

## Philosophy & Practice of BPVY

### Journey Into Power Program

1. Rewiring your Mind
2. Daily Power Yoga Practice
3. The Cleansing Diet
4. Meditation for Truthful Living
5. Journeying into Real Life

### Rewiring your Mind

The Power of Yoga to rewire our minds – Breakdown or Breakthrough  
Opportunity at the Edge – Mental dialogue, dissolving the blocks

### 8 Principles of Baptiste Power Vinyasa

- We are Either Now Here or Nowhere
- Be in the Now and You'll Know How
- Growth Is the Most Important Thing There Is
- Exceed Yourself to Find Your Exceeding Self
- In Order to Heal, You Need to Feel
- Think Less, Be More
- We Are the Sum Total of Our Reactions
- Don't Try Hard; Try Easy

### Daily Power Yoga Practice

#### Pillars of Power Yoga

Ujjayi Breathing

Heat

Flow

Drishti

Uddiyana Bandha

Flow

1. Integration: Presence
2. Sun Salutations: Awakening
3. Warrior Series: Vitality
4. Balance Series: Equanimity
5. Triangle Series: Grounding
6. Backbending Series: Igniting
7. Abdominal Series: Stability
8. Inversion Series: Rejuvenation
9. Hip Series: Opening - mental/emotic
10. Forward Bending Series: Release
11. Surrender to Gravity Series: Deep Rest

### Meditation for Truthful Living

1. Comfortable sitting position
2. Set the intention to be right here right now
3. Bring attention to your base
4. With eyes closed look through the center of your forehead using your mind's eye
5. Funnel awareness to you hands
6. Bring awareness to your breath
7. Hear every sound
8. Notice your thoughts, just notice and bring awareness back to hands, breath, and senses
9. Continue to let go and begin again

*Heer  
Feb 1  
Feb 1  
Clean*

## Journey Into Power

This sheet contains the component parts of the Baptiste Journey Into Power flow. This invigorating vinyasa sequence works for all ages, body types, and physical abilities because it is not fixed; it is adaptable to every student. It is a blueprint that encourages creativity from a sound structure.

- INTEGRATION** *Presence*
  - Child's Pose
  - Downward Facing Dog
  - Ragdoll
  - Mountain Pose
  - Samasthiti with 3 Oms
- AWAKENING**
  - Sun Salutation A
  - Sun Salutation B
  - Sun Salutation B variation
  - Flip dog/side plank
- VITALITY**
  - Sun Salutation B - variation with
  - Crescent Lunge into twist
  - Extended Side Angle
  - Vinyasa into other side
  - Thunderbolt Prayer Twist - *Chair Twist*
  - Fingers to Toes Forward Fold
  - Palms to Toes Forward Fold
  - Crow Pose
- EQUANIMITY**
  - Eagle Pose
  - Standing Leg Raise
  - Airplane
  - Half Moon
  - Dancer's Pose
  - Tree
- GROUNDING**
  - Sun Salutation B - variation with
  - Triangle
  - Side Facing Wide Leg Forward Bend
  - Namaste Front Facing Forward Fold
  - Twisting Triangle
- IGNITING**
  - Locust
  - Floor Bow
  - Upward Facing Dog
  - Camel
  - Bridge
  - Wheel
  - Supta Baddha Konasana
  - Dead Bug
- STABILITY**
  - Scissor Legs and 60/30 Lift
  - Abdominal Twists
  - Boat Pose
- OPENING**
  - Half Pigeon
  - Double Pigeon
  - Frog
- RELEASE**
  - Seated Single Leg Extension
  - Seated Forward Bend
  - Table Top
  - Fish
- REJUVENATION**
  - Shoulder Stand
  - Head/Handstand optional
  - Plow Pose
  - Deaf Man's Pose
- DEEP REST**
  - Supine Twist
  - Butterfly
  - Savasana

## True North Alignment

- 1. Ground down like EARTH**  
**FEET** Both feet face 12 o'clock  
Ground down the 4 corners of the feet  
Stretch the toes out on the mat  
**LEGS** Inner ankles back, outer ankles down  
Outer shins in *Inner Thighs Back*  
From the skin to the muscle to the bone, hug in
- 2. Flow like WATER**  
Soften the joints - *Elbows, knees*  
Keep the pelvis neutral;  
Lift the front of the pelvis as the tailbone descends
- 3. Build an inner FIRE**  
From the skin to the muscle to the bone, hug in  
Pull the pit of the belly in and up  
Draw the front ribs together, expand the mid-back  
Expand from the inside out
- 4. Soften like AIR**  
Thoracic spine draws in;  
Upper arm bones back  
Shoulder blades move towards the spine & press into the body
- 5. Create SPACE for something new**  
Draw in to create full expression out!

