

Rising Sun Yoga



Yoga Styles

AKHANDA YOGA

A HOLISTIC style of yoga, Akhanda yoga includes the basic principles of breath, movement, alignment and relaxation. Students will learn the three-part yogic breathing, ocean-sounding breath, kapalabhati, anuloma viloma and centering as well as a wide range of asanas.

THIS CLASS is ideal for people who want a balanced class.

POWER YOGA

A DYNAMIC yoga practice that uses a rhythmic combination of challenging poses linked with the breath; emphasizing proper body alignment, balance, stamina, and strength. In this class the focus is on upper and lower body strength coupled with a powerful core, which increases circulation in the joints and vertebrae resulting in a healthier, stronger you. Power Yoga helps to sculpt and tone your body from the inside out.

THIS CLASS is ideal for people who want to increase their strength and stamina.

ASHTANGA VS POWER YOGA

ASHTANGA, WHICH means “eight limbs” in Sanskrit, is a fast-paced, intense style of yoga. A set series of poses is performed, always in the same order. Ashtanga practice is very physically demanding because of the constant movement from one pose to the next. Ashtanga is also the inspiration for what is often called Power Yoga. If a class is described as Power Yoga, it will follow a set of principles to create a balanced class but the movements and sequences can be altered to accommodate the needs of the students.

YIN YOGA

A DEEP physical practice that develops awareness and releases inner physical and emotional tensions. After a gentle warm up of flowing Yang exercises, you will be guided through a series of yin postures - positions which are sustained for three to five minutes with gentle breathing. Yin Yoga stimulates the flow of Chi or Prana through the body, builds flexibility, improves posture

and develops mental concentration. It is the ideal complement to more muscular Yang forms of asana practice.

THIS CLASS is ideal for those who are already strong but want to improve their flexibility.

KUNDALINI YOGA

KUNDALINI YOGA is the Yoga of Awareness. It consists of simple yogic techniques that can be enjoyed by everyone, regardless of age or physical ability. Kundalini Yoga is a complete and ancient science that includes breath (pranayama), yoga postures (asanas), sound (mantra) and meditation. Through safe, centuries old techniques, Kundalini Yoga balances and uncoils energy from deep within us.

IN ADDITION to strengthening the health and well-being of the physical body, Kundalini Yoga is very useful for emotional balance, mental clarity, stress relief and personal transformation. Kundalini Yoga is the original and most powerful system of yoga.

THIS CLASS is ideal for those interested in personal growth, healing technologies and the mind-body-spirit connection.

HATHA YOGA

HATHA IS a very general term that can encompass many of the physical types of yoga. If a class is described as Hatha style, it is probably going to be slow-paced and gentle and provide a good introduction to the basic yoga poses.

VINYASA

LIKE HATHA, Vinyasa is a general term that is used to describe many different types of classes. Vinyasa, which means breath-synchronized movement, tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations, in which movement is matched to the breath.

A VINYASA class will typically start with a number of Sun Salutations to warm up the body for more intense stretching that's done at the end of class.