

*The Inner Light Institute*

Presents

# *The Practice of Kripalu Yoga*

When the word yoga is mentioned, most people immediately think of some physical postures for relaxing and limbering up the body. This is one aspect of the Yogic science, but actually only a very small part and relatively recent in development. The physical Yoga, or Hatha Yoga, was primarily designed to facilitate the real practice of Yoga—namely, the understanding and complete mastery over the mind. So the actual meaning of Yoga is the science of mind. Traditionally, the word Yoga refers to Raja Yoga, the mental science.

**Kripalu Yoga** meditation in motion is a synthesis of Hatha and Raja Yogas in which both movement and meditation can happen simultaneously and be a complement to each other rather than a distraction from each other. The purpose of the practice of yoga is to experience integration, the unity of body, mind and spirit. According to yoga, prana (the universal life force or energy) is the crucial link that unites body and mind. Learning to manage and direct the flow of prana in our bodies, we can restore balance to our mind and emotions, thus achieving integration and wholeness. Prana not only sustains all the physical and mental processes of life but is the energy of spiritual consciousness as well.

Energy (Prana or the universal life force) manifests physically in movement and activity, emotionally as feelings, mentally as thought and insight. In essence, life involves one energy that serves us in an infinite variety of forms. In order to manage life effectively, we need to recognize how energy functions in our bodies and minds, and master the art of directing it.

Body, mind and energy are so interrelated that they cannot function without one another. When there is dis-ease in any one of them they are all effected. The positive side of this interdependence and synchrony of body, mind, and energy is that whenever we strengthen any one of them, the others are strengthened too.

**Kripalu Yoga** is a holistic approach to the practice of yoga postures. Through physical practice of Hatha Yoga (postures and breathing exercises) and Raja Yoga (meditation) an integration can occur which can bring us into balance by strengthening the body, calming the mind and bringing us to a greater understanding of ourselves.

**Kripalu Yoga** emphasizes that the physical postures are to be considered as the external vehicle of the more significant “inner posture”, which is the experience of complete inner stillness, harmony, peace, inner integration, balance, and union—**which is yoga**.

**No Registration required**

**Instructor: Virginia Aldrich**

*Yoga in July Only  
No Yoga in August or September*

**Ongoing ~ Friday mornings**

**Moderate**—8:30 a.m. - 10:00 a.m.

For those familiar with Yoga postures and pranayama (breathing exercises)

**Beginning**—10:30 a.m.– 12:00 noon

For first time students or those wanting a more gentle style of Yoga.

This class is also appropriate for those with special needs.

**Tuition: \$10.00 per session**

**or**

**10 sessions for \$90.00**

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