

Ashtanga Vinyasa / level 1-3 is the **Primary Series of Ashtanga Vinyasa**, a dynamic flow of postures and breathwork. Ashtanga Vinyasa is a flowing form...a "moving meditation" designed to align the structure of the body, detoxify the organs, and create strength and flexibility. The Primary Series is called "Yoga Chikitsa" in Sanskrit, translating as "Yoga Therapy". In this fun and dynamic class, we will use the Ashtanga form as our framework, including strong forward bending, healing backbending, and deep twisting postures. All levels of students may attend this class....modifications will be given for each posture as needed. Class is 1hr.30 min. long.