



ANASTASIA
STOYANNIDES
HATHA-YOGA

Exploring a Hatha-Yoga Session

In the technique Ruchpaul we welcome the student to explore and to discover his/her body in a purely personal and confidential way.

For the teacher the level of experience and the physical needs of each group takes priority while preparing a yoga session. With an intelligently chosen vocabulary of postures, where the one position is interlaced into the next, we support a harmonious yoga experience based on the physiological state of each participant, as well as on the circumstances of the day and the season.

The practice of âsana, leads to a continuous rhythm between activity and rest, between observing and reacting. Every exercise is followed by a moment of retirement in which, the student has a time of alertness for perceiving newborn sensations and their influence on the movement quality of the breath.

Each session is comprised of a sequence of classical postures well adapted to the needs of the modern practitioner in order to enhance flexibility, concentration and rejuvenation of the body.

Breathing and posture are interconnected in the hatha-yoga practice. The one follows and complements the other and even if both seem to be physical gestures, they still reveal information about a mental attitude.

Actually, what is essential is the way we relate to our body and to the breath and not the superficial perfection of any posture.

During a yoga class we will explore some âsanas, or postures, in fluid and regular breathing and others in a comfortable breathing suspension in order to observe how the function of respiration can modify the rhythm of our mental imagery. Over the course of a session, we will support a balanced practice by performing postures in flexion or extension, in external or internal rotation, in adduction or abduction. Our aim is to counterbalance the natural principles of movement and to evenly distribute physical tension.

A session in the technique Ruchpaul includes:

- Ritualization to begin practicing/tuning our instrument!
- Assistance on re-educating breathing patterns
- Stimulation of the blood circulation
- Flexibility for the muscles and the articulations
- Surrender to a intense state of silence
- Stabilization of the internal effects of the postures

We learn how to articulate movement based on simplicity, elegance and self-respect. This teaches us to support a generous range of motion while honouring our body's intelligence.

Âsanas are not repeated during a session; this allows the student to move beyond the usual physical training. It is fascinating to discover how a posture can progress only by the simplicity of its execution and by our commitment to welcome the intensity of each moment.

In the practice of yoga, all desire to engage in repetitive action eventually weaken the achievement of a conscious gesture and will diffuse much of our energy reserves. On the other hand, maintaining a posture in stability will intensify the effects of the postures beyond stimulating the visceral layers of the body.

The skeletal structure will be fed, the internal organs will gain vitality and the function of the central nervous system will be brought into an equilibrium.

At the end of each session, time is offered to the practice of breathing exercises. These will reanimate the student, detoxify the body and create the conditions for the profound effects of the postures to settle and be absorbed by our psychosomatic mechanism.

The student finishes the class with a sense of overall vitality and a harmonious feeling of well-being. Over time, the yoga practitioner develops a trust in his/her profound nature and will be able to effectively incorporate the benefits of the yoga practice in the demands of daily life.

