



Beyond Vinyasa on the Bike
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Vinyasa Yoga: Flowing form of yoga in which asanas are strung together, creating a serpentine flow. The string that connects them is the breath. It generates heat, cultivates coordination and gracefulness, and reminds us that the transitions are just as important as the poses.

Last year we defined the similarities between yoga and Spinning®

- Physical practice
- Spiritual practice that integrates the body and mind and reconnects you to your own perfection
- Union of breath and movement
- Mental focus—being in the moment
- Body awareness (and mindfulness)
- Moving meditation—maintaining awareness while interacting with people, places and things
- Breathing exercises to soothe the nervous system
- Awaken your senses and open your heart

How can you now apply this to your Spinning® classes? Let's explore the mind/body concept further.

How do you bridge the two?

How do you incorporate more yoga into your ride if you are not a yogi?

How can you link the two disciplines so they make sense to you and your students?

Asana Pranayama Mudra 3rd eye

Let's share some strategies that you can leave WSSC with, and then use to give your class your version of Vinyasa on the bike.

Breathing: Begin to deepen your breathing very slowly, breath by breath. Make the next inhalation slightly deeper than the one before and the next exhalation slightly longer than the one before. Make sure you are breathing both in and out through the nose, not the mouth. Keep your lips softly touching, with your teeth separated and your jaw loose. Reference: Lee, Cindi. *Om Yoga: A Guide to Daily Practice*. Chronicle Books, 2002

Breathing techniques on the bike:

Easy Breath: Right hand closes off right nostril
 12 breaths in and out of left nostril only, slow, steady, even
 Left hand closes off left nostril
 12 breaths in and out of left nostril only, slow, steady, even
 Two to three rounds produces a calm state of mind, mental clarity and focus
 Great way to begin the class before legs are rolling

Diaphragmatic Breath: (Abdominal Breath)
Allows one to breathe deeply into the lungs, using the diaphragm resets our patterns from shallow chest breathing to deep, healthy, belly breathing

Yogic Breath:

"Three-part breath" and "Complete breath"

Fill your tummy, like a balloon; as you inhale—stretch it!

Continue inhaling until you have expanded your chest completely

"Sip" in even more air a couple times! STRETCH those lungs

Short pause—hold the breath, but just for a moment

Exhale completely—squeeze all the air out

Expands and stretches the lungs gently, increasing lung capacity

Brings a higher level of oxygen into the blood stream

Lateral Thoracic Breath: Expanding the ribcage out to the sides pressing the air into the lower lobes of the lungs
Breathing with your front, side and back bodies

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