

# YOGA RASA COMMUNITY NEWS

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Yoga Rasa exists to actively participate in creating peace on our planet by joining with others to grow an all-inclusive yoga study community, promoting total physical, mental, spiritual health and well being.

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## ☸ A "PEACE" OF MY MIND...

### Tracie's message

With so many different types of yoga how is one to know what direction to take? Questions abound simply around "what is yoga, exactly" much less having an idea about what type of yoga to study. This week we offer a bit of information about a few of the different types of yoga. As you read on Liz will share with you about a smattering of yoga schools that offer various styles of yoga. I would like to share with you about a couple of the paths of yoga that offer a bit of longevity and I suppose you could say that most of the "branded yoga" you hear about now particularly in the western world has its roots.

These two main paths of yoga are hatha and raja yoga. Simply stated hatha yoga is the school of yoga that deals with the more external things like the muscles and bones of the body, what we would refer to as muscular energy. Raja yoga is the path of yoga referred to as "the royal or kingly path" and teaches us about directing our thoughts, calming the mind through breath practice, directing one's focus and meditation. Patanjali systematized yoga in the yoga sutras, an influential body of work containing 196 short and powerful statements on the practice of yoga. Pantanjali is a very important yogic sage who lived approximately 2000 years before us.

There are other important schools of yoga such as laya, bhakti, mantra, karma, and buddhi just to name a few; however, I will stay with hatha and raja since these are what shape the classes at Yoga Rasa. Hatha and raja yoga would more appropriately be referred to as branches of yoga and

if you were to ask, "what type of yoga do we practice and learn at Yoga Rasa?"

I would answer that the yoga we teach and study, if branded could aptly be referred to as Rasa Yoga drawing on both the branches of hatha and raja. Hatha generally refers to the body and breath and raja, in general referring to the psychology and the quality of the inner well being. The term rasa in one sense refers to the experience of transcending and transforming the emotions into a usable form of energy. Towards that end, at Yoga Rasa with the profound influence of these outstanding gurus, Sandra Kozak, Shiva Rea, Rodney Yee, David Frawley, Lex Gillian and Dr. David Hoch, just to name a few, students become stable, flexible and fit while learning mastery of both mind and body!

While we have simply skimmed the surface we hope this offers a sense of what is going on out there in this way of life and practice that has been referred to as a cultural movement. By whatever name you call it, when approached with integrity in the way of the yogis of long ago, the student will realize a more stable presence in the body and mind, life becomes more full as we learn how to remain present and drink up the fullness of being alive and loving every moment! Have a spectacular weekend! I hope I see you in class!

Love, T.



### COMING ATTRACTIONS

|          |   |
|----------|---|
| March 16 | Early Bird registration due – <b>Beginner Tribal Fusion Belly Dance Classes</b> (starts 3/30) |
| March 22 | Early Bird registration due – <b>Posture &amp; Breath Clinic</b> (4/5)                        |
| March 30 | <b>Beginner Tribal Fusion Belly Dance classes begin</b>                                       |
| April 5  | <b>Posture &amp; Breath Clinic</b> (4/5)  |

**Note the early bird deadlines for great savings on great workshops!**

# Types of Yoga

*“No one is ever really taught by another; each of us has to teach himself. The external teacher offers only the suggestion, which arouses the internal teacher, who helps us to understand things.”*

~ Swami Vivekananda

So, what type of yoga do you do? This question inevitably follows as soon as someone hears that I do yoga. It is very likely that you have heard it too. So, what type of yoga do we do at Yoga Rasa exactly??? When I first started yoga, I could barely pronounce “downward facing dog” let alone explain what I did to people. I hope to shed some light on this for you with this newsletter.



, Liz

## The Wide Spectrum of Yoga Practice

Even a person who has never done yoga is exposed to it more and more through the media. Yoga shows up frequently in movies and television shows, commercials for items from yogurt to underwear, and even the Sunday funnies! It is mentioned over and over in articles about health and interviews with leading doctors. The snapshots we see of yoga in the media are just a few aspects of a many-faceted practice.

