

What is *Svaroopa*® yoga?

Svaroopa® yoga is a style of hatha yoga that reliably releases tensions that block the flow of life, compromise your body's health and diminish your mind's clarity. We work with the body in a way that is fundamentally different from other styles of yoga or forms of exercise. The best way to find out how we do this is to come to a class and experience the difference for yourself. At Mountain Yoga, your first class is always free.

What will it do for me?

What *Svaroopa*® yoga does for you depends on how much you do, how skillfully you do it, and how soon you get started! A better question is, "How can I get the most from my practice?"

First of all, learn the techniques and practice at home. This means coming to class or private sessions regularly, once or twice a week for a few months at least. Your instructor will help you design a basic practice for home that will enable you to maintain the benefits you receive from your classes. You should have your home practice reviewed annually to keep up with the changes in your body and in your skill level. In private sessions, you learn in the traditional one-to-one setting that allows the teacher to give the student practices perfectly suited to his or her particular needs.

Yoga therapy is an excellent addition to your yoga program no matter your condition or level, and is especially useful for anyone with chronic pain or other limitations. Yoga therapy may include instruction, hands-on yogic healing, therapeutic assisted poses, breathing practice and/or vichara. Vichara, which can be done in person or on the phone, is a yogic form of guided self-inquiry that untangles self-limiting mental patterns. In a course of yoga therapy, you might experience one or more of these techniques, depending on your needs. If you're curious, there is a yoga therapy sampler package that includes one session of each type. More information is available on the website under "Private Sessions."