THE KRIPALU APPROACH TO YOGA

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"The highest spiritual practice is self-observation without judgment."
- Swami Kripalu

A Kripalu yoga class includes:

- Coming into the present moment by centering the body, mind and breath
- Warm-ups (pratapana) - conditioning exercises that synchronize breath with movement, as a means of inducing concentration and preparing the body for more in-depth asana
- Creative asana sequences that are precisely designed to stretch, strengthen and balance the body. These include standing and balancing, forward and back bending, spinal twists, lateral bends and inversions.
- 3 stages of personal transformation: from Willful Practice, focusing on safe alignment, building postures from the ground up, and increasing body awareness while cultivating union of body and breath (Kripalu Stage 1 - You do yoga); to Surrender - time for unguided exploration and expression or “Meditation-in-Motion” (Kripalu Stage 3 – Yoga does you).
- Classes close with integration through relaxation and meditation.
- Classes range from gentle to vigorous.

The purpose of a Kripalu yoga class is to produce these results:

- Restore the body to its natural state of alignment and health/balance.
- Bring you fully present to the moment-by-moment experience of being alive.
- Promote self-observation without judgment to allow a state of flowing awareness to arise in the mind.
- Awaken the prana (lifeforce) in the body.

Kripalu’s roots are in classical yoga practice:

Kripalu has roots in Tantric Yoga, so the body/mind/spirit are linked. The body is considered a spiritual vessel as much as the mind. The three stages of Kripalu Yoga and the practices of asana, pranayama and meditation are integrated throughout every Kripalu class.

The Kripalu approach to alignment combines the science of anatomy, physiology and kinesiology with yoga’s energetic system of prana to empower the individual to make body-intelligent choices from within. Kripalu practices are led as a creative inquiry with an emphasis upon personal experience being the authentic teacher.

What is Witness Consciousness?
Witnessing one’s experience without judgment during a yoga class allows compassionate self-acceptance that expands beyond the formal practice on the mat into life. “I’m (simply) aware of….”

Is there an intention to Kripalu Yoga?
Ongoing practice of the Kripalu approach to yoga awakens the prana (lifeforce) within. This awakened prana profoundly transforms, heals and enlivens the body, self and experience of life.

Is there an intention as a Kripalu Yoga Teacher?
Awaken the possibility of a truly fulfilled and satisfying life through the practice of yoga as a comprehensive system for self-development.

The Kripalu Approach (Kripalu Yoga Helps You Find Your Own Yoga)

- Creative sequencing
- Breath coordinated with movement
- Witness consciousness
- Listen to/honor the wisdom of the body
- BRFWA (Breathe, Relax, Feel, Watch, Allow) = Transformation
- Exploration and inquiry
- Spiritual awakening/Connection to source