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**ASSIGN
BUSTER**

The Rhythm of Your Breath.

The Atlanta Yoga is a studio that is housed in a loft located in Midtown West. Atlanta Yoga has been opened for about six years and it offers many levels of yoga classes for the public. According to Ms.

Adele Gale, the owner and director, Atlanta Yoga does not have a formal mission but is there to spread the form of yoga known as Ashtanga, which in Sanskrit means the eighth limb. This form of yoga works with synchronization of deep rhythmic breathing and movements. By regulating your breathing it aids your body with strengthening the body, helping with digestion, regulating metabolism and helps with decreasing blood pressure. Upon entering the building, I was engulf in a wave of heat which Ms. Gale explained was there to aid in releasing unwanted toxins through perspiration. The lights were dimmed and the atmosphere was very relaxing with a hint of incense lurking in the air. The class was relatively full with an aura sense of serenity and tranquility amongst the participants. After grabbing a studio mat I joined the rest of the class in the scorching heat.

I now know what the web site meant when it advised us to wear as little as possible. During the seventy-five minutes class we did several exercises which all focused on the awareness of the breath. Positions like lying dog and sitting dog focused on maintaining regular breathing patterns.

As we got further along in the exercises and different positions, the unbearable heat actually began to feel comfortable and after a while the sweat dripping off my nose no longer existed. The only thing going through your mind was the steady beat of your breath. It is not a class for you to sit

and observe but a class that you must participant in to fully understand the concept of Ashtanga. This class allows you to become in tuned with your body and the rhythm of your lungs as it inhale and exhale. This is a class that I would definitely recommend to anyone who wants to be in tune with their body.

Words/ Pages : 365 / 24