

# Alignment Yoga

A component of Iyengar Yoga (Bone Alignment Yoga)  
Every pose is analyzed for its risk expectancy to benefit to body.  
Seven principles you should experience in every class.

## 1. Groundedness

Students learn groundedness by feeling the Earth beneath them. Whether they are sitting, standing, or lying down.



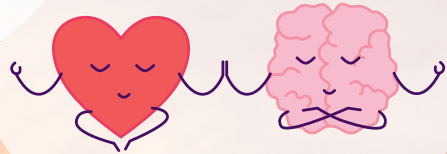
## 2. Bell Shape Curve of Energy

Bell shape curve creates harmony within the mind/body and spirit.



## 3. Opening Roof of your Mouth

Students learn to open the pathway between their mind and heart by broadening the roof of the mouth.



## 4. Action and Resistance - Joints

Each pose is active around the joints



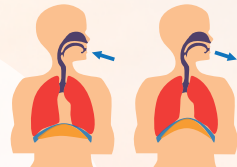
## 5. Win/Win Body Alignment

Since no two bodies are alike, Alignment yoga uses props or modifies the pose to create bone/bone or bone/joint alignment.



## 6. Authentic Breath

Students learn to create a pause in their everyday life by not starting to inhale until they have fully exhaled first.



## 7. Core Strength Exercises

Core strength adds resiliency to the body.

