



## > HIT THE STREETS

# VINYASA PLAYLIST

## YOGA WITH A TWIST

Yoga is a wonderful thing, but it can sometimes take itself a little too seriously for my liking. Namaste\* this and happy smiling face that ... Just last week I had my head so far up my own asana\*, I had trouble seeing the free-range wood from the hand-reared trees.

Finding a class to keep me on my yoga-loving toes is no easy task – but breathe deeply, yogis! I've found a class that will get your chakras\* humming, and it's taught by a yogi with her feet firmly planted in the modern world: Melbourne's very own Jo Stewart. She bends, she blogs, she downward dogs\*!

Inspired by a dynamic, flowing form of yoga called Vinyasa\*, Jo and her music-loving husband Rane have melded their passions for ambient electronica, yoga and good times into a soul-tingling, heart-opening class at the Dance of Life Centre of Yoga and Healing. Each week Jo picks a theme – fire, say, or earth – and Rane creates an accompanying playlist. With names like 'Deep Twitch' or 'Hip-Hop Hips', this fun-loving duo's creations will have you busting a funky frog, putting an extra curl in your cobra and striking a particularly graceful pigeon pose in the blink of an all-seeing eye.

Classes are suitable for all levels, there's plenty of relaxation time on the mat, and sometimes Jo even posts Rane's yogi-licious mixes on her website to download. Now you don't get that at an ashram in the middle of India, do you? See you on the mat.

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**Room 2, Dance of Life,**  
250 George St, Fitzroy  
[www.gardenofyoga.com.au/vinyasaplaylist](http://www.gardenofyoga.com.au/vinyasaplaylist)  
**Classes Mon 7.15–8.45pm**



See also  
map 1 D2

## 'ENCYCLO' TRIVIA

\* A common greeting in India, namaste has many translations in English, but it loosely means, 'I honour the divinity within you'.

\* Asana is a Sanskrit word used to refer to a yoga pose.

\* Chakras are energy centres or centres of spiritual power within the body.

\* The downward-facing dog, frog, cobra and pigeon are all bendy-flexy yoga poses.

\* Indeed, Vinyasa is often called 'Vinyasa flow' or just 'flow' because you move seamlessly from one asana to the next.