Downward Dog Days of Summer

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The in-depth focus of Iyengar yoga creates its own heat for your practice.

BKS Iyengar structured the study of many classical yoga Asanas –or postures- and Pranayamas –the breath- in a safe way that allows you to progress through basic poses and advance to the more difficult -gaining flexibility, strength and awareness of mind, body and spirit in the process.

Correct body alignment allows you to practice without pain or injury. Mr. Iyengar developed the use of props -blocks, chairs, blankets and belts- to help you in this process, giving support in those areas where you have less strength or range of motion.

A powerful cumulative effect is achieved by practicing asanas in **particular sequences.** Postures held for longer lengths of time lets the effects of the poses penetrate deeply. As a result, the therapeutic aspects of the entire practice are heightened, which often results in easing aches and pains, improving posture –and more.

A focus on the breath –or **pranayama**- also adds physical benefits such as toning the circulatory, digestive, nervous and respiratory systems, activating the internal organs and creating a feeling of energy and calmness.

Technique, Sequence and Timing. In practice, you learn the finer adjustments of body alignment as related to the sequence with which asana and pranayama are practiced. And it takes time to move into a pose and become stable. When technique, sequence and timing are in sync, the potential mental and emotional benefits of your practice are intensified.

Carmen Viola teaches Iyengar yoga at Maya Wednesday mornings at 9:30. It's a fabulous way to create your own heat and energy during the (downward) dog days of summer.

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