

LOCATION

Cam. las Alacraneras
29120 Alhaurín el Grande, Málaga



Sweat is an important by-product of Vinyāsa because it is through sweat that disease leaves the body and purification occurs. If the method of Vinyasa is followed, the body becomes healthy, strong, and pure like gold.

After the body is purified, it is possible to purify the nervous system and sense organs. Through self-discipline and self-love these both can be controlled. After this is accomplished, mind control comes automatically. Vinyāsa creates the foundation for this to occur.

It is important to know that the indicated number of postures might be not possible at first. In the beginning extra breath are necessary which we learn in different classes that are focused only on different breathing techniques. Breathe life into you. Breathing fully means living fully.



Vinyāsa means breathing and movement system; for each movement there is one breath. The purpose of Vinyāsa is for internal cleansing. Breathing and moving together while performing āsanās makes the blood hot. We boil the blood and the heat created from Vinyāsa cleanse the blood and makes it thin, so that it may circulate freely. When there is a lack of circulation, pain occurs. The combination of the āsanās with movement and breath make the blood circulate freely around all the joints, taking away bodily pains. The heated blood also moves through all the internal organs removing impurities and disease which are released from the body by the heat that occurs during practice.



SHAMANIC YOGA SCHEDULE

Monday	10:00 AM
Wednesday	11:30 AM
Thursday	10:00 AM
Saturday	10:00 AM

"After every 90 min session there is a sound healing sequence in the end for you to absorb the Universal Sounds of the God. "

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