

**YOGA WORKSHOP AT
BISHOPSWOOD VILLAGE HALL
SATURDAY 20 OCTOBER 2018**

9:30- 9:40: Welcome

**9:40- 10:00: Dragon Dance Background &
Theory of Daoist Yoga - Playing with Chi Ball**

10:00- 10:15: Breathing with the Bandhas

**10:15- 11:15: Vinyasa Flow Practice, with
Focus on Dragon Swinging its Tail, Under the
Belly of the Beast & Spiralling Dragon & Hero**

11:15-11:30: Break

11:30- 12:

30: The Dragon Dance

12:30-12:45: Savasana

12:45-13:30: Lunch

13:30-14:30: Yin Stretch & Relax & Close



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Meaning of the Dragon Dance



A divine beast according to Chinese Myth

In ancient Chinese culture the dragon was revered and venerated as a divine beast. It was regarded as an auspicious creature that brought good luck and enhanced the well being of people. It became the symbol of honesty and decorum and was thought to control the waters of the earth, especially rivers and the rainfall. The movements in a performance traditionally symbolise historical roles of dragons, demonstrating power and dignity.

Our Dragon Dance & Indian Philosophy

In Indian philosophy, there are four main aims in life: Kama, Artha, Dharma and Moksha.

- **Kama is pleasure**, Kama is seeking that which pleases us and running away from that which we don't like. Kama is the Hero searching for a fight.
- **Artha is achievement and our competitive drive**. The Hero's wish to be victorious is **Artha**.
- **Dharma is "your duty", that which society, your teachers and your parents require you to do. Dharma is the dragon**. Each of its scales has a law written upon it; a rule of society, of our culture, that we must follow. This is why the hero wants to conquer the Dragon..
- **Moksha is release, liberation and ultimate freedom** from desire *and* duty. The last act of the Dragon Dance illustrates Moksha.

At the turning point in our dance, the Hero has stepped under the belly of the beast and is ready to deliver a killing blow into its exposed under-belly and heart, but he realises that here is another choice. In the last act of the dance: the hero spirals around the dragon and mounts it. The dragon, along with our desires and sense of duty is not slain, only tamed. Together the hero and the dragon rise up, free and liberated. They have attained **Moksha**.



The Dragon Dance ~

Full Yang Sequence ~ www.rossyoga.com



- Chi Ball to * Crouching Tiger (Left Knee Rises)
- **(Hero)* Step back & turn: Hero Advances to back, Archer's Pose (left arm forward right arm back), Hero (Warrior I) wielding his Sword, Turn to side Warrior II, Turn to Side with Knees Bent & Pull Chi Down, Hero (Warrior I) wielding his Sword, Stepping Under the belly of the Beast, Hero (Warrior I) wielding his Sword, Humble Warrior, Spiralling Hero & Dragon, Humble Warrior**
- Turn to Front: **(Dragon):** Dragon Turns & Twists, Wings & Fire, Diving Dragon, Wings & Fire, Dragon Swings its Tail, Wings & Fire, Dragon Turns & Twists
- **Turn to back & Hero Advances, Archer's Pose (left arm forward right arm back), Hero (Warrior I) wielding his Sword, Turn to side Warrior II, Turn to Side with Knees Bent & Pull Chi Down, Hero (Warrior I) wielding his Sword, Stepping Under the belly of the Beast, Hero (Warrior I) Yielding his Sword, Humble Warrior, Spiralling Hero & Dragon, Humble Warrior**
- Turn to Front: **(Dragon):** Dragon Turns & Twists, Wings & Fire, Diving Dragon, Wings & Fire, Dragon Swings its Tail, Wings & Fire, Dragon Turns & Twists
- Flying Dragon
- Landing Dragon & Fold the Wings
- Crouching Tiger & Repeat with Right Knee Rising from *