SHIVA REA: Yoga for Vital Living

Vinyasa flow yoga is an emerging form of hatha yoga that originates within the yogic teachings of Sri T. Krisnamarchya whose students are the head of three of the main forms of classical yoga today: Ashtanga Vinyasa Yoga (Pattabhi Jois), Iyengar Yoga (B.K.S. Iyengar), Viniyoga (T.K.V. Desikachar). Vinyasa yoga focuses on integrating breath and movement, awareness and alignment, strength and flexibility, your practice with your daily life. Postures or asanas are dynamically connected through the breath in a progressive sequence for a transformative and balancing effect. Vinyasa flow yoga empowers each student to be an explorer of yoga with intelligence and intuition, to harness their full potential, honor the underlying rhythms of life and to enjoy the flow of being alive.

Principles of Flow within Hatha Yoga

1. Within yoga, prana or life-energy is described as a river that flows through the landscape of the body and all of creation. Everything that flows in your body (breath, blood, cerebral-spinal fluid, lymph, emotions, etc.) is a form of prana (life-energy).
2. Stagnation or obstacles to this flow is related to samskaras (the residue of action) and the klesas: avidya (ignorance), raga (grasping), dvesa (resistance or aversion), abhinivesa (fear) and asmita (pride). Stagnation is a natural and inevitable part of being human, like grist for the mill.
3. Hatha yoga liberates the flow of prana within the body; asanas are the rafts/vehicles, alignment is the map, pranayama is the wind, consciousness your guide for smooth sailing.
4. Flow is based upon yoga as a verb -- to yoke, to unify. It is also the state of being unified.
5. Flow is the dance of opposites: ha (sun or yang), tha (moon or yin), brahmana (expansion), longhana (contraction), sthira (steadiness), sukha (contentment).
6. Chi follows Yi; energy follows awareness.

7. Rhythm is the key to flow, relaxation in action the way to stay in the flow.
8. As is the microcosm, so is the macrocosm. To flow in one's body is to tap into the larger flow of life.

Navigating Tips for Riding the Flow within Hatha Yoga

1. Dedication - align your direction with the current of your heart's intention.
2. Connect to the Current - focus on the techniques of hatha yoga (asana, pranayama, drsiti, bandhas, vinyasa) to yoke your awareness with the sensations/experience of the present moment.
3. Stay with the Flow - sustaining concentration on the sensation and rhythm of your experience.
4. Merge with the river - through absorption in the process, the translator between subject and object dissolve; experience of flow as an 1) uninterrupted stream of consciousness, 2) effortless effort, grace, ease, vitality, 3) being in harmony with the unfolding rhythm of life.

For more information about Vinyasa Flow, Yoga Trance Dance, Yogadventures Retreats and Workshops, Vinyasa Yoga Teacher Trainings, Music for Flow Yoga Playlist an Audio/Video/DVD Resources visit www.yogadventures.com or www.shivarea.com.

Lokha samastaha sukhino bhavantu.

May all beings everywhere be blessed with great happiness.