Yoga can look many ways from the outside – it can be a twisty practice, a sweaty practice, a slow practice, a fast practice, a hot practice, a supported practice, and on and on and on. These can all fall under the umbrella of “yoga” because of the internal approach or intention. Yoga means union, and if it is done in a way that creates integrity in your body and brings your mind into connection to your breath, it can be called yoga. If a practice creates gasping breath, tense muscles, or bulging veins...it is certainly NOT yoga.

In the ancient tradition of yoga, the teacher is of the utmost importance. The teacher has studied yoga, and through the understanding that comes only from practice, is able to teach yoga. In reality, each teacher could be said to have a different style of yoga. A quality yoga teacher does not simply regurgitate things that have been studied intellectually or memorized, but takes the teachings of his or her teacher, practices them in order to experience and integrate them, and then teaches from his or her own strengths. For example, that is why the all the teachers here at Yoga Rasa are similar but different. We have all studied with Tracie and integrated what we learned, teaching from our own uniqueness. However, America is a branding society, and all sorts of names of yoga have emerged in the last 25 years or so.

## Defining the Types

With that in mind, I will cover some of the most commonly-heard “types” of yoga in America. The basis of all these types is Hatha Yoga. Hatha Yoga is a general term referring to the physical aspects of yoga. The types listed below all fall under Hatha Yoga, and any physical yoga practice that does not fall under one of these subtypes can be called Hatha Yoga. The list below is certainly not exhaustive.

Iyengar Yoga – Named for its originator, BKS Iyengar, this type is known for its strong attention to detail and use of props. Iyengar yoga is accessible to everyone because of its emphasis on modifications. Iyengar started



yoga as a young boy who was very fragile, using yoga to build his strength and vitality. Tracie's main asana teacher was Sandra Summerfield Kozak, and Sandra studied directly with Iyengar for many years.

**Vinyasa Yoga** – In Vinyasa Yoga, poses are connected together in a flow by following the breath. Vinyasa refers to a practice that runs from beginner-level poses (such as Triangle) to more intermediate and advanced poses like backbends and arm balances. Some terms you may hear referring to subtypes of Vinyasa Yoga include Ashtanga Yoga and Power Yoga. Shiva Rea is a well-known teacher of Vinyasa Yoga, and Tracie has studied extensively with her as well. You will see on our weekly schedule that we offer classes that introduce this type of yoga. At Yoga Rasa, we stress the importance of knowing the basic alignment principles before moving into Power Yoga.

**Anusara Yoga** – The term Anusara was actually started by a Texan...John Friend of the Woodlands began Anusara Yoga as a result of making his own expression of the yoga of Iyengar. Because of the Iyengar influence, Anusara teaches specific alignment principles and also seeks to teach the student how to express poses from the heart in a natural and expanded way. Tracie has some background of study with John Friend as well, and we incorporate some of the most effective teachings on alignment into our classes at Yoga Rasa.

**Bikram Yoga** – Sometimes referred to as Hot Yoga, Bikram Yoga was started by Bikram Choudhury. A Bikram practice is done in a room with temperatures around 100 degrees and added humidity. Each class is the same, moving students through a sequence of 26 postures. Bikram focuses on the sweating aspect of the practice.

**Kundalini Yoga** – Kundalini Yoga was first introduced by Yogi Bhanan. This type incorporates dynamic breathing techniques and mantra into the practice of the postures. The term Kundalini is also a general yoga term referring to the dormant vital energy that yogis focus on integrating through awareness of the spine.

As I mentioned, there are so many other branded names of yoga out there. With the knowledge you have from above, you could say that we practice Hatha Yoga at Yoga Rasa...more specifically, the classes at Yoga Rasa include Iyengar-informed technique with Anusara influence, incorporating vinyasa flow as appropriate to the stage of the class.

## **If It Makes you More Balanced, Do It**

The bottom line is that you need to find a class that is balancing for you. Your yoga practice should leave you feeling more calm, relaxed, happy, healthy, balanced, and peaceful. If it does not, change your approach or try another class. It is important to be very honest with yourself about what balances you and what does not. If your experience after class can be described as exhausted, dizzy, nauseous, anxious, full of adrenaline, etc. then perhaps it is not the right approach for you! Most of the marketing in America



preys on our imbalances, convincing us that we need the things that actually imbalance us more. The same is true in the yoga world, and I have seen marketing of yoga create a situation that does not serve the students. So I encourage you to take advantage of the variety of classes offered to find what is truly right for you. Thanks for being a part of the community!

