



A HATHA CLASS CAN BE IN ANY WHICH WAY

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There are many benefits from engaging a deep about of Yoga. On the superficial side, Yoga does help in day to day life by enabling & empowering the limbs to do what the limbs were originally designed to do in the first place, but due to various reasons these limbs and organs are not working at their optimal levels. The thighs are made to breathe the load bearing while stress is removed from the lower limbs. The pelvis and hips open up leading to sense of freedom in the mid region. The heart and chest, with the lungs are fully opened up while the spine is strengthened, giving a lift in the gait! The trapezium and shoulders are corrected and the abdomen toned for proper digestion and elimination. The mind is rendered alert and peaceful. Sleep becomes blissful while the waking state goes on with harmony.

Based on one's practice, one may gain height, correct internal and external deformities or just become one with one's breath. The power is with you and only you can harness the power. A prayer can be affected by one for oneself or for another, but the practice of Yoga can only be done by the one for the One.

**Getting into Alignment:**  
It is very important to be in alignment,

with yourself as well as with the outside world. Within oneself, alignment can be managed with one's limbs or with the limbs and breath or with the breath and thought and so on. Alignment is important between breath and body as a whole. Alignment causes one to be more productive and be more precise in attending matters of day to day life. Alignment principles activate hidden energies and reduce the mental and physical frictions of the mind and body. Alignment also means finding and accessing one's centre of gravity, so that one can learn how to sit, stand and walk without resistance and be in greater sync with earth's gravity.

“Asana” is the positioning of the body in various postures, with the total involvement of the mind and self, in order to establish communication between our external and internal selves.”

**Standing Asana:**  
Standing Asana brings strength, breathing is controlled, endurance levels are enhanced & physical deformities such as bunions, sciatica, and back pain are dealt and corrected.

**Forward Bends:**  
Are especially good for runners as well as static persons. Both, excessive running and excessive static activity (sitting down) tightens the hamstrings. Hamstrings are actively and passively stretched, leading to a slower heart rate which calms the mind, cools excessive body heat and strengthens the spine.

**Backbends:**  
Very invigorating and opens up various parts of the spine which lead to immense laughter and joy. Backbends warms up the body nicely for the entire day are very good for the spine, heart. The poses bring about a subtle body heat which is good to practice during the cold climate.

**Inversions and Restorative:**  
Although inversions are upside down, it leads to a firm grounding oneself. Opens up new perspectives to study within and helps oneself activate one's core. Inversions also cool down the mind and help in thyroid related issues while testing ones' agility.

Classes are structured dwelling into a pattern or theme to get the most out of the set series of asana.

Thus, mentioned above, practicing asana cleanses the body. Just as the goldsmith heats the fire to burn out its impurities, similarly asana, by increasing the circulation of fresh blood through the body, purge it of the diseases and toxins, which are the consequences of an irregular lifestyle, unhealthy eating habits and poor posture.

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Anirudh conducts Hatha Yoga classes bringing therapeutic principles of healing into practice. He follows the Iyengar school of Yogamethodology. His classes are a dynamic workout with the use of props to assist the body in various asanas.

