

Faith's Yoga

-- Movements and Stillness; Flexibility and Stability --

Faith's yoga class presents a joyful, energetic Vinyasa flow practice with focus on pose alignments. Vinyasa flow is a type of asana practice which not only emphasizes on pose practice alone but also the transition between the poses where the connection of breathes to movements happens.

The goal of the class is to bring awareness of your own body, to build up the willpower and strength to break the bad habits, to achieve your own balance of flexibility and stability. Each flow sequence will take you through a series of postures designed to connecting you with strength and mindfulness, as well as to connecting the breath to movements. The class adopts posture alignments from Iyenger method. Alignment is a must for an effective practice.

Yoga class is a practice not a performance. Gradually, you will discover your own advantage and weakness, learn how to control your muscles and to use your own intelligence to achieve your pose and the purpose of practice. In addition, focusing on your breathing and your movements brings calmness to your nerve system and relaxes your body, which ultimately brings out the stillness of you mind.

In the modern day of life, our sensory is over stimulated by all sorts of information no matter you want it or not. Peace of mind, even just a moment, allows us to rewind, to reflect and to be better prepared for the next endeavor.

So let's Yoga !!!

(Faith is RYT-500 trained at the Down Under School of Yoga.)