**

伸びているのを感じたら、膝をゆっくりと伸ばし切りましょう。

3

**Once you feel the stretch, fully straighten your knees.**

伸びているのを感じたら、膝を完全に伸ばしましょう。

4

**When you sense the stretch, fully extend your knees to deepen the pose.**

伸びてきたと感じたら、ポーズを深めるために膝を完全に伸ばしましょう。