**Tracie and Liz welcome all comments, criticisms, and loving support!**

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# Nataraja Yoga Flow



Wednesday,  
March 19, 2008  
7-9 pm

In place of regular  
evening classes

Nataraja Yoga Flow is a powerful combination of Asana, Vinyasa, Pratyahara, Pranayama, Meditation and an eclectic flow of dance with dynamic musical forms from around the globe.

To read more about any of our workshops & retreats, go to:  
<http://www.yogarasa.net/workshops.html>

*Beginner Tribal Fusion*

*Belly Dance*

**Weekly Belly Dance Classes for Beginners!**

Sundays at 12 pm. Beginning March 30.

**Tribal Fusion Belly Dance combines traditional belly dance with influence of other dance styles for a fun and effective way to express yourself and to condition your body.**



Newsletter & archives can be found online at: <http://www.yogarasa.net/newsletter.html>

**Find Yoga Rasa on MySpace:** <http://www.myspace.com/yogarasa>



# Sacred Warrior Retreat



St. John, US Virgin Islands  
June 21-28, 2008

The Sacred Warrior Yoga Retreat is  
for those who want to:

- Live the best life possible
- Experience their highest potential
- Discover a more playful heart
- Discover Inner Peace
- Live powerfully, mind, body, spirit

“The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge while an ordinary man takes everything either as a blessing or a curse.” ~ Carlos Castaneda

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## St. Patrick's Day Contest!!

Call in on Monday anytime between 11 am & 12:30 pm  
and talk to us in your best Irish accent!

Tracie, Summer, Liz, & Paul will be the judges. At  
the end of the time, we will determine the winner -  
who entertained us the most!

Winner receives brunch for 2 at Danivens!



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## Posture & Breath Clinic

### Fundamentals of Yoga

April 5, 12:30 - 4:00 pm

Designed for those new to yoga!



# Spring Special

Save on classes!

12 classes for \$144

Save 20 percent!  
Great for you or a friend.



Live Happy ♦ Live Healthy ♦ Live Long ♦ Do Yoga

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## EVENTS AT YOGA RASA...schedule/changes for the next two weeks

### Saturday 3/15

7 am – Asana Immersion Workshop

9 am – Yoga Foundation

### Sunday 3/16

7 am – Asana Immersion Workshop

10 am – Yoga Stability

### Monday 3/17

9 am – Yoga Foundation

5:30 pm – Yoga Foundation

7:15 pm – Being Yoga Teacher Training

### Tuesday 3/18

4:30 pm – Yoga Foundation 2

6 pm – Introductory Orientation (RSVP)

7:15 pm – Meditation

7:45 pm – Yoga Fundamentals

### Wednesday 3/19

11:30 am – Sringara Rasa Flow

12:30 pm – Meditation

7 pm – Nataraja Yoga Flow

### Thursday 3/20

9:30 am – EnerPilates

5:30 pm – Power Yoga Foundation

7 pm – Yoga Foundation

### Friday 3/21

9 am – Yoga Foundation

4:30 pm – EnerPilates

### Saturday 3/22

9 am – Yoga Foundation

FREE FOR ALL!

SHOP SALE!

### Sunday 3/23 Easter

No Classes, Office Closed

### Monday 3/24

No Classes, Office Closed

### Tuesday 3/25

4:30 pm – Yoga Foundation 2

6 pm – Introductory Orientation (RSVP)

7:15 pm – Meditation

7:45 pm – Yoga Fundamentals

### Wednesday 3/26

11:30 am – Sringara Rasa Flow

12:30 pm – Meditation

5:45 pm – Shanti Rasa Flow

### Thursday 3/27

9:30 am – EnerPilates

5:30 pm – Power Yoga Foundation

7 pm – Yoga Foundation

### Friday 3/28

9 am – Yoga Foundation

4:30 pm – EnerPilates

OM SHANTI

Please submit newsletter ideas! Email Liz at [tararasa@comcast.net](mailto:tararasa@comcast.net).

If you wish to unsubscribe from this, or any Yoga Rasa email communication, please let us know!