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Hatha Yoga Iyengar Style

Yoga

The word yoga means to 'link together' to 'harness' or to 'bring under one yoke' the different aspects of being: The body and body sensations, the mind with emotions feelings and felt experience, and the spirit.

Hatha Yoga

The practice of Hatha Yoga includes the practice of poses called asana, and the practice of conscious and deliberate skillful breathing called pranayama. Hatha yoga teaches the practitioner to access their inner world from the perspective and reality of body, the breath, and focused deliberate awareness and attention.

Iyengar style hatha yoga

Iyengar style yoga is a form of yoga practice focusing on creating flexibility, strength, endurance, self awareness and self cultivation. With focused attention on alignment in the poses this style of yoga can facilitate opening of the body, release of tensions, and correction of misalignments and psychophysical imbalances. Practitioners find that this style of yoga gives both a thorough workout and a sense of relaxation, release, emotional calm, rejuvenation, and spiritual peace.

Asana

While mindfully attending to inner experience the practitioner moves in, out of and through a series of poses called asana. These poses could for the outside observer look like 'warm up' exercises used in most sports and athletic disciplines to prepare the body for activity. Some physical therapists have recognized similarities between yoga moves and physical therapy sequences and moves. The asana are practiced with close attention to the felt experience in the body and with close attention to the breath.

Pranayama

'Prana' means 'life force' and 'yama' means 'the direction of.' There is a current of energy that rides on the breath. In Greek the original word for breath is the word for spirit. So Pranayama is the direction of life force and spirit within the body-mind. In pranayama the practitioner focuses on breath awareness, and on the conscious non-violent guiding of the process of the breath.

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The practitioner eventually learns to consciously access and direct various functions of consciousness via breath practices.

A skillful and intentional hatha yoga practice has differential focus on the body, the breath, mindful awareness, focused attention and an ever deepening awareness of experience. During the practice of yoga poses the yogi opens up constrictions and tensions in the body-mind. These are ultimately eradicated and the practitioner is left with a greater sense of peace and harmony. As the practitioner progresses s/he has ever more deepening experiences of inner stillness and peace. S/he may now be more able to and more inclined to listen to the 'still small voice within.'

A skillful practice can ultimately bring the practitioner in closer contact with 'the spark of the divine within,' and with this in closer contact with an experience of the presence of God.



Mr. BKS Iyengar, the originator and principal developer of this style of yoga states: "Why practice yoga, to ignite the spark of the divine within."

"Be still and know that I am" (Psalm 40.6)

Your Instructor

For more than a decade Inge Mula has studied Hatha yoga from beginning, intermediate, senior and advanced Iyengar yoga teachers. In 1992 she started studying with Lynda Gill of Main Street yoga in Roswell, on a monthly basis, and with John Schumacker of Unity Woods yoga center in Washington twice yearly. In 1994 she started studying on a weekly basis with Kathleen Pringle of Stillwater Yoga studio in Atlanta. In the course of studying with Kathleen, Inge Mula has studied with a variety of visiting senior and advanced teachers, such as Manouso Manos, Joan White, Mary Dunn, Ramanand Patel, Laurie Blakeney, Jan Campbell, Rodney Yee and Lou Hoyt. From 1998 to 2002, Inge Mula slowed down with her yoga related travels as she completed a dissertation for her Ph.D. equivalent degree in psychology from the University of Aarhus in Denmark, she started teaching and assistant teaching Hakomi body centered psychotherapy and Internal Family Systems therapy. She married Alex with whom she bought and remodeled an old Victorian house and established 'the Zenter'. In 2003 Inge Mula resumed her studies with John Schumacker, and in 2004 started to also study with Patricia Walden on a once per year basis.

Come to the Zenter to practice.

See [weekly yoga schedule](#).