

## Asha's Teaching Style

Asha first trained as a teacher of the Iyengar style of yoga in India. The focus here is more on precision and body alignment. Secondly she trained as a teacher of the Shivananda style. This focuses more on meditation and pranayama (breath control). Thirdly Asha trained a teacher of Asthanga with David Swenson and with British Wheel of yoga. Asthanga yoga is more dynamic with flowing sequences using breath and bandhas (muscle locks) Asha has taken the best from all these disciplines and created her own style. Classes can be dynamic but can be adjusted to one's level.