

Hatha Yoga & Asana's

There are many types of yoga disciplines which include different methods of practices, beliefs, philosophies, and actions. Hatha Yoga is a practice of performing asanas or postures. These postures can be performed seated, kneeling, standing, balancing on one leg, and lying on your back or front side. More complex asanas require that you balance on your shoulders, head, or hands. Pranayama is the practice of improving energy through breath control and awareness. Pranayama can also be practiced within a Hatha Yoga Class. No matter what the title of a yoga class, most all physically moving yoga practiced in studios, gyms, and fitness centers is Hatha Yoga with asana and/or pranayama practice.

Lineages

All disciplines of yoga have been passed down by word or mouth from a guru (teacher) to their students. Traditionally students dedicated their entire lives to the guru's teachings and practiced everything that is taught, without question. Hatha Yoga came to the west in the 1920's and since then has been changed and adapted to fit our cultural needs.

Hot Yoga Lineage

Hot Yoga was developed and brought to the U.S. by Bikram Choudhury. The lineage of Hot Yoga extends back to Yogi Matsyendranath, regarded as the first human teacher of hatha yoga. In this lineage there are 84 postures to be practiced. Bikram learned this series from his guru Shree Bishnu Charan Ghosh (1902-1970) who learned yoga from his older brother Paramhansa Yogananda. Bishnu became a physical culturist and worked with Swami Sivananda Saraswati to develop a system of Hatha Yoga asanas for health and wellness. He established Ghosh's College of Physical Education in 1924 to teach the original classic 84 postures originating from a series codified between the 5th and 10th century A.D., by the Nath sect. Followers of the Nath believed the main objective of Hatha Yoga is to create an absolute balance of the interacting activities and processes of the physical body, mind and energy.

Bikram Yoga Lineage

Learning the 84 postures can take a lifetime to master. Under the guidance of his guru, Bikram Choudhury ultimately chose 26 of the most basic yoga postures anyone can perform regardless of age or ability. He arranged them in a sequence where the postures build upon and balance each other in the same way as the 84 postures do. When he brought the system to from India to America in 1974, Choudhury decided to create an environment similar to the one in which he had practiced since the age of four. Bikram decided to heat the room so that the students could have the same experience as practicing in Calcutta. He found the warm room a safer place to practice and students progressed faster with fewer injuries. Bikram believed that scientifically the sequence was perfectly designed and should always be practiced the same way, which was very helpful for western students to improve and progress. Students who traveled found it helpful because from studio to studio they can always practice the Bikram series. All the postures are performed twice giving the student many opportunities for success. There is short rest period in between each posture, allowing students time to recover. The 26 postures can be taken to very advanced places making it a challenging class for all levels of students.

The Barkan Method "Hot Yoga"

Bikram certifies hundreds of students every year in his 500 hour teacher training. Although many have studied with him, only a few practiced with him for an extended period of time. Two of his long term students are Tony Sanchez and James Barkan. James opened the first Hot Yoga studio in Fort Lauderdale, Florida in 1983. He began to incorporate various postures from different styles of Hatha Yoga, but kept many of the original Hot Yoga postures. James decided to call his style, "The Barkan Method Hot Yoga". You will find a Barkan Hot Yoga class very similar to a Bikram Hot Yoga class, as many postures are the same and are performed in the same order. Sun salutations from the original 84 postures have been added and all postures are generally performed once. More of the 84 postures are introduced in this class but modifications create a class capable for all levels. Classes will vary moderately depending upon the instructor. These classes are listed as "Hot Hatha Yoga" on our schedule.

Vinyasa Lineage

Many years ago in the U.S., Vinyasa was a term used mainly for Ashtanga Vinyasa. Presently, the term is widely used by many instructors who teach very different types of classes. The most common misconception about a Vinyasa class is that it is a "flow" moving directly from one posture to the next without stopping. This is not true. Vinyasa is moving from one posture to the next using an inhale or exhale breathing pattern. The postures do not have to be linked together to do this, but they can be. The Vinyasa lineage was passed down by Sri Tirumala Krishnamacharia, who was born in 1888 in a remote village in India. It is believed that his teacher was Ramamohana Brahmacharya. Krishnamacharia taught many students, most of whom developed their own methods of practice based on his teachings. His son for example, T.K.V Desikachar created a style called Viniyoga. B.K.S. Iyengar created a more personalized approach which he labeled Iyengar Yoga. Another student, Pattabi Jois developed the popular Ashtanga Vinyasa system. Additionally, Vinyasa Krama was developed by Srivtasa Ramaswami who studied with Krishnamacharia for 33 years. From these teachers American styles developed that include Power Vinyasa, Prana Flow Yoga, Anusara Yoga and many more.

