

'Flow and Reset' Vinyasa Flow @ Dronfield Yoga & Wellbeing Studio **Sundays 5-6.15pm with Cat Cousins**

What is Vinyasa Flow Yoga?

Vinyasa is a style of yoga where the traditional Hatha poses are strung together to form one fluid sequence of movement, for example in Sun Salutations, and typically we flow one movement to one breathe. I love it myself because there is something very nurturing about moving with my breath and letting my body flow in new directions, it allows me to move intuitively and explore movements and transitions in a way that more stringent styles won't. The classes are a bit more fast-paced and rhythmical, with a focus on connecting the movements with the rhythm of the breath. Vinyasa means to move with the breath, which is essentially the core of a Vinyasa class. Often called flow yoga, Vinyasa Flow is a style of yoga with focus on transitions and movements, with less time spent in stationary poses. Although Vinyasa is considered a faster practice, it can also be soft and gentle. Moving with the breath can also mean slowing down your transitions with deep inhales and slow exhalations.

As opposed to other styles of yoga like Iyengar or Ashtanga, Vinyasa Flow classes do not have a set sequence or a certain amount or type of poses to get through. In this new Flow and Reset class the aim will be to balance the whole body through warm up, breath work, a series of flow sequences, some standing balances and back strengthening poses, followed by relaxation to reset your mind and body for the week ahead.

Benefits of Vinyasa Flow Yoga

Range of motion: The variety of movements in a Vinyasa class means you will often be working through the whole body throughout a class, and expand your range of motion by moving in ways you normally would not. This will help you avoid injuries in the future that could happen if you are always moving in the same way.

Cardiovascular health: A Vinyasa class is great cardiovascular exercise, because it is often fast-paced. Moving with your breath increases your heart rate and generates heat.

Building strength: A consistent Vinyasa practice can help you build muscle throughout the whole body. In Vinyasa, you often work all parts of your body, which means you will build a balanced and functional strength.

Stress relief: A Vinyasa class can be a moving meditation. The constant motion and rhythmical movement will help quiet the mind and allow you to focus inward. In this way, Vinyasa helps you connect the body and mind, calms the nervous system and can help relieve stress and anxiety.

Connecting with the breath: Our breath holds a lot of power over our wellbeing. If we are shocked or tense, we hold our breath and automatically signal to the brain that we are uncomfortable, which in turn results in the brain producing adrenaline and cortisol (the "stress hormone") to help us push through. Practicing to connect with the breath and breathing through pain and discomfort can be a very powerful tool in overcoming both physical and mental problems.