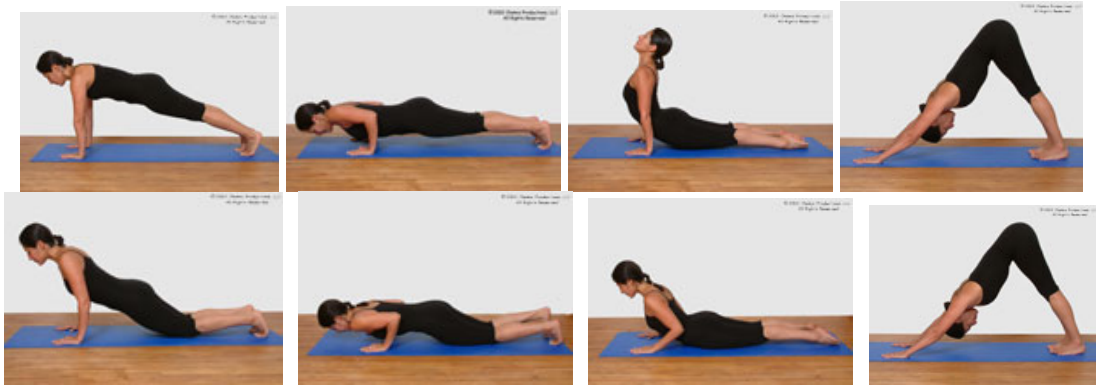


Pose of the Week 8-30-08

Vinyasa



Vinyasa

(vin-yaah-sa) Nyasa -to place vi -in a special way

The word “Vinyasa” is used both as a noun and an adjective in yoga.

As an adjective, vinyasa describes a style of yoga practice. In a vinyasa style class like ours, you will flow from pose to pose like a dance, using your breath to guide you. Other styles of yoga may have you watch the teacher in a pose, then go to your mat and practice that pose. Vinyasa style classes are sometimes called flow youa or power yoga.

As a noun, vinyasa is used to describe a sequence of poses linked by breath. Some use the word vinyasa to describe any linked group of poses, but most often, vinyasa describes a specific flow from plank, to low plank (chaturanga dandasana), to cobra or upward facing dog, then to downward facing dog. Pictured above are both the straight leg version and kneeling version of the vinyasa.

The vinyasa keeps the body heated as it moves with each breath, and serves as a transition from one pose or flow to the next. Both front and back body are stretched and strengthened as we move from a backbend (cobra/up dog) to a forward bend (down dog).

- Improves core strength
- Improves stamina
- Builds heat

Primary Muscles – Abdominals, Triceps, Pectorals, Serratus Anterior, the entire body strengthens...

Tips –

- Don't over do it – be kind to your body
- Work toward keeping the integrity of your plank – long and straight
- Arms/elbows in to lower and hover
- Follow your breath
- Cobra – belly on the floor, elbows bent
- Up dog – belly off floor, arms straight, heart pulls forward to arms

I feel my strength continue to grow.



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