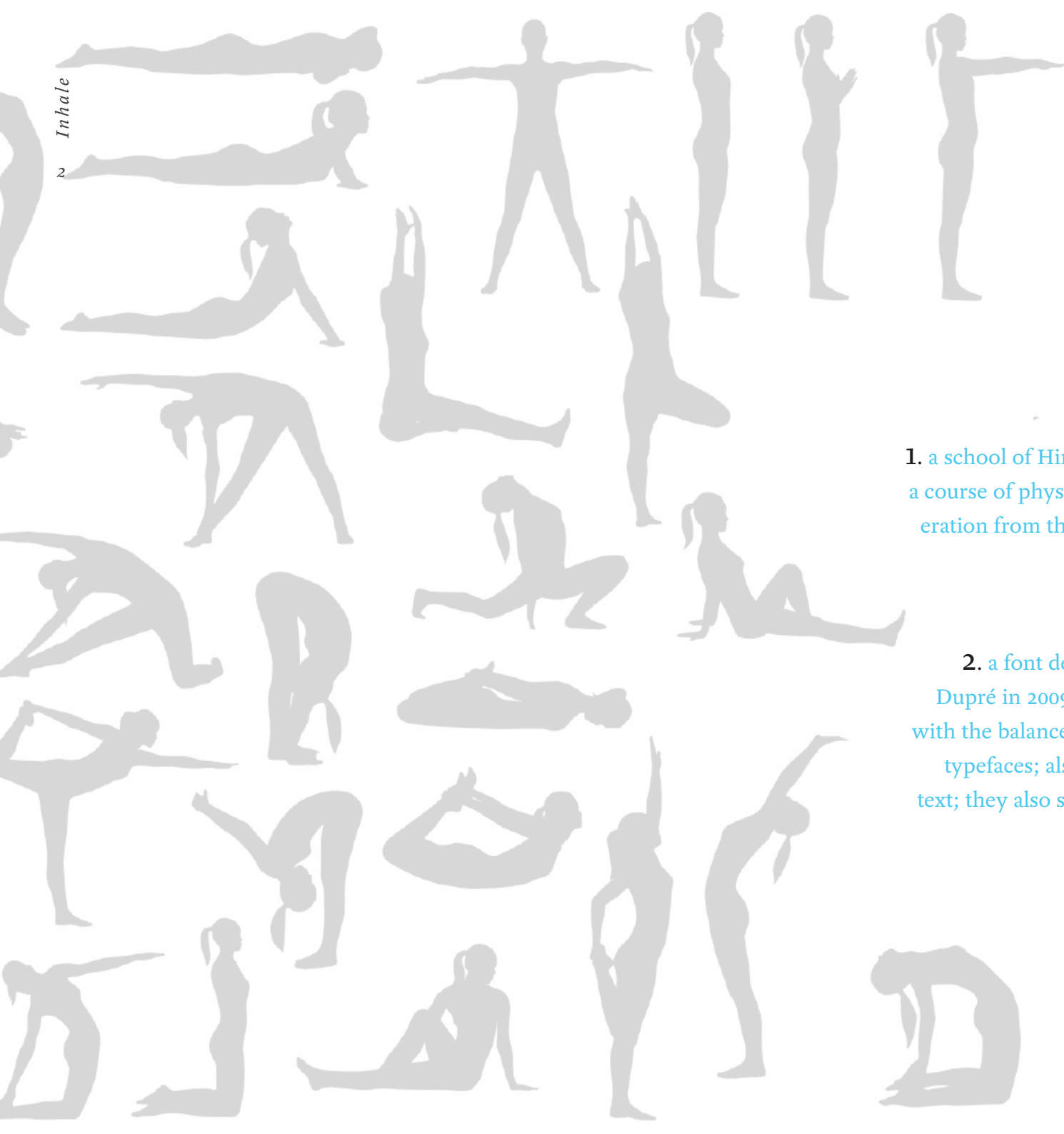


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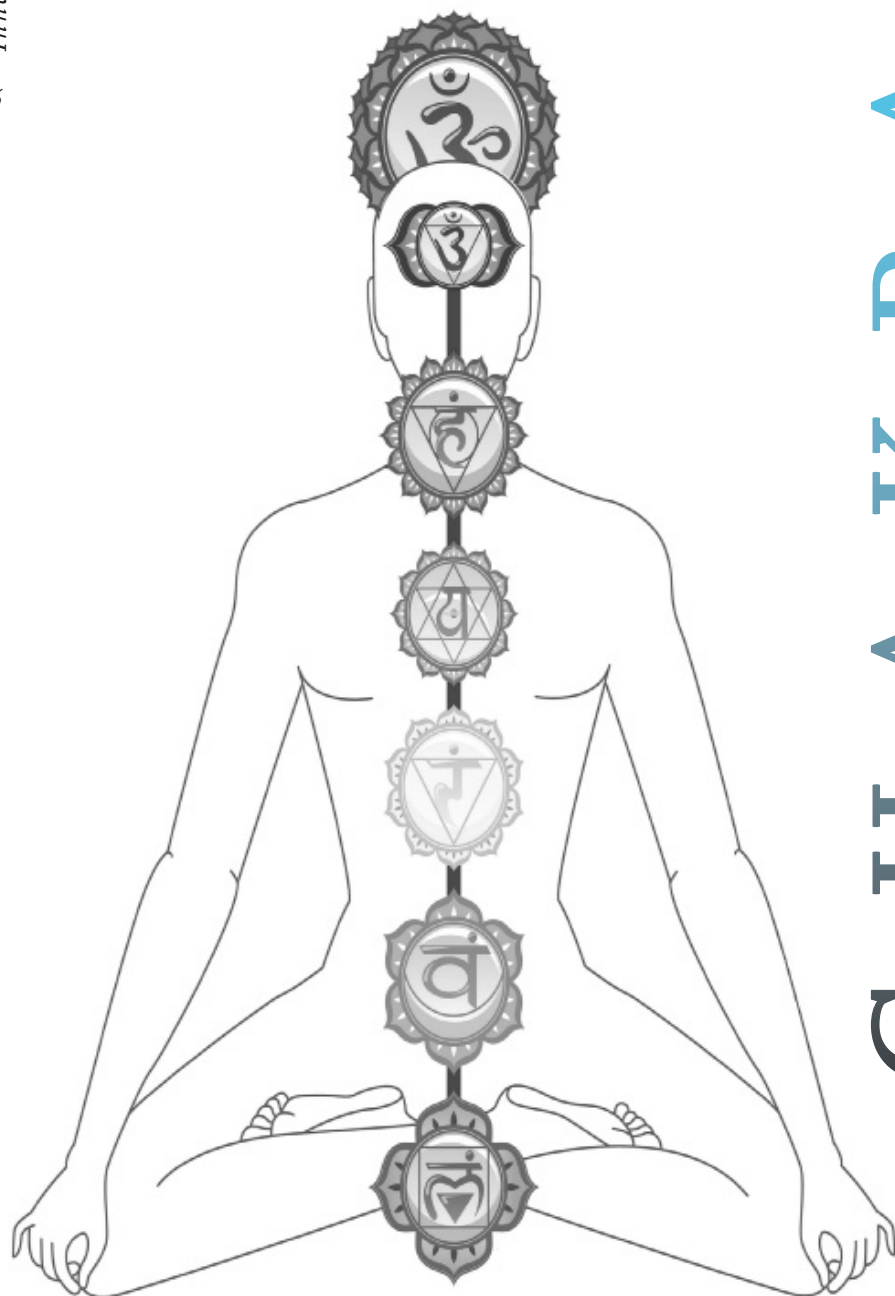
Yoga

[*yoh-guh*], noun

1. a school of Hindu philosophy advocating and prescribing a course of physical and mental disciplines for attaining liberation from the material world and union of the self with the Supreme Being or ultimate principle.
2. a font designed by French typeface designer Xavier Dupré in 2009 which mixes the harshness of blackletters with the balanced rhythm and round shapes of the Garalde typefaces; also, serif weights are a good choice for body text; they also serve as an original headline face because of their subtly chiseled counters.

The history of yoga is what you'd expect:
thousands of years old,
based on sacred
texts, and full
of names
you can't
pronounce.

The beginnings of yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans, the Vedic priests. Yoga was slowly refined and developed by the Brahmans and Rishis (mystic seers) who documented their practices and beliefs in the Upanishads, a huge work containing over 200 scriptures. The most renowned of the Yogic scriptures is the Bhagavad-Gîtâ, composed around 500 B.C.E. The Upanishads took the idea of ritual sacrifice from the Vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, action (karma yoga) and wisdom (jnana yoga).



CHAKRAS

THE SANSKRIT WORD **CHAKRA** literally translates to “wheel” or “disk”. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. There are seven main chakras starting from the base of the spine through to the crown of the head.

MULADHARA is the root chakra, located at the base of the spine. Muladhara is related to instinct, security, survival and basic human needs, such as food and water, but also acceptance and letting go of fear.

