

THERE ARE TWO BASIC TYPES OF YOGA

1. YOGA FROM INDIA

ASANAS WITH PROPS

Asanas with Props

The ancient yogis used logs of wood, stones, and ropes to help them practice asanas effectively. Extending this principle, Yogacharya Iyengar invented props which allow asanas to be held easily and for a longer duration, without strain.



YOGACHARYA IYENGAR IN SETUBANDHA SARVANGASANA

This version of the posture requires considerable strength in the neck, shoulders, and back, requiring years of practice to achieve. It should not be attempted without supervision !

AND

2. YOGA FROM WISCONSIN



The Wisconsin class is full for this session. I'll get back to you when it opens up again!