



MYC IYENGAR YOGA ONLINE

USER MANUAL FOR ONLINE STUDENTS





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1. Welcome

Welcome to MYC Iyengar Yoga Online as a member. We are delighted to have you join our online yoga community.

In this user manual we provide details about our online school, props required for practice at home, instructions for how to attend live online classes and details for the software that we use for class registrations and accessing our content library.

We are more than happy to organise a Zoom meeting or a telephone call with you to run through PunchPass functionality or provide further details about our classes and the passes we have available. Please email us at online@marrickvilleyoga.com.au if you would like to organise a suitable time to connect. You can also email any questions you have to the same email address.

2. What style of Yoga do you teach?

The style of Yoga that we teach is Iyengar Yoga, which is derived from the teachings of B.K.S. Iyengar. His teachings are a unique and a contemporary interpretation of classical Hatha Yoga as defined in the 2000-year-old text The Yoga Sutras of Patanjali.

Iyengar yoga distinguishes itself from other styles of yoga by:

- Placing an emphasis on precise, detailed teaching instruction. This attention to detail aims to bring the body into healthy alignment – whilst bringing the mind into harmony with the physical body.
- The use of props (such as blankets, cushions, belts etc), aimed at making yoga accessible and safe for all body types and ages, irrespective of ailment or injury.
- Ensuring rigorous standards of accreditation and teacher training.

The following articles / websites provide further understanding about Iyengar Yoga:

- [What is Iyengar Yoga](#) - Marrickville Yoga Centre.
- [Understanding Iyengar Yoga](#) from Pixie Lillas at Balmain Iyengar Yoga School.
- [Why do we focus so much on standing poses in Iyengar Yoga?](#) From Ballarat Iyengar Yoga.

3. What props do I need attend your classes?

The props we recommend students have are as follows:

- A yoga or exercise mat.
- A bolster or pillows, cushions, blankets / towels that can be made into a shape like a bolster. If you don't have a bolster, thicker blankets and towels can be rolled together to get the same shape as per the example below. Often an additional folded blanket or a towel is required to place under your head to bring even length on the front and back of your neck. Depending on the climate you are in and the room you practice in,



you may also like an additional blanket to cover yourself when we relax at the end of the class in Savasana.



- A chair. Ideally the chair will be like the Yoga chair below however, most dining room chairs can also be used for supported and seated poses.



- A belt. Ideally the belt will be a yoga belt like the belt below however, a standard belt used in trousers or rope can be used in most cases.



We sell some yoga props through our in-studio school Marrickville Yoga Centre. Please email us at info@marrickvilleyoga.com.au if you would like further information. If we don't have the yoga props you require, we can provide you details for online suppliers we recommend.



4. What type of classes do you offer?

We offer a combination of regular yoga classes and yoga workshops. Our regular classes include the following:

- General Classes – These classes are suitable for students with some prior yoga experience. In these classes we may do inversions including Headstand (Sirsasana) and Shoulder Stand (Salamba Sarvangasana). That said, alternatives will always be given for students who are not practicing inversions.
- Experienced Led Practices – These classes are for experienced students and include the following:
 - Hips Led Practice.
 - Backbend Led Practice.
 - Dynamic Led Practice.

In these classes, we may also include additional inversions including Handstand (Adho Mukha Vrksasana) and Forearm Balance (Pinca Mayurasana).

If you are not sure if these classes will be suitable for you, please email us at online@marrickvilleyoga.com.au providing details of your yoga experience and we will guide you accordingly.

- Pranayama Classes – Pranayama is the practice of breath regulation. In Sanskrit, “prana” means life energy and “yama” means control. The practice of pranayama involves breathing exercises and patterns. Pranayama is practiced in both a supine and seated position. Pranayama has stages including inhalation, exhalation, and retention. There are many forms of Pranayama which include variations in each of these stages. Before attending live online Pranayama Classes, we ask that students with no prior experience complete the 10-week Introduction to Pranayama Course which is included in our online membership and available in our Content Library.

5. Do you have online workshops / specialist classes?

Yes, we also offer online workshops / specialist classes by the following senior Iyengar Yoga teachers. These classes are suitable for experienced students, teacher trainees and teachers. They will not be suitable for beginner students.

- [Gulnaaz Dashti](#) - for further details about the workshops scheduled and those that have been recorded and available in our Content Library, please refer to [this page](#) on our website.
- [Stephanie Quirk](#) - for further details about the workshops scheduled and those that have been recorded and made available in our Content Library, please refer to [this page](#) on our website.

