

Taking a Silent Class at Yoga Vida

We have a long tradition of leading Silent classes at Yoga Vida and we want to be sure students understand what it means to take such a class. There is no spoken instruction but rather a teacher joins in the practice and guides the series through voice or breath cues. Students should have previous experience with the Bikram series as taught at Yoga Vida and for safety, we allow only students who have done a regular class at least 10 times. When you are ready for the next challenge of following closely the cues without instruction, come to a Silent class!

First, the 6:30 AM class is generally a bit more rigorous than the afternoon class. Many of these early-risers have been practicing together for many years and use it as a moving meditation practice.

Second, we expect students to be ready to leave all their distractions at the door and commit to a very synchronistic class. Are you ready to forego wiping, swiping, fidgeting & wiggles? Many of us honed our yoga practice skills by taking Silent classes and noticing how distracted (and distracting!) we can be.

Third, you needn't be "perfect" in your practice but you should be committed to more than the physical expression of the postures. The sequencing and the timing may be a bit different—but nothing unfamiliar. Long time students who attend these classes are looking for an elevated level of participation and so we ask that you not stand in the front if you're new or sporadic to class and focus your attention more keenly on the act of practicing individually, together.

Not having the air filled with teacher commands and instructions is liberating but at the same time leaves you with "what to do with all those voices" in your own head. It's a great experience to practice with the silence and the expectation of heightened attention to form. Ask a teacher, if you want more information or confirmation about whether the class is appropriate for you.

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