

# Vinyasa Vita

## Yoga Newsletter

### What is Prana?

Prana is LIFE Force. It's the energy referred to in every culture by names such as chi in China, Ka in Japan, Ra in Ancient Egypt, Nilchi from the Navajo Indians, The Holy Spirit from the Bible, and who could forget "The Force" from Star Wars? That is only the beginning. Every culture and even every imaginary realm acknowledges this mysterious energy that brings life.

In Yogic Philosophy, we say that Prana rides the breath, which makes **how** we breath so very important. We utilize very little of our lung capacity (about 1.5 L of the 5L available) as a general rule which inhibits the distribution of Prana throughout the body. It's thought that all illness or disease is a result of blockages throughout the nadis (energetic channels) where Prana is unable to reach.

Even though most of us haven't developed our abilities to actually see Prana. We've all felt it. Energy is vibration and people vibrate at different frequencies. People with a low vibration are often fearful, angry, or depressed. Those vibrating on a higher frequency exhibit characteristics of being positive, calm, and loving. We can often sense the energy of others around us and even environments.



For instance, there is a different feeling in a seedy bar than there is outdoors in the presence of a waterfall.

We can change our vibration. We can increase the amount of pranic flow in our bodies. What are some ways this can be done? Yoga Asana and Pranayama are big ones. As we move our bodies through various poses, we are opening energetic channels and encouraging the Prana to flow more freely. Pranayama (breathing exercises) allows us to breathe at a deeper capacity and distribute Prana more thoroughly throughout the body, thus raising our energetic levels.

One thing to note, during asana practice, if it is a challenging class, we want to make sure we aren't getting exhausted and leaving with less Prana than when we arrived.

Focusing on Ujayi breathing through the class (Darth Vader Pranayama), will help to maintain your energy levels and ensure that you are taking in adequate breath equal to your exertion. Spending time daily outside and with people of high vibrations, will also go along way to establish a higher pranic flow.

## Don't Forget to Register!

To help the WISC Yoga program run smoothly, we encourage you all to register for classes. While the sign up sheet is a fail safe, registering for classes gives me a heads up as to how many students I have and who. I love to be able to customize the classes according to students abilities and physical limitations so that you all will see great results from your practice. I often build in specific poses or sequences with specific students in mind to target areas where they need to see growth. In order to do this effectively, I need to know who will be there.

Because some classes are smaller than others, the front desk will notify me if I don't have any registrants so that I don't have to show up unnecessarily. If someone is coming for yoga, I want to be there for you! 😊 So if you think about it, book your classes at the beginning of the week whether online, or calling the front desk. You can always cancel if it's not working out with your schedule. Thanks!

## This Week's Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:30 am	Vinyasa Flow All Levels		Vinyasa Flow All Levels		Vinyasa Flow All Levels
5:30 - 6:30 pm					
7:30 - 8:30 pm	Intermediate Level Vinyasa Flow	Yoga for Beginners/ Yoga Foundations			