

Mindful Movement

There are many forms of Mindful Movement/Mindful Yoga. This particular style was inspired by a therapeutic yoga taught in India by TKV Desikachar, Krishnamacharya's oldest son. My mentor, Matthew Daniell, studied with Desikachar and his son, and developed this set of movements over many years of adapting the yoga to meditators on meditation retreats. This yoga is characterized by simple repetitive movements in a relaxed body, and initiated by the breath. This set mobilizes, opens, and clears the body, focusing on the hips and spine areas. The continuous inward focus while initiating the movements with the breath, makes it a meditation in and of itself, as well as a beautiful support for sitting practice.

Resources:

TKV Desikachar, "The Heart of Yoga" (book)

Gary Kraftsow, "Viniyoga", DVDs, books, courses, has website

My classes:

I currently teach a weekly class on Zoom which includes ~15 min of Mindful Movement at the beginning, followed by 45 min of guided Yoga Nidra/Breath Awareness meditation practice.

I am planning to add a Zoom class in Sept which will be primarily Mindful Movement with a meditative relaxation period at the end.

To be included in information about these classes, please become part of my email list! Just send me an email regarding your interest, and you will be added.

My email:

malaikatab@me.com

Thank you for your kind attention, and participation in this retreat!

All Love,
Malaika