

Weekend 8: Vinyasa, Surya Namaskar B and the Dancing Warriors.**By Lahma Muris**

– “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

The meaning / translation of the word Vinyasa:

Vi: variable

Nyasa: within prescribed parameters

Tirumalai Krishnamacharya (1888-1989) was the first one to introduce Vinyasa, a more dynamic style of yoga. Krishnamacharya is called “the father of modern yoga” and teachers as Desikashar, Patabi Jois, Iyengar, Indra Devi (the first female yoga teacher) come from his lineage.

Where 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 as a bridge. 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 easy holding the postures. Other names are Vinyasa Flow, Vinyasa Krama or Flow yoga. It needs a constant awareness of breath and body movements. The breath used in Vinyasa yoga is an Ujjayi breath. The practice generates heat.

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

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 (*Uttanasana*)
4. **Inhale** lift your chest and gaze forward (*Urdhva / Ardha Uttanasana*)
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

Dancing Warrior

1. Adho Mukha Svanasana
2. **Inhale** tail of a dog , right (lift the right leg up, open hip)
3. **Exhale** Virabhadrasana I preparation (level hips, leg is up)
4. **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*).
5. **Exhale** Virabhadrasana 2
6. **Inhale**- Viparita Virabhadrasana
7. **Exhale** Utthita Parsvakonasana
8. **Inhale**- Virabhadrasana 2
9. **Exhale**- Chaturanga Dandasana
10. **Inhale** Urdhva Mukha Svanasana
11. **Exhale**- Adho Mukha Svanasana

Repeat on the other side, starting with the left leg.

This is one example of a Dancing Warrior. You can make many different sequences, depending on your experience and creativity.

Start with a simple sequence and then start adding poses, for example adding Uttitha Trikonasana after Viparita Virabhadrasana 2. And then, adding Parvritta Trikonasa after Utthita Trikonasana.

You may bring your focus of the day into the Dancing Warrior and add/focus for example on forward bends, twists, backbends or balances. Usually when the practice is more advanced, more (advanced) poses/variations are added.

Remember: the sequence need to make sense, has a flow, is safe and always move with the breath.

With love,
Lahma