



What is Viniyoga™?

Viniyoga™ is an ancient Sanskrit term that implies differentiation, adaptation, and appropriate application.

What is unique about this approach to asana practice?

There are four points that characterize the main difference between the Viniyoga™ approach and most other forms of asana practice.

1. The use of **repetition** into and out of postures before holding postures for longer lengths of time.
2. The emphasis on **adaptation** in asana practice, and the science of modifying classic postures to the unique requirements of each individual.
3. The emphasis on **breath as the medium for movement** in asana, and the science of adapting the pattern of breathing in asana to produce different energetic effects.
4. The refined art and science of combination which allows teachers to create **sequences** of different orientation, length, and intensity **to suit the intention and context of each practice.**

Is the Viniyoga™ methodology primarily a system of asana practice?

No. Although asana is important, it addresses only one aspect of personal practice. A typical Viniyoga class will incorporate other dimensions of teaching and practice, including pranayama, bandha, sound, visualization, meditation, personal ritual and philosophical study.

When will Gentle Vinyoga class begin?

Class begins Monday, January 8, 2018 from 9:00 - 10:15am.

Please join Suzanne Boyle as she leads this Gentle Viniyoga class. We will be combining breath adaptation and meditation with simple postures guided by two key principles in Yoga - sthira and sukha.

Sthira means steady and alert. To embody sthira the practice must be stable, strong and active.

Sukha means comfortable and light. To express sukha the practice must be graceful, joyful and effortless.

When the yoga practice contains both elements, the student is able to find the balance between tension and relaxation in their lives on and off the mat.

This is an all-levels class appropriate for any age, body type or activity level.

Drop-ins \$17, 10-class pass \$150