

Akasha Yoga Framework

This style combines the 8-limbs of yoga with the exploration of the Akasha. When we talk about the Akasha, the primary substance, we are referring to energy in its first and earliest state – before it has been directed by our individual thoughts and actions in this lifetime. Here is the framework for Akasha Yoga™.



EXPLORATION FIELDS:

- SACRED PRAYER** → *The sacred prayer allows individuals a way into the frequency of the Akasha through sound vibrations of the spoken word; energetically speaking, the prayer is the access code which enables one to enter, experience and exit the Akasha successfully.*
- GUIDED MEDITATION** → *Guided meditation is an integral part of each class. The intention, as outlined below, will determine the purpose of the meditation.*
- BREATH** → *Pranayama, the fourth limb of yoga, is a practice of focusing on breath. Breath is associated with prana, thus, breathe work is a means to elevate our life energy. **Infinity Breathing** is offered as a means of focus and to reach higher elevations in Akasha Yoga™.*
- ASANAS** → *Asanas, movement in yoga, is a substantial part of each class. Movements are used to encourage the flow of life force energy, and to release stored, unwanted energy.*
- CHANTING** → *Chanting is the repetitive speaking or singing of words or sounds. It can include mantra, sacred text, the name of God/Spirit. In Akasha Yoga™ we use sacred chanting as a practice of preparing us for higher frequencies. Often the sacred chants honor and call upon the divine within us.*
- SOUND** → *Sound therapy is used in Akasha Yoga™ as a means of elevating the student. Often, crystal bowls are used during periods of reflection to encourage the flow of intuition and divine wisdom.*
- REFLECTION** → *Reflection time is built into every Akasha Yoga™ practice, so that students have time to capture what they have perceived and transmitted during their practice.*
- FOUNDATIONAL TRUTHS** → *Wisdom from the Akasha, known as foundational truths (four absolutes + three nots), are sprinkled in to classes based on the consideration of the teacher.*

Purposes:

There are infinite reasons to practice Akasha Yoga™, however we believe all of these reasons fall into three human intentions: Inquiry, Imprint, Integration. Because of this, in addition to an intro Akasha Yoga™ class, there are also classes dedicated to each intention.