SVADHISHTHANA is the sacral chakra, located in the sacrum and corresponds to the reproductive organs. Key issues involving Svadhishtana are relationships, basic emotional needs, and pleasure.

MANIPURA is the solar plexus/navel chakra. It is related to the metabolic and digestive systems. Key issues governed by Manipura are issues of personal power, fear, and anxiety.

ANAHATA is the heart chakra. It is related to the thymus, located in the chest. Key issues involving Anahata involve complex emotions, compassion, tenderness, unconditional love, rejection and well-being.

VISHUDDHA is the throat chakra. It is paralleled to the thyroid, which produces hormones responsible for growth and maturation. Vishuddha relates to communication and growth through expression.

AJNA is the third-eye chakra. It is linked to the pineal gland. Ajna’s key issues involve balancing the higher and lower selves and trusting inner guidance. Ajna’s inner aspect relates to the access of intuition.

SAHASRARA is the crown chakra, located just above the top of the head. Sahasrara represents the ability to be fully connected spiritually. This chakra deals with inner and outer beauty and pure bliss.

TYPES OF YOGA

ASHTANGA is a physically challenging style consists of an unvarying sequence of poses. Typically, you execute 70 poses in one 90-minute to two-hour session. These will include 10 sun salutations, backbends, and inversions. This style requires strength and endurance.

HATHA refers to any practice that combines poses, or asanas, with breathing techniques, or pranayamas. The goal of a basic hatha class is to develop flexibility and balance and to integrate breath into every movement, so it is generally relaxing and restorative. Participants often begin by chanting the syllable om, then move into a series of poses and finish on the floor in a supine position called shavasana for 5 to 15 minutes.

VINYASA is a fairly fast-paced style, sometimes called power yoga, and requires you to move continuously throughout the class. The most well-known vinyasa sequence is the sun salutation, a flowing series of lunging, bending, and stretching asanas. Expect to do standing and seated poses that develop strength, flexibility, and balance. You'll also spend some time on inversions, such as a shoulder stand or a headstand, in which the feet are raised above the head.

BIKRAM founder Bikram Choudhury popularized this style of "hot yoga" in the 1970s. To mimic the climate in Choudhury's hometown in northern India, studios are heated to a saunalike 105 degrees Fahrenheit, with a 40 percent humidity level. Each 90-minute class includes a series of 26 poses done twice through, sandwiched between two sessions of breath work (think rapid inhalations and exhalations).

KUNDALINI yoga was developed to calm the mind and energize the body through movement, the chanting of mantras, and breathing. The average session is made up of 50 percent exercise, 20 percent breath work, 20 percent meditation, and 10 percent relaxation. The goal is to release the energy that kundalini devotees believe is stored at the base of the spine.

IYENGAR was developed by yoga guru B.K.S. Iyengar in the 1930s. This method emphasizes proper alignment to strengthen the muscles and support the joints. You often use props, like blocks and straps, to help you get into poses. In the 90-minute to two-hour class, you'll do standing, seated, and twisting asanas, as well as inversions and backbends.

Om is a mantra, or vibration, that is traditionally chanted at the beginning of yoga sessions. It is said to be the sound of the universe, a reflection of how the whole universe moves—the setting sun, the rising moon, the ebb and flow of the tides, the beating of our hearts. As we chant Om, it takes us for a ride on this universal movement, through our breath, our awareness, and our physical energy, and we begin to sense a bigger connection that is both uplifting and soothing. Om is a sacred sound and a spiritual icon in Indian religions. It is also a mantra in Hinduism, Buddhism, and Jainism. Om is part of the iconography found in ancient and medieval era manuscripts, temples, monasteries and spiritual retreats in Hindu, Buddha, Sikh, and Jain Dharma. The symbol has a spiritual meaning in all Indian religions, but the meaning and connotations of Om vary between the diverse schools within and across the various traditions. In Hinduism, Om is one of the most important spiritual symbols. It refers to Atman (soul, self within) and Brahman (ultimate reality, entirety of the universe, truth divine, supreme, spirit, cosmic principles, knowledge). The syllable is often found at the beginning and the end of chapters in the Vedas, the Upanishads, and other Hindu texts. It symbolizes past, present, and future eternity. ritual texts, during puja and private prayers, in ceremonies of rites of passages, and also sometimes during meditative and spiritual activities such as yoga.

“Xavier [Dupré]’s lifestyle and **WORK ETHIC** could be described as laid back and **relaxed**, with few constraints. **HE** is a frequent swimmer and **yoga aficionado**.”



COLOPHON

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namaste

