

A dynamic method of performing postures in the system of Hatha Yoga further developed by K.Pattabhi Jois, Mysore, India

It derives from a 1500 yr old manuscript The Yoga Korunta, a system of 6 series with approx. 40 postures each.

The primary series is designed to therapeutically align the body -
Yoga Chikitsa.

The asanas (postures), are arranged scientifically in sequences, which are performed in a nonstop flow, connected by flowing sequences of movements coordinated with the breath, known as Vinyasa.

The technique brings about a dramatic increase in energy and maximizes one's strength, abilities and possibilities. It induces elimination of toxins and purifies the body.

This method is

99% practice and 1% theory.

It serves as a path to health, flexibility, strength, balance and control, with a lot of attention put on concentration.

See when at the page "dove e quando".