

Q&A

Question:

What type of Yoga do you teach?

Answer:

I studied at comprehensive Yoga Teacher Training & Yoga Therapy courses, including all 8 limbs of Yoga. These limbs are:

1. Yamas - Ethical standards (non-violence, truthfulness, non-stealing, right use of energy, non-coveting)
2. Niyamas - Self-discipline (cleanliness, contentment, discipline, self-study, devotion)
3. Asana - physical postures (this is Hatha Yoga in the west)
4. Pranayama - breathing techniques
5. Pratyahara - sense withdrawal techniques
6. Dharana - concentration techniques
7. Dhyana - meditation
8. Samadhi - bliss

What the western world calls 'type of yoga' refers to which form of posture based style you practice - all of which is actually Hatha Yoga.

Within Hatha Yoga there are several popular styles (just naming the main ones here, there are many more styles evolving yearly):

- Ashtanga (fast paced, dynamic, physically demanding, set series of postures),
- Vinyasa (fluid, dynamic, sequence of poses),
- Iyengar (focus is on detailed alignment, using props),
- Restorative (slow, healing),
- Hatha (gentle introduction to poses),
- Hot (postures are practiced in heated room),
- Bikram (series of 26 poses in a heated room),
- Power (Ashtanga based, dynamic),
- Kundalini (based on Yogi Bhajan's teachings).

I have studied and practice Ashtanga Vinyasa, Iyengar Yoga, Vinyasa Flow, Hatha Yoga, Restorative Yoga, Yin Yoga, Kundalini Yoga.

I teach all of these Hatha styles that I practice, depending on what the person requires, and include other branches of the 8 limbs as well (breathing techniques, sense withdrawal, concentration and meditation).

In my teaching I include the subtle practices of Mantras (a word or sound repeated to aid concentration in meditation), Mudras (healing hand positions, 'the Yoga of hands') and Chakras (energy centers in the body).

Ayurveda, the sister science of Yoga, is also incorporated into my teaching when we are doing Yoga Therapy. Ayurveda is a comprehensive health system dedicated to the longevity and quality of life.