## Blue Print of a ParaYoga Class

The fundamental purpose of ParaYoga classes, whatever intensity they may be, is to increase clarity, calmness, balance, alertness, confidence and ease (a Sattvic State). The following is an ideal blueprint for a ParaYoga class. It provides a framework for effective preparation and counter-posing. Through adaptation and variation it is possible to interpret a nearly endless variety of classes from this structure. When teaching a class, consider the bodies you're working with, time of day, energy level of your students and quality of the student's focus, keep safety in mind. Combine all these elements with your intent or goal for the class. "What do you want them to get from their practice?"

Choose a specific theme that aligns with your intent and influences the asanas, breathwork and meditations you use.

1. **Warm-ups** – General idea is to get the body and mind receptive; prepare the body for the more intense movements to follow, and the mind consciously linked to breath
  - Introduce a unifying theme or Bhavana for the class
  - Breathwork
  - Meditation or simple movements that deepen with breath
  - Cats, Chakravakasana
  - Dvi Pada Pittham
  - Apanasana
  - Lying twists
  - Standing Uttanasna
2. **Sun Salutations (Surya Namaskar)** or any movement connected to breath (Vinyasa). The body is being warmed, the breath expanded or lengthened.
3. **Standing Poses** – For more advanced students or more challenging classes, consider adding some Vinyasa between poses.
4. **Inversions** – Perhaps the most powerfully beneficial of all asanas. If you are going to include arm balances place them in the sequence before headstand & shoulderstand. Slow the pace down before beginning Inversions. Most traditions use shoulderstand as a counterpose to headstand.
5. **Backbends** – the counterpose for shoulderstand and headstand. Long holds are energizing, they produce a calming effect if done dynamically or for short holds.
6. **Twists** – Loosens the hips, detoxifies internal organs, unwinds tension around the spine and helps to internalize or quiet the mind.
7. **Forward Folds** – Calming, soothing, unwinding, preparation for savasana
8. **Savasana** – Resting pose, minimum 5 minutes for a 60-minute practice, 10 minutes for a 90-minute practice.

## PHYSICAL & ENERGETIC EFFECTS OF ASANA

CATEGORY	NERVOUS SYSTEM	PHYSICAL	ENDOCRINE	ENERGETICS	DOSHA	PRANA VAYU	CHAKRA	GUNA
Forward Bend	Para-sympathetic	Digestive, Reproductive	Adrenals	Langhana	Vatta (-) Pitta (-) Kapha (+)	Apana Samana	1,2,3	Sattwa, Tamas
Back Bend	Sympathetic	Digestive, Respiratory, Circulatory	Thymus, Adrenal, Thyroid	Brahmana	Kapha (-) Pitta (- or +) Vata (- or +)	Samana, Vyana, Pran, Udana	2,3,4,5	Rajas
Lateral	Sympathetic	Circulatory, Respiratory	Adrenals	Brahmana	Kapha (-) Pitta (-) Vatta (+)	Pran, Udana, Vyana	1,3,4	Rajas
Twist	Parasympathetic	Digestive, Eliminative, Reproductive	Adrenals, Gonads, Thyroid	Samana	Vatta (-) Pitta (-) Kapha (-)	Apana, Samana, Udana	2,3,5,6	Sattwa
Extension		Reproductive, Digestive	Gonads	Brahmana	Vatta Pitta Kapha (-)	Apana (+ or -) Pran, Vyana	1,3,6	Sattwa, Rajas
Inversion	Parasympathetic	Circulatory	Pineal, Pituitary, Thyroid	Langhana	Kapha (-) Vatta (+) Pitta (+)	Udana, Vyana, Apana (-)	5,6,7	Sattwa

## PRINCIPLES OF SEQUENCING

The fundamental purpose of Tantra Vinyasa classes at Yoga Shala Charlotte follow the fundamental purpose of a Para Yoga practice: Whatever intensity level you teach, the goal is to increase clarity, calmness, balance, alertness, confidence and ease (Sattwa). Give every student a challenging class while keeping this goal in mind.

### I. Three Elements of Every Class:

**Tejas** – The brilliant fire of vital power, radiant splendor of personality. Tapas leads to Tejas and differs from person to person (what makes one shine may make another dull).

**Vinyasa Krama** – Wise progression of poses

**Smarana** - Remembrance

### II. Two Major Concepts in Asana:

#### A. Physical Focal Points to Identify

- a. Areas that require the greatest flexibility
- b. Areas of risk
- c. Areas to stabilize

More extreme apex poses require more pratikriya b/c more body parts are engaged.

**B. Vinyasa Krama (wise progression)** – to shape the overall effect of the practice and parts of a practice and involves Pratikriya to address focal points. Also relates to the process of helping students practice progress over time.

