



your ultimate guide
to a happy mind
Yoga Ayurveda Lifestyle Food Wellness

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V.links: Dirk Bennewitz, Andrea Kubasch, Bryan Kest, Eric Bennewitz

Während wir alle fröhlich auf dem [Happy Mind Festival](#) rumhopten war Power Yogi Master Bryan Kest in der Stadt, um bei [Power Yoga Germany](#) ein komplettes Wochenende zu unterrichten.

Zu Bryan muss man wahrscheinlich nicht mehr viel sagen, ausser dass jeder ihn mal gesehen haben sollte. Als direkter Schüler von K. Patthabi Jois weiß Bryan auf jeden Fall, was "oldschool" ist und hat einen massiven Teil dazu beigetragen, dass wir heute alle unser geliebtes Vinyasa Yoga mit so einer Vielfältigkeit in jeder Stadt praktizieren können.

Wir haben uns Bryan für ein paar Tipps geschnappt, wie ihr eure eigenen Yoga Praxis zu Hause noch ein wenig vertiefen könnt.

What is your ultimate tipp to developing a steady yoga practice at home?

One of the most important aspects of a yoga practice is – if not the most important, is regularity. In essence it is all about re-training and or reprogramming our body and mind to be the best it can be, consistently allowing the new programs to take root and the old patterns to be thoroughly eradicated. Every day we miss our practice, the old roots re-grow and take hold, and every day we miss our practice the new tree gets weaker without their water.

Describe a good mind set for practicing yoga

Kindness, calmness, acceptance, gratitude, humility

What would you tell someone who has a difficult time coping with unhealthy ambition in his practice?

There are not too many things that we are so comparative and competitive about than our aesthetics and physical process. So these harmful qualities certainly are likely to arise within one's yoga practice, whether we are competing with others in the room or we are comparing ourselves with some internal idea we have. So be on high alert. Watch carefully that we do not fall into these harmful old mental habits. If you really desire to be less comparative and competitive than you also need to let go of competing with yourself to reach this ideal of not "comparing and competing."

Describe your own day to day yoga?

I do my yoga practice in the morning and in the afternoon I teach.

What other tips do you have for keeping a healthy practice?

Have a healthy lifestyle: go early to bed, eat twice a day, read inspiring books and be kind and honest.

Thanks Bryan!

Stay in touch



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