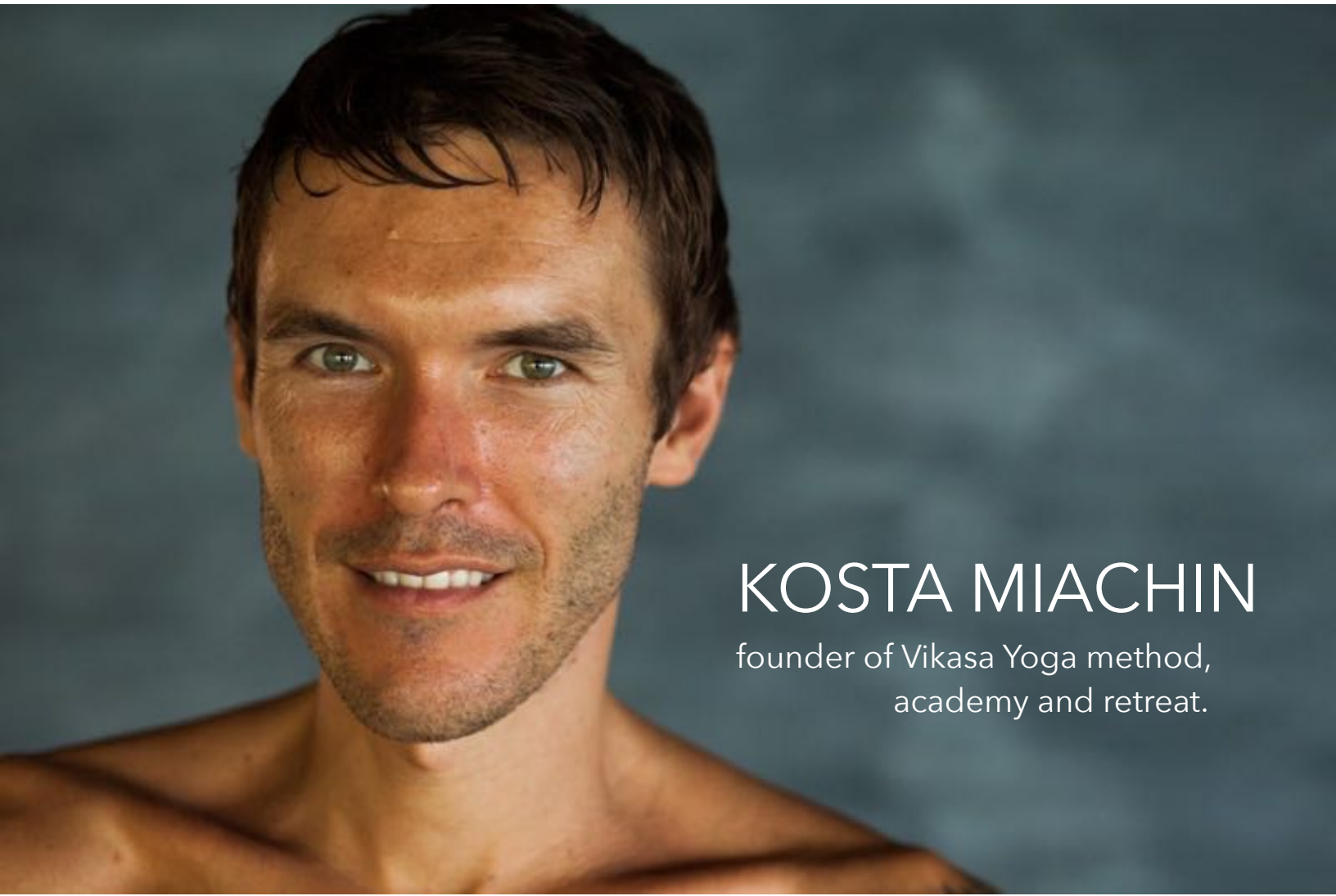
VIKASA

the evolution of yoga



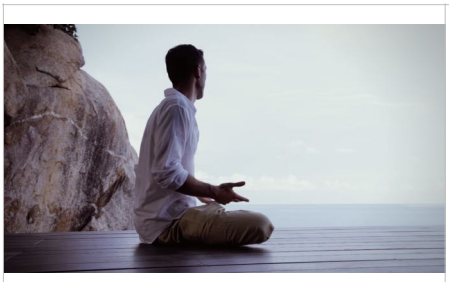
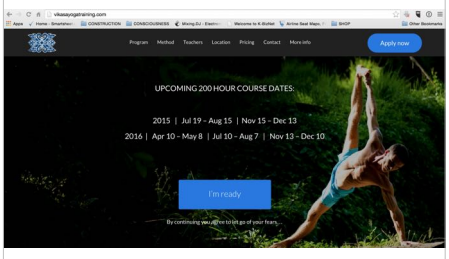
KOSTA MIACHIN

founder of Vikasa Yoga method,
academy and retreat.