## PREPARATION-POSE-COUNTERPOSE (PRATIKRIYA)

<u>PREPARATION</u>	<u>POSE</u>	<u>COUNTERPOSE</u>
Simpler in same direction	<u>Forward Bends</u>	Simple forward bend, symmetrical for asymmetrical FB's
Simpler in same direction, Laterals, Quadriceps stretches	<u>Backbends</u>	Simple forward bend or simple pose to stabilize sacrum (salabhasana)
FB, standing twists, simple BB upper spine, hip openers	<u>Twists</u>	Symmetrical forward bends
Simple FB, simple laterals, BB for upper spine	<u>Laterals</u>	Forward Bend
FB, Laterals, BB and Twists	<u>Extensions</u>	Baddha konasana for Maha Mudra
Everything	<u>Inversions</u>	Shoulderstand for Headstand, dynamic locust shoulderstand

## **Dynamic & Static Poses**

### **Dynamic – Move in and out of same pose**

- Allows us to link body and breath
- Valuable for beginners
- Allows students to learn body awareness
- Allows teacher to observe and learn bodies & ranges of motions of students
- Provides strength and conditioning. Strength conditioning = stability. Stability > Flexibility.
- If students are stiff use dynamic motion

### **Static – Stillness**

- The longer we stay the more profound the effects on neurological and mental level
- Accesses the energy body
- The longer the holds the greater the benefits
- If students are hypermobile or have more flexibility than strength, use static poses

## **Symmetrical & Asymmetrical Poses:**

- Everyone is asymmetrical to some degree
- Asymmetrical poses reveal our imbalances
- Asymmetrical poses are more provocative than symmetrical
- Symmetrical poses are counterposes to asymmetrical
- Avoid doing more than 3-4 asymmetrical poses consecutively

## **Ways to bring Tapas to your class:**

- Vinyasa Krama
- Dynamic & Static action
- Introduce a theme or intention & sustain in throughout class
- Bandhas – emphasize Uddiyana Bandha
- Pranayama
- Silence
- Yoga Nidra
- Meditation

## **What Works Every Time:**

- Determine your student's needs and capabilities then determine your goal.
- Speak to what you see in the students, watch for students that need modifications down and modifications up, speak to that.
- Within a sequence limit number of poses, variations and **use breath to fulfill the goal.**
- Give opportunities to assimilate through rest. Not too much, not too little.
- Lead conscious use of breath throughout.
- **BE YOUR BRIGHTEST, SMARTEST, FUNNIEST, LOVINGEST, whoever you REALLY are SELF.**  
In other words, express your own TEJAS

**TEJAS: The radiant splendor of personality that expresses itself as creativity, courage, love and a melting tenderness that draws all hearts.**

**“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”**

~ Mahatma Gandhi

## Vichara Practice

**Vichara Vi= separation Chara = knowledge**

Vichara means reason, “the power of the mind to think, understand, and form judgments through logic.” It’s about dismantling unconscious patterns, tracing thought to desire and understanding the root causes. Other definitions of Vichara are to reason, discern or contemplate.

**When to do Vichara?** When your reaction is significantly stronger than the event, which caused it.

**Why do Vichara?** To trace back to the root cause of your reaction, become more clear about unconscious patterns driving your behavior, and allow your *buddhi* to become more accessible. As a teacher, if doing Vichara regularly, you become more clear about what you are perceiving in your students.

How to do Vichara:

1. Ask yourself, what situation or thought precipitated your thought or feeling? (make it live again)
2. Predominant emotion or feeling? (sadness, anger, fear...)
3. How did it manifest? (yelling, withdrawing, judgment...)
4. What is the seed/root desire you need to unravel? We all live with these desires and they color our thoughts. They can be caused by vikalpas, false truths, imprinting of false Dharma code. (Dharma: purpose, law, path, order. Ask yourself, “What am I here to be or become?” The answer is your Dharma. Vikalpa is the opposite of Dharma.
5. Is desire coming from a.) Higher Self, Soul, Purusha or b.) Lower self: manas – lower mind connected to senses; chitta – storehouse of mind, memory; ahamkara – The I maker (I-am-ness); Buddhi – higher mind, leads to Purusha.
6. Can you trace it back to when it took root in your life?
7. Does it require adjustment (change something) or contentment (live with it) or both?
8. How to get rid of it? Meditation uses fire of self-knowledge to dissolve it, and grows love and witness consciousness. Ignite Fire of Self to be so bright it burns away avidya, or invite Light of Divine Surrender, connect to something bigger than you, with vairagya.

The more perfected we become, the more impactful or teaching will be. *“The teachings are only as deep as the teacher.”*