



> HIT THE STREETS

VINYASA PLAYLIST

YOGA WITH A TWIST

Yoga is a wonderful thing, but it can sometimes take itself a little too seriously for my liking. Namaste* this and happy smiling face that ... Just last week I had my head so far up my own asana*, I had trouble seeing the free-range wood from the hand-reared trees.

Finding a class to keep me on my yoga-loving toes is no easy task – but breathe deeply, yogis! I've found a class that will get your chakras* humming, and it's taught by a yogi with her feet firmly planted in the modern world: Melbourne's very own Jo Stewart. She bends, she blogs, she downward dogs*!

Inspired by a dynamic, flowing form of yoga called Vinyasa*, Jo and her music-loving husband Rane have melded their passions for ambient electronica, yoga and good times into a soul-tingling, heart-opening class at the Dance of Life Centre of Yoga and Healing. Each week Jo picks a theme – fire, say, or earth – and Rane creates an accompanying playlist. With names like 'Deep Twitch' or 'Hip-Hop Hips', this fun-loving duo's creations will have you busting a funky frog, putting an extra curl in your cobra and striking a particularly graceful pigeon pose in the blink of an all-seeing eye.

Classes are suitable for all levels, there's plenty of relaxation time on the mat, and sometimes Jo even posts Rane's yogi-licious mixes on her website to download. Now you don't get that at an ashram in the middle of India, do you? See you on the mat.

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Room 2, Dance of Life,
250 George St, Fitzroy
www.gardenofyoga.com.au/vinyasaplaylist
Classes Mon 7.15–8.45pm



See also
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'ENCYCLO' TRIVIA

* A common greeting in India, namaste has many translations in English, but it loosely means, 'I honour the divinity within you'.

* Asana is a Sanskrit word used to refer to a yoga pose.

* Chakras are energy centres or centres of spiritual power within the body.

* The downward-facing dog, frog, cobra and pigeon are all bendy-flexy yoga poses.

* Indeed, Vinyasa is often called 'Vinyasa flow' or just 'flow' because you move seamlessly from one asana to the next.