These workshops are not included in the MYC Online Membership and will have different Zoom login details than all other classes.

To participate in these workshops, live, you will need to purchase a pass on a class-by-class or series basis through PunchPass. These classes are a great opportunity to learn from globally recognised teachers. If you are interested in joining these classes and are



unsure if they will be suitable for you, please email us at online@marrickvilleyoga.com.au and we can confirm if they are a good fit for you and your yoga experience.

If you are purchasing already recorded workshops / classes from our website, you do not need to be a member to do this. As soon as you have purchased recorded classes, they will be immediately available in our Content Library. Instructions are provided below for how to access our Content Library in PunchPass.

6. Do I need to register for live online classes?

We do ask that students register for classes. This will ensure that you are sent reminders for the classes including Zoom login details and importantly, that you are notified when there are changes to classes. Whilst changes to classes are rare, from time to time there is a need to either substitute the teacher or cancel a class due to unforeseen circumstances.

7. What class booking / video library software do you use?

The software that we use is PunchPass, which is browser-based application. Through PunchPass, you can create a profile, book & pay for classes and access recorded classes in the Content Library.

8. How do I login to PunchPass?

Select the PunchPass link below:

<https://marrickvilleyoga.punchpass.com/>

The screen below will appear. From here please select Login as per the red box.

The screenshot shows the PunchPass website interface. At the top right, there are two buttons: 'Sign In' (highlighted with a red box) and 'Create Account'. Below the navigation bar, there are three dropdown menus: 'All classes', 'Location', and 'All Instructors'. The main content area shows a calendar for February 25th (SAT) with two class listings: '7:00 am Online Experienced Dynamic Led Practise ONLINE' and '8:30 am General'. The first class is by Simon and the second is at Marrickville Yoga Centre by Hasu.

The screen below will appear. Please type in your login credentials and select Sign In.




Marrickville Yoga Centre

[Schedule](#) [Calendar](#) [Purchase A Pass](#)

 Sign in with Google

Or, use your email address

Email

Your email 

Password


Your password 

[Forgot your password? Click here to reset it.](#)

Sign In

[Don't have an Account? Create one here.](#)

Once logged in the screen below will appear:



[My Active Passes](#)
[My Reservations](#)
[Admin View](#)
[Stuart](#)

[Schedule](#)
[Calendar](#)
[Content Library](#)
[Purchase A Pass](#)
[Our Website](#)
[Help / FAQ](#)

Please see the Centre with any class queries.

Time	Class Name	Location	Instructor	Notes
7:00 am GMT+11:00	Online Experienced Dynamic Led Practise	Online	Simon	ONLINE
8:30 am	General	Marrickville Yoga Centre	Hasu	
9:00 am	Online General	Online	Robyn	
10:00 am	Foundation	Marrickville Yoga Centre	Dannie	
12:30 pm	Yoga Therapy	Marrickville Yoga Centre	-----	
10:00 pm	Open Practice Check in	Marrickville Yoga Centre	-----	



9. How do I reset my password in PunchPass?

If you have forgotten your password, please login to PunchPass using the link below:

<https://marrickvilleyoga.punchpass.com/>

From the screen select 'Forgot your password? Click here to reset it' as shown in the red box.

Marrickville Yoga Centre

Schedule Calendar Purchase A Pass

Sign in with Google

Or, use your email address

Email

Your email

Password

Your password

Forgot your password? Click here to reset it.

Sign In

Don't have an Account? Create one here.

Input your email address in the screen below and press the 'Send me rest password instructions' button.

Marrickville Yoga Centre

Forgot Your Password?

Enter your login email address below. We'll send you a password reset email.

Email address

john.doe@email.com

Send me reset password instructions

Never mind - take me back to sign in.



10. How do I register for a class?

Once logged in, please click on the class you would like to register for from either the class schedule or the calendar:

The screenshot shows a user interface for a yoga studio. At the top right, there are navigation buttons: 'My Active Passes', 'My Reservations' (with a notification badge '10'), 'Admin View', and a dropdown for 'Stuart'. Below this is a dark navigation bar with links: 'Schedule', 'Calendar', 'Content Library', 'Purchase A Pass', 'Our Website', and 'Help / FAQ'. The main content area starts with the text 'Please see the Centre with any class queries.' followed by three filter dropdowns: 'All classes', 'Location', and 'All Instructors'. The calendar shows two days: '24 FRI TODAY' and '25 SAT TOMORROW'. Under '25 SAT TOMORROW', a class is listed: '7:00 am Online Experienced Dynamic Led Practise ONLINE'. The class details are: 'GMT+11:00', 'Online', and 'Simon'. This class entry is highlighted with a red rectangular box.

