

# Vinyasa from the Ground Up

Posted on [July 23, 2012](#) by [Janet Muniz](#)



*An eight-week focus on the fundamentals of a vinyasa yoga practice starts August 4.*



You're working on your physical asana practice - engaging in proper anatomic alignment to ensure safety, tapping into the strength of form as another effective tool for mindfulness. Or are you? Not sure? "No matter the reason for diving into the details of our physical practice," says Maya instructor **Tiffany Berry**, "time and again we will find something new."

As part of her **Vinyasa Vigorous Flow** group class Saturday mornings at 9 o'clock, Tiffany is dedicating eight weeks to explore *Vinyasa from the Ground Up*, with a goal of improving awareness of your body in space, to educate your muscles and joints and to build the physical strength and mental confidence to

take your asana practice to the next level. "By learning the classic alignment in a pose, practicing the muscular action that supports the pose and experimenting with your body's needs, you will better understand how to stay safe in your practice, through whatever challenges your body presents," Tiffany says.

**A Time to Explore and Learn.** Starting with the feet -the place of support for many poses- The class will work up through the knees, hips, three sections of the spine, shoulder girdle and wrists/elbows. Over the course of these two months, the class will be practicing the same sequence, allowing you to layer what you've learned week after week to build a strong practice through your whole body.

Tiffany is offering handouts, which cover the anatomy and basic muscular actions she plans to introduce, as well as the sequence that will be practiced. "Everyone is encouraged to practice at home to reinforce and to experiment with what we work on in class," she says. "Questions from the home practice are welcome before and after class.



A practitioner for the past eleven years and teacher for four, Tiffany has always had a fascination with the anatomic build and movement of the body and uses her knowledge in her own practice and teaching, to heal from past injuries and to prevent new ones.

Register for the group class today.

## Vinyasa from the Ground Up | August 4 - September 22

Group Vinyasa Vigorous Flow | Saturdays starting at 9:00 am

Tiffany Berry, RYT500, RPYT currently teaches vinyasa, Hatha flow and prenatal yoga at Maya Whole Health. While no yoga experience is required, you will get the most out of this if you've had some introductory practice.

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