

Vinyasa Yoga Can Be Described as a Moving Meditation

Vinyasa yoga is focused on a series of poses that flows from one to another in conjunction with the breath. Vinyasa requires a lot of flexibility, balance, and control between poses and is a very beautiful and slow-paced form. Your entire body's [metabolism changes](#) with the altering of your breathing and heart rate for better overall management of your health.

This form of yoga is sometimes known as power yoga and is taught as advanced poses in yoga studios across the country. Here is a quick guide to the Vinyasa style of yoga.

Vinyasa Yoga Poses



Vinyasa can be described as a moving meditation. Focusing on meditation before and after engaging in your poses is part of the Vinyasa style of yoga so as to get you focused on each and every breath you take amongst the poses. Breathing is a much important to the entire routine as balancing your body with your center.

Vinyasa is about flow, just as the air flows in and out of your lungs. A sun salutation pose is one of the most common elementary poses for Vinyasa. The main element of the pose is when you stretch your arms up to the sky as if you are saluting the sun high in the sky. Your back and legs remain

straight throughout the pose as you go up and come back down from the entire body movement.

What Are The Benefits of Doing A Vinyasa Yoga Routine?

One of the obvious benefits of Vinyasa is better lung capacity when you stretch to different poses. One of the main overall applications of this kind of yoga is the entire focus of bringing together the mind, breath, and body all at once. Your focus inward becomes your results outward--taking this one step forward to the rest of your life is the next step in Vinyasa yoga.

Increased blood flow is also a party of Vinyasa routine as your lungs and heart work more efficiently to achieve your focus. Increased focus on breathing also helps you take control of your body and hence your spirit and your life. As your body relaxes, so does your mind and your stress and tension are both diminished.

Vinyasa doesn't require much extra equipment except comfortable clothes, a yoga mat, and perhaps a straight wall for some poses if you aren't used to it. Training with an instruction is probably best to start with yoga, or at least have a partner to spot you when you try some advanced poses.