Once the class has been selected, the screen below will appear. Please select 'Reserve My Spot in Class!'

The screenshot shows the details for a specific class. At the top right, there are navigation buttons: 'My Active Passes', 'My Reservations' (with a notification badge '9'), 'Admin View', and a dropdown for 'Stuart'. Below this is a dark navigation bar with links: 'Schedule', 'Calendar', 'Content Library', 'Purchase A Pass', 'Our Website', and 'Help / FAQ'. The main content area starts with the text 'CALENDAR / ONLINE EXPERIENCED DYNAMIC LED PRACTISE (FEBRUARY 25, 07:00)'. Below this is the class title 'Online Experienced Dynamic Led Practise with Simon'. The class is marked as 'ONLINE' and described as 'Online Dynamic Led Practise suitable for Experienced Practitioners'. The date and time are 'February 25 (Saturday) at 7:00 am (GMT+11:00)'. The 'Class length' is '60 minutes' and the 'Location' is 'Online'. The 'Reservations' section is highlighted with a red box, and the 'Reserve My Spot in Class!' button is also highlighted with a red box.

Once you have registered the screen below will appear confirming your registration:



- My Active Passes
- My Reservations ¹⁰
- Admin View
- Stuart

- Schedule
- Calendar
- Content Library
- Purchase A Pass
- Our Website
- Help / FAQ

Thank you!
Your spot has been reserved.

< Schedule

Online Experienced Dynamic Led Practise

Simon
Online
7:00 am (GMT+11:00) - 8:00 am
February 25 (Saturday)

Add to my Calendar

Classes are more fun with friends!
Share this class with them.
[Share on Facebook](#)

11. How do I access the Content Library?

Please follow the steps as details above to login. Once logged in, you will see the screen below. Please select 'Content Library' as indicated by the red box and the classes available to you will be listed in the groupings as mentioned above.



- Schedule
- Calendar
- Content Library
- Purchase A Pass
- Our Website

12. How do I join live online classes?

Our online classes are made available through Zoom. To download Zoom, click [here](#) and follow the prompts.

Zoom is a widely used stable and secure online video conferencing platform that we have been operating with for many years. If you are experiencing any difficulties with downloading Zoom, please reach out to us at online@marrickvilleyoga.com.au.

Zoom details are sent to students in class reminders that are sent via email before each class. Generally, Zoom meeting details remain the same for all classes included in the MYC Online Membership however, they will differ for the classes that are not included in the membership. This includes workshops and series of classes led by guest teachers including Stephanie Quirk and Gulnaaz Dashti.

Zoom details for classes included in the MYC Online Membership are as follows:

<https://us02web.zoom.us/j/8528643813>



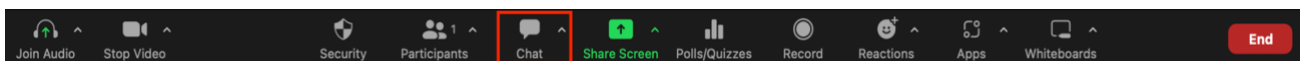
The passcode to join all classes is – myconline.

13. Should my microphone be on mute?

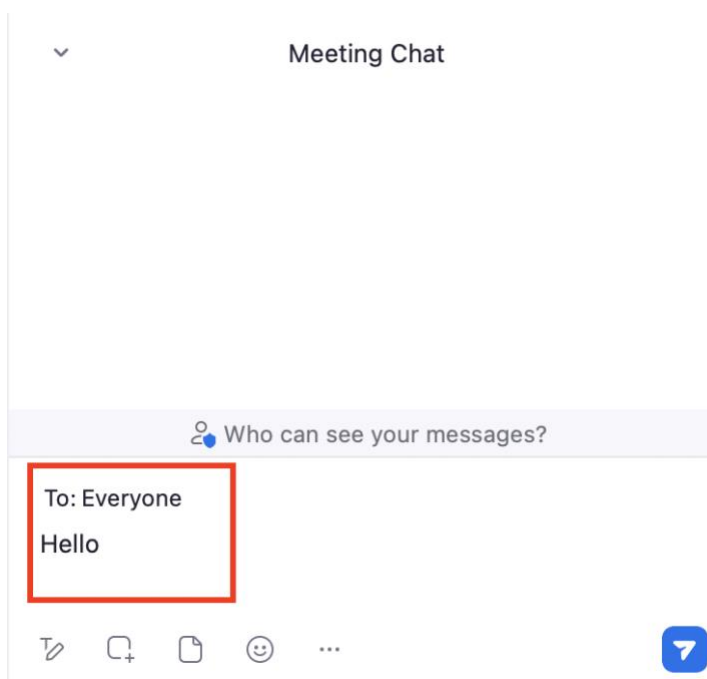
To prevent distractions for other students, we ask that all students have their microphones switched off before the teacher starts the class. It's no problems to have your microphone switched on before the class starts to greet the teacher and / or to provide any health updates which could impact your practice of yoga. Likewise, at the end of the class it's no problems to switch your microphone back on to ask any questions and / or to and to say goodbye to the teacher.