Konstantin Miachin is the creator of VIKASA Yoga method - a unique, challenging and effective approach to yoga. He is also the founder of VIKASA Yoga Academy and Retreat on Koh Samui, Thailand.

Kosta has been passionately learning, practicing, and teaching Yoga since 2004. His passion has led him to seek out his own personal development throughout the world. On his journey he spent months in the ashrams of the remote Himalayan mountains, trained in an authentic Muay Thai Boxing camp, was initiated by the master monk and has undergone a sacred Sak-Yant ceremony in a temple in North-East Thailand, followed his passion, and rediscovered himself. This quest has brought him into contact with many different schools and masters all over the world, in places such as Rishi-kesh, Uttar Kashi, Gangotri, Kerala, Goa, Canada, Thailand, and Ukraine - to name a few. He practiced yoga everywhere and found his true calling in Koh Samui, Thailand. With such a wealth of knowledge, it has led Kosta to a deeper understanding of yoga practice as an ever evolving process, with each master contributing to the overall development of the humankind, rather than a rigid system, where no rules can be bent. This became the principle philosophy of **Vikasa Yoga**.

ONLINE PROFILE

	*Video "About Kosta"* <–click
	Video "Kosta's asana demo" <–click
	Video "Vikasa Yoga Teacher Training" <–click
	Facebook page (18k followers) <–click
	*Vikasa Yoga Academy web site* <–click
	Vikasa Yoga Retreat in Thailand web site <–click

VIKASA YOGA METHOD

Vikasa means evolution when translated from Sanskrit. The Vikasa Method is based on individual evolution and spiritual development. The concept of “evolution of yoga” is based on the notion that everything in the world evolves constantly. Our primary goal is evolution, and yoga can be seen as a tool to facilitate that.

The Vikasa Yoga Method is an integral system of yoga based predominantly on classical Hatha yoga, with some influence from Himalayan Vinyasa and higher Taoism practices. A fusion of the three lineages allows for a very effective and complete system resulting in personal evolution. The method is based on universal rules of yoga that ultimately allows the practitioner complete freedom from any particular routine leading to an “intelligent freestyle” of practice. Emphasis is placed on the journey, or evolution of an individual. Encouraging evolution leads to a natural progression of individuality where uniqueness is celebrated as a natural piece of the oneness we are all part of. This opposes the often found dissolution of identity and ego which can inspire conformity and unnecessary isolation. A careful distinction is drawn between oneness and conformity. Oneness being the acceptance of what is, including all that is around you and inside you. Conformity is referenced to include unimportant religious practices and dogmatic systems. The system encourages function within an existing society, rather than against it or apart from it. This allows for deeper connections with the spiritual and physical beings that surround us on a daily basis. Key principles and rules of yoga are taught, allowing the teachers of Vikasa Yoga and dedicated practitioners to become free from any routines by gaining understanding, knowledge and insight into the methodology and the effects of practice. When individuality is inspired and oneness within community is celebrated, the teachings become inclusive of infinite possibilities.

WORKSHOP FORMAT

1 day evening only (weekdays)

- Introduction to Vikasa Yoga (3 hours | 6pm - 9pm)

2 days evenings only (weekdays)

- Introduction to Vikasa Yoga (3 hours | Day 1 | 6pm - 9pm)
- Vikasa Yoga Master Class - balanced practice (3 hours | Day 2 | 6pm - 9pm)

3 days evenings only (weekdays)

- Introduction to Vikasa Yoga (3 hours | Day 1 | 6pm - 9pm)
- Vikasa Yoga Master Class - balanced practice (3 hours | Day 2 | 6pm - 9pm)
- Any additional workshop from the list (3 hours | Day 2 | 6pm - 9pm)

1 day (Saturday or Sunday)

- Introduction to Vikasa Yoga (3 hours | AM)
- Vikasa Yoga Master Class - balanced practice (2-3 hours | PM)

