

VINYASA YOGA



ABOUT VINYASA YOGA

This is a yoga method of Hatha Yoga taught by Krishnamacharya. Vinyasa means “arranging something in a special way within specific structures.” Vinyasa in the general sense of creating an intelligent sequence of steps for approaching a specified yoga pose. It also enables Adaptation of a pose for a beginner to an advanced mode of execution.

BENEFITS (two lines)

Vinyasa yoga allows synchronizing of physical movement with breath. This technique allows to create a deeper absorption of awareness through a rhythmic moving meditation while practicing yoga. The breath, body, and mind are united to achieve a cohesive state of attention and harmony.

1. Krama vinyasa uses different variations for every posture. This helps to explore the potentials of the body and accomplish the typical goals of yoga, which is comfort and steadiness.
2. In krama vinyasa, every variation is connected to the next variation. Moreover, with transitional movements, the entire practice is synchronized by deep ujjayi breathing. Yogis can gradually access every posture through basic vinyasas. Then, they can gradually master them by practicing all the other variations.
3. Vinyasa affects the body on many levels. It is an aerobic style of yoga that generates heat from muscle metabolism. Surface blood vessels then dilate to release this heat. This combines with sweating to maintain normal body temperature, producing a healthy glow to the skin and releasing toxins.
4. This assists your body to attain freedom and health in a clam process, without strain or force. During this process, the mind and breath also experience a transformation. The attention and mental peace you achieve from practicing krama vinyasa can give you the ultimate spiritual freedom.
5. The repetitive nature of Vinyasa takes the joints through an increasingly greater range of motion, improving the circulation of synovial fluid and bringing nutrients to the articular cartilage. Working the muscles increases their metabolic rate, causing a slight rise in body temperature, which improves pliability in the ligaments and tendons.
6. Alternately contracting and stretching the muscles during Vinyasa augments blood flow by compressing and expanding the veins. Cardiac output also increases. Rhythmic contraction and relaxation of the diaphragm during breathing massages the abdominal organs and improves their function.