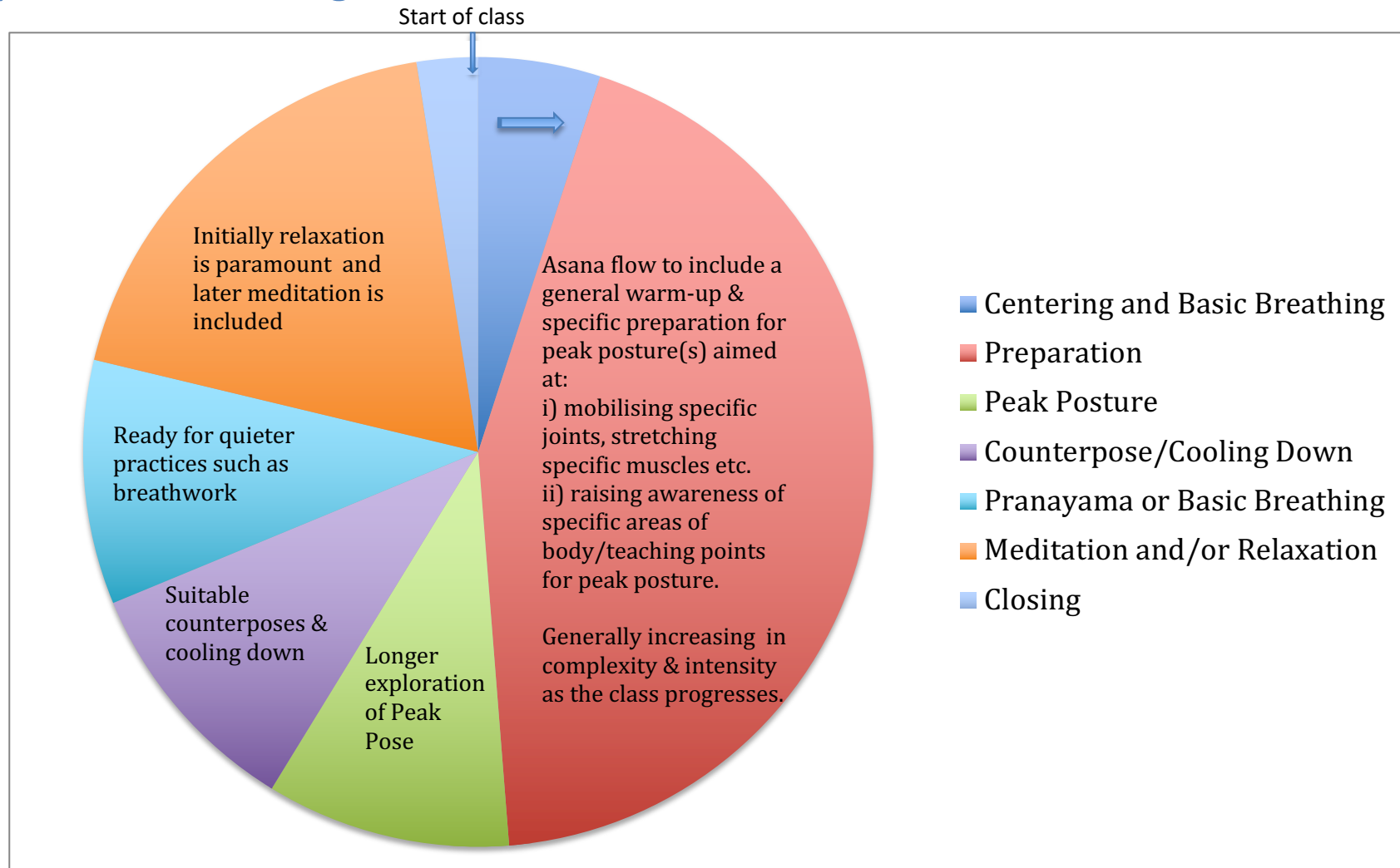


Vinyasa Krama: The general structure of a class



Generally, we are moving students through the gunas i.e. from Tamas (inertia or dullness) to Rajas (agitated or unfocused energy) to Sattva (focused energy). Where Tamas is lack of energy, Rajas is lack of calm and Sattva is the state of balance where there is an equal measure of calm and energy, a state of attentive stillness.

