

DO YOU FOLLOW ONE PRACTICE OR MORE?

We asked four teachers this question, here's what they had to say.



LAURA SHORE, GREEN FROG YOGA, HONG KONG

I practice several different styles because... I love them all!

I love my Ashtanga practice because it allows me to focus on breath and mind whilst moving through the familiar asana. I love the ongoing challenge of the Ashtanga Primary series.

I love the feeling of restoration and relaxation that I gain from Yin practice. Sometimes 5 breaths in an asana is not enough for me. Yin allows me to stay for longer.

If I don't have enough time for the full Ashtanga Primary series or a longer restorative Yin practice I enjoy a 30-60 minute self practice of hatha yoga and meditation.

For fun and challenging arm balances I occasionally attend a loud-music, sweaty Vinyasa / Power class.

www.facebook.com/greenfroggyoga



CHRIS POON, PURE YOGA, HONG KONG

I personally prefer to pursue several practices. Besides practices Ashtanga vinyasa, I also value the benefits of traditional Hatha yoga, Hot yoga, Yin yoga, yoga therapy as well as Pilates. Different forms of yoga practices, enlarge your perspective on ways to open the physical body and encourages mental diversity towards different ways and approaches. Especially as a yoga teacher, having a broad perspective on the diversity of approaches, enables you to help and guide different students with different physical conditions and needs.

Pursuing a great diversity of practice can develop or cultivate one to be open minded and be able to look at things at different levels and factors in life.

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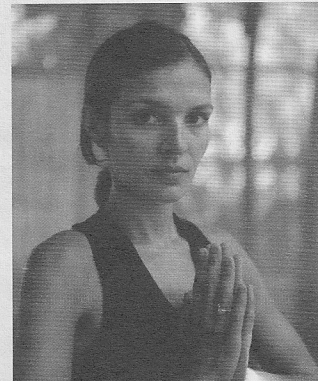
JANET LAU, THE YOGA ROOM, HONG KONG

Power vinyasa has been my main practice for the last 11 years. I like this style for its adaptability and flexibility in taking care of the body's needs. After practicing power vinyasa for over 6-7 years, I noticed I needed to cultivate a sense of softness and serenity in my personal practice, so I adopted Yin yoga.

Yin yoga has helped me open my physical body and become present to mind, it allows me to learn to listen to the subtle messages that my body has for me. In the recent years, meditation has been the most important form of practice out of all three. It seems to be a bridge between my yoga practice and my life, also it gels all of my practices together beautifully. I gained much more understanding about myself and have much more compassion and understanding of others.

The interesting thing I noticed about meditation practice is the more I learn to be still, the more my asana practice becomes much more stable and clear, and my life also becomes fuller and colorful.

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INNA COSTANTINI, YOGA TEACHER, LONDON

I am committed to a single practice because it works for me. But I also know it may not be the case for everyone. Focus, dedication and commitment are key in any areas of life - from work and relationships to a yoga practice. There is no certainty in life, so questioning is important, but when we lose ourselves into the endless inner debate (ie. Am I doing this right? Is this the right path for me? Should I be doing more Yin rather than another dynamic practice?) the focus gets lost.

If you go to a dozen Ashtanga classes and get bored, then switch to Bikram, then Vinyasa Flow and drift back to another style, you are only feeding the monkey mind. We all need to try things out, in all aspects of our lives but at some point we need to pause and commit to one thing. Dedication, perseverance and consistency should be a priority. Staying open, curious and attentive should be another.

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