

Ashtanga Yoga

Yoga is a way of life and not only Asanas, as opposed to popular belief. Practical applications of yoga in daily life includes the simple philosophies behind the techniques of yoga that help make life worth living and living better. The techniques of yoga aim at removing the cause of the physical illness if any, after that improving the mental attributes on having a calm mind (concentrated and steady) thereby realizing one's own spiritual self and one's purpose in life.

Ashtanga Yoga is a classical and oldest form of yoga. Ashtanga yoga translates as "eight-limbed yoga" (ashta=eight, anga=limb) and refers to the eight limbs outlined by Patanjali in the Yoga Sutra, which include moral and ethical guidelines, postures, breath work, sense withdrawal, concentration, and meditation. These eight steps basically act as guidelines on how to live a meaningful and purposeful life.

Ashtanga Yoga involves a system of yoga asana's which involves synchronizing the breath with progressive series of postures

What you can expect from a session on Ashtanga Yoga

- Conditioning of Mind
- Traditional Pranayama's
- Asana's for Extremities, abdomen, spine and relaxation
- Yoga regimes (including asana's, pranayama's and yogic consultation) for lifestyle and chronic health conditions (hypertension, cardiac problems, diabetes, respiratory orthopaedic)
- Prenatal & Post Natal Yoga Asana's
- Yoga Therapy and Counselling
- Kriya's for internal cleansing and purification

Benefits of Ashtanga Yoga

For your body: Develops strength and flexibility, tones muscles, lubricates joints, massages internal organs, releases chronic tension, improves circulation and energizes and refreshes, helps with weight loss as well

For your mind: Calms restless thoughts, promotes inner peace, supports mental clarity and promotes self-awareness by focusing on breathing and conditioning techniques.