



## About Us

We love yoga. Yoga has played a big part in our lives, and we are grateful to the teachers who have helped us along this path. Out of gratitude, we developed Alive Yoga to provide ways for people to try excellent teachers from around the country and to give teachers another way of reaching students. The studios themselves directly benefit from purchases, and the students gain immeasurably by their ability to further their home practice.

Alive Yoga was conceived by Brian Valzania and Lisa Donofrio, two avid yoga practitioners who became increasingly frustrated with the stagnant practice offered on traditional video and CD productions. Both lead hectic work schedules that make home yoga practice a necessity. With a limited number of classes and styles in their area, Brian and Lisa would travel to workshops or seminars to study with a particular teacher only to find the relationship severed abruptly when the workshop was over. It was through this desire to strengthen and lengthen the student/teacher relationship that Alive Yoga was founded.



## **What We Offer**

Weekly updated MP3's from our participating studios are what's available at Alive Yoga. We record gifted and experienced teachers who inspire us. They also have the gift of teaching with language and verbal cues and not just by demonstration to make this method of audio learning possible.

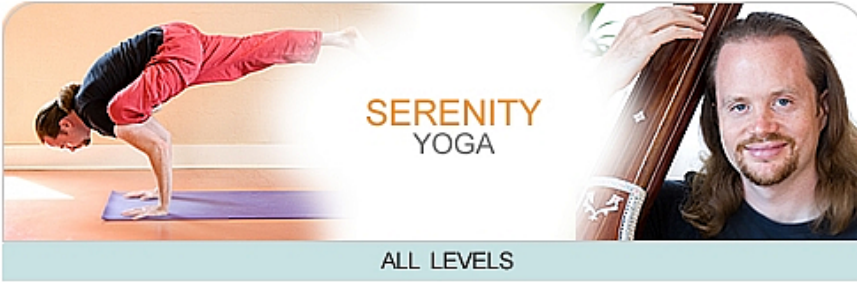
\*You can expect an actual class recorded live by the instructor at his or her studio, with new classes added every week.

\*Length: At least 60-80 minutes of instruction material

\*Style's Available: Ashtanga, Vinyasa, Power, Serenity, Flow, Forrest, Baptiste. Every class on our website comes with its own description.

\*Level of Difficulty: From Experienced Beginner to Advanced. Check the class description; we offer a range of levels, as well as classes open to all levels.

Home > Styles Main Category > **Serenity**



## SERENITY YOGA

ALL LEVELS

Price: \$9.00	DATE: 06.27.06
play	TITLE: RELAX AND PURIFY
	DESCRIPTION: This deliciously relaxing class begins with deep, sensual connection and meditation on the purifying life force of the breath. Seán then sets the mood for the class by singing
<input type="text" value="1"/>	PROPS: None
	LEVEL: All Levels
	LENGTH: 1 hour, 42 minutes
	STYLE: Serenity



Seán Johnson  
wild lotus yoga

Tell a friend  
Add to favorites

[VIEW or MODIFY CART](#)  
Quantity in Basket: none

### LIVE Audio Sessions

**STYLES**

- ASHTANGA YOGA
- FORREST YOGA
- POWER YOGA
- SERENITY YOGA
- VINYASA YOGA

love your home,  
love your home practice.  
aliveyoga.com

## Studio Information

**WILD LOTUS YOGA** has been named "Best Place To Take a Yoga Class" in New Orleans two years in a row. Founder Sean Johnson teaches three styles of classes to fit your intentions: Serenity Yoga, Flow Yoga, and Power Yoga.

**Serenity Yoga** "is a class developed by Sean that emphasizes slowing down the fast pace of life with gentle postures, relaxation exercises, and breathing techniques designed to release stress and center awareness. Sean's calming voice gently guides students into the meditative sanctuary of their practice."

**Flow Yoga** "emphasizes a medium-paced yoga experience that gracefully balances energetic, active postures with restorative, receptive postures connected on the breath. For people who seek a mind/body/spirit workout that is invigorating, but not as rigorous as power yoga."

**Power Yoga** "is a vigorous vinyasa-style class that emphasizes strength, endurance, and cleansing through a flow of postures connected on the breath to build confidence and vitality. For people who seek a challenging physical workout as a vehicle for mental and spiritual upliftment. Kirtan, pranayama, and a guided deep relaxation period are also infused into this class."

