

Pink Lotus Yoga

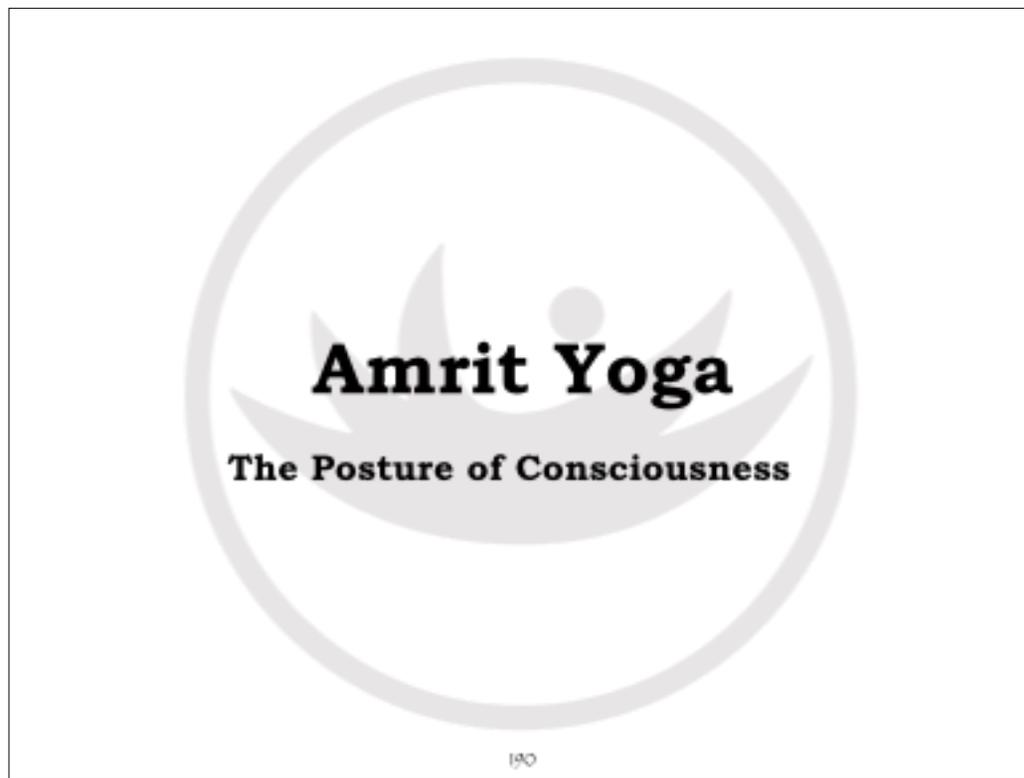
**Professional Yoga and Teacher Training
MODULES 7 & 8**

Amrit Yoga

Posture Clinic: Backbends and Twists

PTE: Teaching Amrit Postures and Pauses

Games: Yoga Depot and The Circle of Knowledge



A Hatha Yoga system that has a strong meditative and subtle body focus.

Amrit Desai: Kripalu and Amrit Yogas



**KRIPALU CENTER FOR
YOGA & HEALTH:
WWW.KRIPALU.ORG
AMRIT YOGA:
WWW.AMRITYOGA.ORG**

Yogi Amrit Desai is credited with creating two STYLES of Hatha yoga in his lifetime: Kripalu Yoga and Amrit Yoga. He also founded the Kripalu Institute in Massachusetts.



**Desai in the U.S. in 1960;
studies commercial art at the
Philadelphia School of Art**

**Desai on the Mike
Douglas Show, 1975**



Amrit Yoga Senior Teachers/ Trainers



Kamini Desai



Yoga E (Eric Walbrenstein)



Chandracant

My teachers from the Amrit Yoga Institue

Amrit Yoga: Roots



- **Swami Kripalvananda**
- **Kundalini Yoga**
- **Hatha (Kripalu Yoga)**

Amrit Yoga is Hatha Yoga system created by the mid 1990s that boasts several thousand trained teachers worldwide. It is Kundalini-inspired Yoga and pays homage to Desai's training under Swami Kripalvanananda, a Kundalini master. Energy Anatomy (attention the subtle body) is pronounced in Amrit Yoga. Amrit is both a scripted and sequenced style.

Amrit Yoga Philosophy

- **Kundalini: Raising energy/ consciousness**
- **Subtle Body (posture secondary {e.g., Amrit Yoga Level II})**
- **Moksha/Ananda**
- **Witness Consciousness**

Dormant (inactive/potential) energy rises to meet active energy

Amrit Yoga Method

- **Method**
 - **Alignment: Press Points (anatomical/ biomechanical plus mental awareness)**
 - **Holding: Energy Extensions (spirited breath/consciousness link to breath/ energy from lower to upper realms)**
 - **Pauses (affirmations/silence)**
 - **YOUR full energetic expression of the pose**

Videos

- The Amrit Yoga Institute: Intro
- Kamini Desai: The Purpose of the Posture

https://www.youtube.com/playlist?list=PLiZPHh5EtVFPIS4SswP_H_BU_MK980qti

https://youtu.be/7gSI8_8doBI?list=PLiZPHh5EtVFPIS4SswP_H_BU_MK

Pink Lotus Yoga

**Professional Yoga and Teacher Training
MODULES 9 & 10**

**Hatha and Vinyasa Yoga/Yangatomy
Posture Clinic: Surya Namaskars/Standing Postures
PTE: Hatha and Vinyasa
Modern Yoga History**