

Consciousness in Motion: Vinyasa

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"Vinyasa" is resultant from the Sanskrit term *nyasa*, which means "to place," and the prefix "in a special way"—as in the method of notes in a raga, the steps along a route to the top of a mountain, or the linking of one asana to the next. In the yoga creation the most common kind of Vinyasa is as a flowing sequence of definite Asanas coordinated with the arrangements of the breath. The six sequence of Pattabhi Jois's Ashtanga Vinyasa Yoga are by far the best known and most significant. Jois's own teacher, the great South Indian main Krishnamacharya's, championed the Vinyasa style as central to the transformative process of yoga. Desikachar, Krishnamacharya's son, an author and notorious teacher in his own right, has inscribed, "Vinyasa is, I believe, one of the richest impressions to emerge from yoga for the successful compartment of our actions and relationships." In his book *Health, Healing, and beyond*, he gives a refined yet powerful case of how his father go to the Vinyasa of teaching yoga.

Initiating a Course of Action

Applying Vinyasa in your yoga exercise and daily life has many equivalents not just to construction a house but also sailing a boat. Like sailing, moving concluded life demands a management with natural forces that requires skill and awareness, the ability to set a course yet modification with the wind and currents. Therefore, to keep skillfully with any action, we must first calculate where we are starting from today; we cannot adopt we are quite the same person we were yesterday. We are all likely to ignoring the changing surroundings of our body-mind; we often alter the reality of who we are based on who we think that we should be. This can display up on the yoga mat in any number of inapt choices: engaging in a heating, rigorous exercise when we're agitated or fatigued; doing a soothing practice when we're stagnant; going to a cutting-edge yoga class when a beginning class well suits our experience and skills. In demand to avoid such unbeneficial actions, we need to jump out with an accurate calculation of our current state. So, what are the annotations a good yogic sailor should make before beginning a Vinyasa? Like inspection out the boat, wind, and waves before you sail, a preliminary survey of your being can turn out to be an instinctive ritual. In taking what foods we eat, at what time we sleep, our discussions and our schedules with others—all that we do—we must recognize where we are coming from and

choose schedules that address any imbalances. This also will suggest specific tactics for addressing obstacles that may break up the flow of their practice. For example, on the physical level can choose a more calming exercise or one that provides them with an extra invigorating opening. If they're woe from typical urban tensions in the neck and shoulders, they can use a small series of springs—a mini-Vinyasa, you might say—to cheer softening and release. The same vision that we use on the yoga mat can be everyday to the way that we initiate actions in a different place in our lives. Drive more slowly and listen to some restful music to ensure that this inequality doesn't carry over into your consultation. Such Adjustments do not show an aversion to accept what is or an irrational attempt to fix everything until it is just right.

Sustaining power

Once you've properly calculated conditions and began action, you can focus on the next time of Vinyasa: building up your power, your capacity for a given action. Power is the sailor's skill to tack with the wind, a musician's ability to bear the rise and fall of a melody, a yogi's expanding capability for absorption in meditation. The Vinyasa method has many teachings to offer about how to build and sustain our capacity for action, both on and off the mat. One of the principal teachings is to align and recruit action from our breath—our life force—as a way of original to the natural flow and power of prana, the energy that tolerates us all on a cellular level.

All of us are well at some part of the Vinyasa cycle than others. In asana practice and in another place in life, this often requires that we know how to follow and steadiness one action with alternative. It is important to recollect a Vinyasa is not just any system of actions: It is one that wakes up and sustains mindfulness. In this way Vinyasa connects with the introspective practice of *nyasa* within the Tantric Yoga backgrounds. In *nyasa* practice, which is considered to awaken our inherent godly energy, physicians bring awareness to different parts of the body and then, with mantra and visualization, wake up the inner pathways for energy (divine force) to flow over the entire field of their life. As we bring the practices of Vinyasa to bear during our lives, we open similar ways of transformation, inner and outer-step by step and breath.

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