

# VINYASA CLASS

September 13, 2012

**Yoga Sutra  
of Sri  
Patanjali,  
Pada II  
Sutra 23 -  
Sva svami  
saktyoh  
svarupop  
alabdhi  
hetuh  
samyogah -  
The union of  
Owner  
(Purusha)  
and owned  
(Prakriti)  
causes the  
recognition of  
the nature  
and powers  
of them both.**



## Vinyasa to realise Purusha via the Prakriti Yoga with Lilly Richardson

**Too often, in the course of our busy everyday life, we forget the 'being' part of human being, living entirely as a human without experiencing the being.**

In Lilly's *vinyasa* class, you will begin with *pranayama* (breath works) to connect with the *purusha* (Self) within. Following the Sun Yoga way, you will move on to the ancient Vedic dance of Sun Salutation, to start your internal fire before commencing a graceful yet intense *vinyasa* (sequence).

The purpose of the *vinyasa* is for you to experience the *prakriti* (the elements) by taking you on a physical journey of self-discovery. The class closes with a mindful 9 minute meditation for you to just *be*, bathed by the flow of consciousness and *tapas* (spiritual fire) of your practice.

### ABOUT LILLY

Growing up freely in the wilderness of Yorkshire, Lilly enjoyed an unconventional childhood of being outdoors with

Nature. At 19, Lilly trained to be a yoga teacher at Sun Yoga, and served as Resident Teacher at Sun Yoga Kuala Lumpur and Sun Yoga Tbilisi, where she gained huge cultural experiences that she incorporates into her teaching.

Lilly is also a USA Yoga Alliance qualified teacher, specialising in Yoga Sutra and Anatomy & Physiology at Sun Yoga.

**C o n t a c t :**  
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