

WHAT DISTINGUISHES KRIPALU YOGA? (Adapted from Kripalu Yoga by Richard Faulds)

- Practice begins gently with an emphasis on being present in your body, sustaining a flowing breath, and warming up. The overall experience is one of learning to love and nurture your body, NOT WHIP IT INTO SHAPE.
- It allows you to choose the level of physical intensity right for YOUR body. Instead of encouraging you to judge your performance today against yesterday, or compare your stretch with that of your classmate, Kripalu Yoga teaches you how to listen to your body and honor its needs. On some days this may lead you to challenge yourself physically to work the kinks out. On others you may move more gently to relax the body and soothe the mind.
- It recognizes that every body is different. The goal of Kripalu Yoga is not to perfect the external form of the postures. It views postures as tools to release chronic tension, stretch and strengthen the body and increase self-awareness. Rather than forcing the body into classic form of the posture prematurely, postures are modified to meet individual needs.
- It activates the life force of the body that yoga calls *prana*. Kripalu Yoga teaches that the body is animated by an energetic life force intimately tied to the breath. Rhythmic breathing charges the system with energy.
- It encourages you to create a lifestyle supportive of your health by listening to your own body. As you practice Kripalu Yoga, you become more sensitive to the needs of your body and are naturally drawn to make healthier choices about diet, exercise, and other lifestyle habits. We consider each person's body the ultimate authority.
- It's a yoga you can practice "off the mat". When we are connected to our body and breath, the same principles that bring out the best in you on the yoga mat, can be applied to daily life. You learn how to meet challenges with a sense of relaxation, self-acceptance, strength, courage, and openness to change.
- It offers practical tools to foster personal growth. By teaching you how to fully feel strong emotion and compassionately observe the activity of the mind, Kripalu Yoga fosters emotional healing and facilitates personal growth. By nurturing the body, opening the heart, and clearing the mind, Kripalu Yoga removes the obstacles that so often stifle and stunt the natural progression of human development.

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