**O2 YOGA** and founder Mimi Louriero of Portsmouth, New Hampshire and Somerville, Massachusetts features traditional Ashtanga and O2 Yoga, created in 1998. O2 Yoga uses heat-generating sequences of postures or asanas, and a mind-focusing breathing technique. The result is an athletic and peaceful, invigorating and calming, fun and challenging yoga practice.

**Ashtanga** - "Yoga sequences based on the Ashtanga system. May include traditional (ie. Primary series) or innovative sequencing."

**O2 Yoga Vinyasa** - "A blend of Ashtanga and Vinyasa using heat-generating sequences of postures and a mind-focusing breathing technique. The primary goal of O2 Yoga is to empower students, allowing them to feel and experience full self-acceptance, outer strength, and an inner calm. Developed by Mimi Louriero in 1998."

**FRESH YOGA** has been voted New Haven, Connecticut's best yoga studio and winner of the 2003 and 2004 Advocate Award. They offer a variety of yoga styles, including Ashtanga as taught by Pattabhi Jois; Forrest yoga; Jivamukti yoga; and Anusara yoga. Classes in Buddhist meditation and Tai Chi are also available.

**Forest Yoga Vinyasa** - "Developed by Ana Forrest, this intense, mindful yoga with an emphasis on freedom in the body. On the Intermediate and Advanced levels, Forrest Yoga Vinyasa is a vigorous and demanding, with a carefully constructed flowing series of intensive asanas. Backbends, inversions, and arm balances are emphasized. Students should be familiar with Forrest Basics and Vinyasa classes."

**Intensive Yoga** - "A vinyasa style class that focuses on releasing blocks from a particular area of the body."

**Vinyasa** - "Flowing, vigorous asana based yoga using the breath to move from one posture to the next. Most classes incorporate sun salutations, standing and seated postures."

**YAYA YOGA**, a Baptiste Power Vinyasa yoga Affiliate Studio based in Lone Tree, Colorado, is owned and operated by Denise Cook. Ya Ya Yoga's philosophy is simple: "Free your mind from worries, free your heart from hatred, give more, expect less and live simply."

**Baron Baptiste Power Vinyasa Yoga** - "The word power can be misleading in that it refers to the power that you can find within yourself to change your flexibility, your strength and your mind. Baptiste Power Vinyasa Yoga is a combination of different traditions of yoga that combine for a dynamic mix of sweat and spirit. It will tone your body and electrify your mind. It is a flow that has many different levels, which as most traditions, allow for beginners, intermediate and advanced students to be challenged in the same class."

**BERYL BENDER BIRCH** will be the first teacher to join us in our new **MASTER SERIES** of classes coming to Alive Yoga!

Beryl will be offering her Power yoga, "an Ashtanga asana practice that comes from the Krishnamcharya tradition and includes study of the methods of Pattabhi Jois, Iyengar and Desikachar. We honor all authentic asana systems and do not feel that the ashtanga vinyasa asana method is necessarily the best path for everyone. We embrace a slow, patient, methodical approach to the mastery of asana. We encourage people who are in a hurry to follow another path. We do not push, shove, insult, injure or abuse our students, and do not believe in an aggressive approach." Also look for guided meditation recordings from Beryl coming soon!

› member sign in › cart (0 classes) › help

**AliveYoga.com**... a sound practice



yoga styles

new classes

new to alive yoga

about us

newsletter

checkout

## About the Process

- 1) Browse for a class
- 2) Add a class to your shopping cart
- 3) Check out
- 4) Receive your class as an MP3 or CD

Alive Yoga is a dynamic service that is continually evolving. Along with adding new studios from around the country, we have expanded our customer service department and are now offering yoga practitioners the option of either downloading single or multiple classes as one time purchases or on a subscription basis.

**Yoga and MP3's.** Tradition and innovation. **Here and now.** Your Practice and You.

Bring home the next stage of your practice. Fresh, unscripted classes week after week. The warmth of a real class, with real people and natural time for asanas.

**On-Demand AUDIO Yoga Sessions!**



## Contact Information

Brian Valzania

Lisa Donofrio

203-782-1804

203-782-1805 fax

[info@aliveyoga.com](mailto:info@aliveyoga.com)

[www.aliveyoga.com](http://www.aliveyoga.com)

We look forward to hearing from you.