14. Can I use Zoom Chat to communicate with the teacher?

Yes, Zoom chat can be used to communicate with the teacher. Zoom chat is accessed by selecting Chat on the menu on the bottom of the Zoom window as shown below:



Once select, the window below will appear to the right-hand side of the Zoom window. Select the recipient and type in your message.





15. How long before the class should I login to Zoom?

We recommend that student's login to Zoom 10 minutes before the start of the class and set yourself up in a supine pose that you find comfortable like Supta Baddha Konasana or Supta Virasana as per the examples provided below. This will give you a few moments to relax and to clear your mind in readiness for the start of the class.

Supta Baddha Konasana



Supta Virasana



16. What do I do if I have an injury / medical condition that could impact on my ability to practice yoga?

It is very important to work within your own capability and only do yoga poses that you are comfortable doing. If you have any injuries or medical conditions that could impact your ability to practice yoga, they need to be communicated to the teacher before the class.

All yoga classes are taken at your own risk, and you are responsible for any injury that you may sustain because of your participation in the classes. You are responsible for your own practice and for your wellbeing, including managing any pre-existing condition you may be working with, and you should not undertake any action or asana or any other activity which may present a risk to your health and wellbeing.

If you have any concerns, please communicate them to the teacher before the class or email us at online@marrickvilleyoga.com.au.

17. Where do I find a class timetable?

The most up-to-date class timetable can be found in PunchPass via the link below:



<https://marrickvilleyoga.punchpass.com/>

18. Are classes recorded?

Many of our classes are recorded and can be viewed any time that is suitable for you. The classes are made available in the Content Library in PunchPass, and we have hundreds of classes available. Instructions for accessing recordings in the content library are provided above.

The classes are broken down into categories based on experience and type of class. It includes a 6 Week Beginner Course for students completely new to yoga. The next levels in order of progression are Beginner / General, General, and finally Experienced classes. The Content Library also includes a Menstruation Sequence, Pranayama classes, and Therapy classes.

19. Where will I find details for the recorded classes that you have available?

Details for the recorded classes that we have available can be found as follows:

- **Online Members** - If you are a member of our online school, please login to PunchPass and access the Content Library as described above and all the classes that you can access will be listed in logical groups. The groupings are generally based on the level of experience and the type of class. We have hundreds of classes available.
- **Speciality Classes / Workshops** – We have an extensive library of recorded classes by the following globally recognised Senior Iyengar Yoga teachers. These classes are not included in our online membership and are purchased individually. Please use the links below to find a list of the classes that we have available:
 - [Gulnaaz Dashti.](#)
 - [Stephanie Quirk.](#)

20. Where do I find details of the passes that you have available?

Details for all the passes that we have available are provided in PunchPass via the link below. Please note that this list is very extensive, so if you are looking for something specific that you are unable to find, please email us as online@marrickvilleyoga.com.au.

<https://marrickvilleyoga.punchpass.com/passes>

21. What is the best home set-up for Zoom?

Below is an image showing the ideal set up or view we would like to have of you when you attend the online classes live. Have a look and see what space you can find in your home that will give us a similar view of you when you join our online classes. The more we can see of you, the more we can ensure you are getting the most out of the classes.



22. What poses are contraindicated during menstruation?

Any poses that either disrupt the downward flow of energy out of the body or cause firmness / stress in the abdominal and pelvic area are not practiced whilst menstruating. This includes:

- Inversions.
- Closed twists.
- Strong backbends.
- Abdominal poses.
- Arm balances

Generally quieter more restorative poses are practiced at this time e.g., Supported forward bends. Please find enclosed a few useful links:

- An article – [Why are we concerned about menstruation in Iyengar Yoga?](#)
- A [Menstrual Sequence](#) designed by Dr Geeta Iyengar.

23. Do you include inversions in your online classes?

Inversions are often included in our General and Experienced classes. If you are not experienced with inversions, the appendices at the back of this document have preparation poses that you can attempt during the class:

- Full Arm Balance Preparation – Appendix 1.
- Shoulder Stand Preparation – Appendix 2.
- Head Stand Preparation – Appendix 3.