Hot Vinyasa

Our Hot Vinyasa Yoga classes attempt to follow the lineage of Krishnamacharia by utilizing the teachings of many of his followers. The focus is on the Ashtanga and Krama Vinyasa Yoga systems. The intent is to create a class that anyone can perform, yet is challenging and fun. By using heat and alignment principles, students perform Vinyasa postures in a way that strengthens and balances the body and avoids injury. There is a strong emphasis on a breathing technique called ujjayi (victorious) breath. This practice expands the participants breath and brings awareness to it's presence. All movements of Hot Vinyasa Yoga are performed in and around the inhaling and exhaling patterns of the ujjayi breath. Over time, you will learn dristi (gazing points) and how they effect your postures. As you progress, you will explore energetic patterns of the of the body and breath and how they relate to the bandha's (energy seals).

Private Therapeutic Yoga

Beginners are often intimidated by the thought of entering a classroom full of people. A few private classes help to ease into the practice. Private classes can also be advantageous for those with a physical injury or disability. They can be taught to modify the postures accordingly before entering the classroom. Students who have been practicing for some time often use private classes to "fine tune" their practice and receive more hands on adjustments. Private classes range from 1-20 people. Often groups of friends will do private classes just for fun. Hot Yoga privates are performed at our studio, but house calls are available. 60 minute classes are \$120.00, 75 minutes is \$145.00 and 90 minutes will be \$170.00. Our house call fee is \$170.00. Appointments can be made by phone. 508.696.7769

First Yoga Class?

Trying anything new can be intimidating and frightening. At Vineyard Yoga our mission statement is: "To provide a safe environment to experience health". Perhaps the most common misconception is that yoga is only about flexibility. Do not let your interpretation of flexibility hold you back; it is the best reason to come. Our focus is to regain youth and vitality, not to become more flexible. It is more important that the strength of your body becomes balanced with your flexibility, then you continue to improve both with practice. Hatha Yoga is cardiovascular and can be used for weight loss, but you'll find that it is much more. Our classes are designed for all levels and first time students are encouraged to join. We make our best effort to follow the lineages of Hatha Yoga and keep them as traditional as possible. Try not to be intimidated by the heated room, it is only a small portion of your practice. If you have questions or concerns, it is best to arrive early and talk to the instructors. They are always happy to speak to new students.

New to our Studio?

No pre-registration is required, but first time students will need to register at the door. All classes begin on time; please allow enough driving time to arrive early and set up your mat. Late arrivals are distracting to teachers and students and therefore will not be permitted. Vineyard Yoga has plenty of parking so you need not worry about finding a spot. To honor your schedule we always try to end classes on time. All classes are 75-90 minutes unless otherwise noted. If you cannot stay to the end, we encourage you to find a different class time. For your convenience showers and changing rooms are provided. Mats, towels and water are available or you may bring your own. Hot Yoga students will need all three. If your are a visiting student please honor our studio and the instructors' requests. Perform only the postures taught to you with no advanced variations. If you have injuries please let every instructor know and they will provide you with their modifications. Please do not modify any postures on your own. Our goal is to provide a unique, safe, educational and tranquil experience. We view every class as an opportunity to change your body and life,

Rates

Drop-in	\$16.00
5 Classes	\$70.00 (3-month exp)
1 Month	\$155.00
Mat rental	\$2.00
Towel rental	\$2.00
Water 20oz.	\$2.00

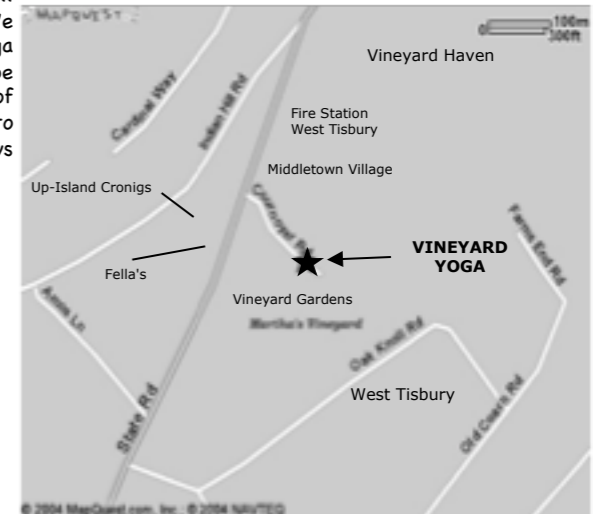
Hot Yoga students, to save money, bring a mat, large towel (60" or longer) & water.

All classes are 75-90 minutes. First time students please arrive early to fill out paperwork.

Directions

From Edgartown, take Edgartown/West Tisbury Road until it forks and bear right onto State Road. Stay on State Road for 2 miles. Look for the Vineyard Yoga sign on the right just past Vineyard Gardens. Turn right into Middletown Village onto Cournoyer Road. You will see a second Vineyard Yoga sign at the very end of the Cournoyer Road cul-de-sac.

From Vineyard Haven, take State Road to West Tisbury. Look for the Vineyard Yoga sign on the left just after the Fire Station. Turn left into Middletown Village onto Cournoyer Road. You will see a second Vineyard Yoga sign at the very end of the Cournoyer Road cul-de-sac.



FOR MORE INFORMATION CONTACT

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