

Vinyasa & Surya Namaskar B

Vinyasa

"Yoga is an awareness, a type of knowing. Yoga will end in awareness. Yoga is arresting the fluctuations of the mind as said in the Yoga Sutras (of Patanjali): citta vritti nirodha. When the mind is without any movement, maybe for a quarter of an hour, or even quarter of a minute, you will realize that yoga is of the nature of infinite awareness, infinite knowing. There is no other object there."

- T.Krishnamacharya in an interview with A.G. Mohan.

Vinyasa: Vi=variable

Nyasa= within prescribed parameters

Tirumalai Krishnamacharya(1888-1989) was the first one to introduce Vinyasa, a more dynamic style of yoga. He is called "the father of modern yoga" and teachers as Desikashar, K. Patthabi Jois, B.K.S. Iyengar, Indra Devi (first woman as a yoga teacher) come from this lineage.

Asthanga has a set series of poses.

Vinyasa is a free style flow.

Vinyasa is an asana yoga practice where breath and movement are synchronized, where breath instigates the movement. A posture is connected to the next posture using the breath. It also means staying for several breaths in a posture, since the mental and physical benefits come by being able to breathe long, steady and with ease holding the postures. Other names are Vinyasa Flow, Vinyasa Krama or Flow yoga.

The breath used is an Ujjayi breath. The practice generates heat. It needs constant awareness of breath and body movement.

Classes are never exactly the same and the variable nature of vinyasa prevents injuries that are caused through repetitive movements, and results in a more balanced body. Also it adapts easily to individual needs. Most Vinyasa practices have a Surya A and Surya B

Surya Namaskara B

Instructions

1. **Start in Samasthiti** (Tadasana) legs and feet together, arms by the side, spine long.
2. **Inhale** – bend the knees and raise arms overhead, palms together and gaze along with thumbs (**Utkatasana**).
3. **Exhale** – straighten your knees, **folding forward** with an elongated back, bring the hands to the ground next to your feet, the crown of your head reaching toward the floor.
4. **Inhale** – **Lift your chest and gaze forward**
5. **Exhale** – **step or lightly hop or jump into** Low Plank (**Chaturanga Dandasana**)
6. **Inhale** –Roll over the toes and shift the weight forward and up, chest, shoulders wide, looking forward or diagonally up (**Urdhva Mukha Svanasana**)
7. **Exhale** – Curl the toes and bring the hips back and up (**Adho Mukha Svanasana**)
8. **Inhale** – **Step the right foot forward** in between the hands, bring your left heel 45 degrees forward. Right knee is above the ankle, left leg straight, arms raised overhead, gaze toward thumbs or straight forward (**Virabhadrasana I**).
9. **Exhale** – Place the hands on the mat and step back with right foot, to High Plank and lower down into **Chaturanga Dandasana**
10. **Inhale** –Roll over the toes and shift the weight forward and up, chest, shoulders wide, looking forward or diagonally up (**Urdhva Mukha Svanasana**)
11. **Exhale** – Curl the toes and bring the hips back and up (**Adho Mukha Svanasana**)
12. **Inhale** – **Step the left foot forward** in between the hands, bring the right heel 45 degrees forward. Left knee is above the ankle, right leg straight, arms raised overhead, gaze toward thumbs or straight forward (**Virabhadrasana I**).
13. **Exhale** – Place the hands on the mat and step back with the left foot, to High Plank and lower down into **Chaturanga Dandasana**
14. **Inhale** –Roll over the toes and shift the weight forward and up, chest, shoulders wide, looking forward or diagonally up (**Urdhva Mukha Svanasana**)
15. **Exhale** – Curl your toes and bring the hips back and up (you may walk your feet slightly in). Finding a steady position in Downward– **Facing Dog and hold for 5 breaths....**
1.....2.....3.....4.....5.... as you exhale – bend your knees and look between your hands
16. **Inhale** – **step or lightly hop-forward**, with the feet in between the hands, look forward, chest lifted
17. **Exhale** – **Fold-down**, hands next to the feet, crown of the head reaching toward the floor
18. **Inhale** – bend the knees and raise arms overhead, palms together and gaze along with thumbs (**Utkatasana**).
19. **Exhale** – Straighten the legs, arms by the side