** second session can be any other topic from the list of workshops*

2 days (weekend)

- Intro to Vikasa Yoga (3 hours | Saturday | AM)
- Vikasa Yoga Master Class - balanced practice (2 hours | Saturday | PM)
- Vikasa Yoga - The subtle aspect (3 hours | Sunday | AM)
- Arm balances and Inversions (2 hours | Sunday | PM)

WORKSHOP DESCRIPTIONS

INTRODUCTION TO VIKASA YOGA (3 hrs | All-levels | Practice/Theory)

This fundamental workshop will introduce the principle concepts and sequences of Vikasa Yoga. An all-level class suitable for complete beginners to experienced practitioners as new techniques, variations and options are introduced.

What you will learn:

- *Breathing fundamentals (techniques for learning awareness and control of your breath)*
- *Alignment fundamentals (geometry of asana and simple alignment principles)*
- *Basic Vikasa Yoga sequences (some of the most effective sequences from Vikasa Level I)*
- *Effective basic strengthening techniques*
- *Conditioning as an injury prevention and recovery technique*
- *Establishing effective self-practice routine*

VIKASA YOGA MASTER CLASS - BALANCED PRACTICE (2 - 3 hrs | All-Levels | Practice)

Hatha is a compound word: "Ha" refers to the sun, active, or yang energy and "Tha" – to the moon, passive, or yin. One of the meanings of yoga, roughly translated, is 'union', or balance of these 2 opposition energy. The practice of Hatha Yoga strives to create balance between the opposing forces of Masculine (Ha) and Feminine (Tha).
In this workshop you will learn how to balance these energies through your asana practice and how to distribute energy evenly over your physical body through correct sequencing of asana. The guided practice will enable you to achieve deeper understanding of subtle movement within each form. Breathing techniques are explored to bring you closer to yourself in order to experience this state of yoga, or unity, with yourself, and the world.

What you will learn:

- *Components of a balanced practice*
- *How to balance your energy through correct sequencing of asana*
- *Why is it important to balance your energy*
- *Progression of practice - from external to internal aspects*
- *How to increase awareness of your breath and use it to enhance your practice*

VIKASA YOGA - CORE AS FOUNDATION OF ASANA (2 hours | All-levels | Practice)

This is an all-levels workshop focusing on activating and strengthening your core. This will be beneficial for all practitioners seeking to make major breakthroughs in their practice, as all yoga practice comes from the core. Here we will learn what 'core' is and explore exercises to increase core strength and stability. This class is particularly beneficial for those who want to master smooth transitions. We will work on overall conditioning and strengthening techniques of the entire body as well.

What you will learn:

- *The most effective core strengthening techniques*
- *The secret to smooth and seemingly effortless transitions*
- *How to get that "lightness" in your practice*
- *The most effective conditioning techniques to strengthen your joints*
- *How to develop strength in your hips, shoulders, knees, wrists and back*
- *How to build up your breathing during asana practice*

VIKASA YOGA - THE SUBTLE ASPECT (2 hours | All-levels | Asana/Theory/Seated)

This special workshop focuses on using breathing, meditation and awareness techniques to develop a more subtle energy movement. These techniques can be used to awaken your intuition and access the deeper states of relaxation and awareness. This workshop consists of an equal mix of asana, theory and seated techniques.

What you will learn:

- *Moving awareness and energy through your body*
- *Preparing your body for seated practice*
- *Pranayamas such as Nadi Shodhana and Kapala Bhati*
- *Chakra breathing technique*
- *Concentration techniques*
- *Concentration as a tool for reaching meditative state*

VIKASA YOGA - EVOLUTION OF ARM BALANCES (2 hours | Intermediate | Practice)

This is an intermediate level workshop dedicated to demystifying arm balances and inversions. Build self confidence and expand your yoga practice as we explore deeper potential and understanding of the mechanic involved for arm balances and inversions whilst staying mindful and safe.

What you will learn:

- *Vikasa core sun salutations with intermediate variations*
- *How to approach arm balances safely and progress effectively*
- *Comprehensive explanations of techniques*
- *How to progress in inversions from beginner to advanced level*
- *Special warm up techniques to prepare and strengthen your arms, wrists and shoulders*
- *Transitions in arm balances (core strengthening)*

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sensei@vikasa.com vikasayoga.com vikasayogatraining.com