

### Why Vinyasa?

Derived from hatha yoga, Vinyasa yoga differs in some important ways from its predecessor. Vinyasa yoga is often faster paced, and the asanas (postures) are linked together in a series of movements that are synchronized with the breath. Much emphasis is placed on the breath and the transition in and out of the asanas. Generally speaking, upward movements correlate with inhalations of the breath, and downward movements with exhalations.

The continual movements, from one pose to another, gives you an added cardiovascular benefit, which more traditional forms of yoga do not have. The routine practice of vinyasa yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress.

Vinyasa yoga offers much diversity. The pace can vary and there is no one particular sequence that instructors must follow. In fact, the name vinyasa is a Sanskrit word that translates as "to thread". This threading of movements allows the instructor to tailor the sequences to their own philosophy.

Music is the tool I use to thread the postures together. I experiment with different types of music to transform and expand my own practice. Different music genres innately create different artistic sequences. I hope you will come and practice with me. Open your hearts to the music!

Namaste,

Victoria