

Mp3 Beryl Bender Birch - Practicing The Primary Series



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Another great class. Find balance between sthira (steady, hard) and sukha (comfortable, soft). This very traditional class flows pretty smoothly through the Primary Series. (continued) 2 MP3 Songs NEW AGE: Yoga, SPOKEN WORD: Instructional Details: Another great class. Find balance between sthira (steady, hard) and sukha (comfortable, soft). This very traditional class flows pretty smoothly through the Primary Series. Lots of compassion and patience with the added benefit of various modifications. Not for never-ever beginners, but not for advanced primary series practice either. For people still learning the Primary Series who have developed some strength and knowledge of the form. Finish the class. There is a formal ending after the long quiet of savasana. PROPS: None LEVEL: Intermediate LENGTH: Approximately 1 hour, 35 minutes STYLE: Astanga Yoga Beryl Bender Birch, a renowned visionary and author of Power Yoga and Beyond Power Yoga, has been an avid student of yoga and the study of consciousness since 1971. With degrees in philosophy and comparative religion, Beryl has traveled extensively in India, has been teaching yoga for 33 years, and training yoga teachers as spiritual revolutionaries since 1980. In 2000 she was named by Yoga Journal as one of only seven American women in their Innovators Shaping Yoga Today issue. She is the director-founder of The Hard The Soft Yoga Institute. People who are interested in should consider this download.

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