It's no problem if you do not intend practicing inversions as alternatives will always be given.

24. Do I need to know the Sanskrit names for Yoga poses?

In our classes we generally will give both the Sanskrit name for poses and the equivalent English name. For beginner students you will find that over time with repetition you will remember the names of the poses. For those interested, Appendix 4 has the key beginner poses with an illustration for the pose and both the Sanskrit and English names.

25. What are the terms and conditions of membership?

The general terms and conditions of membership are as follows:

- Membership is for a minimum of 1 month for a full membership.
- After one month, memberships can be cancelled at any-time with 7 days' notice.
- Membership can be paused however, for a minimum of 2 weeks and a maximum of 6 weeks.
- 7 days' notice is required to put your membership on hold.
- Memberships can be paused 3 times per year.
- Online memberships are for private use only i.e., 1 person who can attend live online classes or access the Content Library. It cannot be shared with another person.
- A family membership is for students that are related and live in the same household. It cannot be shared with others who are not related or who do not live in the same household.

26. How can I keep in touch with news for the online school?

The best way is through our private Facebook page – MYC Online Members Group which you can join by [clicking here](#). This Facebook group supports our online students and is also an information source about the classes, variations for poses and a way to connect with other online students. You can also keep up to date via our [Instagram](#) and [Facebook](#) pages.

27. Who do I contact if I have further questions?

If you have any questions, please do not hesitate to email us at online@marrickvilleyoga.com.au.



FULL ARM BALANCE PREPARATION

Adho Mukha Vrksasana



1 Sit with your back flat against the wall and legs outstretched.



2 Place your palms on the mat where your heels were and raise the hips up.



3 Step one leg up the wall to bring your body to a right angle.



4 Press the palms firmly into the mat to lift the shoulders. Straighten the knees and raise one leg up towards the ceiling - alternate legs.



SHOULDER STAND PREPARATION

Salamba Sarvangasana



- 1** Lay with your knees bent, buttocks to the wall - have a thumbs length distance between your shoulders and the edge of your support.



- 2** Walk your shoulders back and under and reach your palms to the wall behind you. Lift the sides of the chest and hips towards the ceiling.



- 3** Take the palms to hold the lower back, fingers facing inwards. Maintaining lift in the spine straighten the legs, heels to the wall, toes extend down towards the face.



HEAD STAND PREPARATION

Salamba Sirsasana



1 Sit with your back flat against the wall and legs outstretched.



2 Interlock your fingers and place your forearms on the mat where your heels were.



3 Press your forearms into the mat to lift the shoulders and raise your hips up.














4 Take one big step up the wall and straighten your legs to bring your body to a right angle.



Appendix 4 – Beginner Poses with Sanskrit & English Names

FOUNDATION SEQUENCE WITH SANSKRIT NAMES

		
1. Tadasana Tada - a mountain	2. Urdhva Hastasana Urdhva - raised, upwards; Hasta - the hand	3. Adho Mukha Svanasana Adho - downwards; Mukha - face; Svana - dog
		
4. Vrksasana Vrks - a tree	5. Trikonasana Tri - three; Kona - angle	6. Parsvakonasana Parsva - side; Kona - angle
		
7. Virabhadrasana II Virabhadra - a warrior	8. Uttanasana (resting) Ut - intense; Tan - to stretch	9. Virabhadrasana I Virabhadra - a warrior
		
10. Ardha Chandrasana Ardha - half; Chandra - moon	11. Parsvottanasana Parsva - side; tan - to stretch	12. Prasarita Padottanasana Prasarita - expanded; Pada - feet; Tan - stretch

		
13. Virasana Hero pose	14. Dandasana Danda - a staff, rod	15. Upavistha Konasana Uphavistha - seated; Kona - angle
		
16. Baddha Konasana Baddha - bound; Kona - angle	17. Gomukhasana Go - cow; Mukha - face	18. Dandasana Danda - a staff, rod
		
19. Janu Sirsasana Janu - knee; Sirsa - head	20. Paschimottasana Paschima - west, back; Otta (from uttana) - intense, extended	21. Urdhva Prasrita Padasana Udhva - upward; Prasarita - expanded; Pada - feet
		
	22. Savasana Sava - corpse	



The original source of illustrations used for this document is Yoga in Action for Beginners by Geeta S. Iyengar.
Thanks to Shayna Ogden for the original scanning of images (Ballarat Iyengar Yoga, www.ballaratyoga.com.au)