



DEEPEN YOUR PRACTICE

WITH VYTAS BASKAUSKAS



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A photograph of a man in a yoga studio. He is shirtless, wearing black shorts, and is in a seated twist pose on a black mat. He is using a wooden yoga block for support under his right hip. His right hand is raised, palm facing forward, and his left hand is resting on the floor to his left. The background shows a stone wall and a wooden door.

DEEPEN YOUR PRACTICE

After practicing yoga for a few years and experiencing the healing and vitality that it brought me, I wanted to go deeper. But I didn't know how. I spent a few more years trying to find a way to advance my yoga practice. I took many different classes, workshops and trainings to help build a greater understanding of yoga and my body. I learned a lot, but it wasn't until I began to emphasize the importance of the mind-body connection that things began to take hold. Some time later, I began teaching yoga and found the same struggle apparent in the paths of many of my students.



So often, the physical component of the practice is overemphasized while the mental component is often minimized or even ignored. Our goal is true health and well-being. These come not from physicality alone, but from the uniting of the physical and mental. Apart, they work fine, but together, these aspects of the practice can take our yoga to the next level. I designed this set of classes to do just that; take you further. There are poses in this compilation that will challenge you and maybe even bewilder you. There are also exercises directed toward focus and mindfulness that will thoroughly challenge even the strongest practitioners.



Going deeper isn't easy. It will take dedication and hard work to obtain all the benefits of this special yoga practice. The use of patience and persistence is key. I have also learned that the pleasure I find through my daily ritual is what keeps me coming back to the mat. In fact, from over 10 years of observing thousands of people practicing yoga, I have realized that those who continue are the ones who develop a sweet and enjoyable practice. They look forward to their regular practice and have no problem making the time to do it. It becomes one of the most important and special parts of their day. The others, consciously,



subconsciously, or unconsciously, quit practicing. It is my goal to do everything I can to inspire you to establish your yoga practice not just for the time we spend together, but also for the rest of your life.

Welcome to Deepen Your Practice.

-Vytas Baskausakas



HIPS CLASS

To open the series we begin with a class focusing on hip openings. This class will warm you up with basic hip openers and evolve to more advanced poses toward the end of the practice. The more challenging poses will require immense strength and flexibility, so be patient with yourself and always listen to your body when attempting a new pose or pushing yourself deeper. While all of the classes in this series are geared toward advanced yogis, remember that yoga is not a competition or a race, but rather a personal journey of mind, body and spirit.



BENEFITS

- Opens hip joints and loosens hard-to-reach connective tissue
- Creates powerful stretch and strength for buttocks
- Massages and purifies abdominal organs
- Improves blood flow to reproduction organs
- Good for relieving constipation and menstrual cramps
- Strengthens legs, feet, calves, and helps with lower back pain.
- Helpful for sciatica
- Helpful for lengthening spine and improving alignment



CORE CLASS

The second class of this series focuses on empowering the entire core; abdominals as well as the side and back muscles. There are breaks built into the practice, but feel free to take additional rest as needed between poses. While much of this class is meant to be a strengthening workout, be sure to focus on your breathing and be mindful during the practice. Some of the poses in this class include plank, chair, half boat pose, side plank pose, and eventually work up to more advanced core work with tripod headstand leg lifting toe taps.

A photograph of a fitness studio with a brick wall background. A male instructor in a dark t-shirt and shorts stands on the left, gesturing. Three participants are on black mats: a shirtless male in the foreground, a woman in the middle, and another woman on the right. They are all in a seated position with legs bent and feet flat on the floor, performing a core exercise. Two wooden blocks are placed on the floor next to each mat. The word "BENEFITS" is written in large white letters at the bottom left of the image.

BENEFITS

- Strengthens entire core area evenly
- Tones muscles of the waist, back and arms
- Improves stamina and balance
- Good stretch for core and hip flexors
- Good stretch for shoulders
- Develops postural stability
- Helps stretch and empower supporting muscles of all major joints
- Massages abdominal organs for better digestion

A man in black shorts is performing a handstand on a grey mat in a room with brick walls. The text 'INVERSIONS CLASS' is overlaid on the bottom left of the image.

INVERSIONS CLASS

The third class of the Deepen Your Practice series is Inversions. This will introduce you to the art of going upside down in your practice. Inversion poses are excellent for improving strength, balance and blood flow. Many of these postures have a higher risk of injury if proper care is not taken by the practitioner so be sure to follow and respect each step in working towards advanced inversions. We begin with a warm up series meant to activate the muscles of the core and shoulders; this should nearly always be done before inverting completely.



BENEFITS

- Strengthens the abdomen, hips, and arms
- Regulate blood pressure
- Improves blood flow to face, neck and brain for increased vitality
- Improves internal organ function by reversing their normal position
- Helps strengthen and align arms and shoulders.
- Energizes and increases stamina
- Reverses effects of gravity, improving lung and respiratory function
- Develops balance control



Backbends are a unique component to the practice of yoga. There are very few other methods of training the body in which you will get to experience this type of movement. This class does not begin with a spinal stretch, but rather leads up to them. Backbends should ever be done without a proper warm up. To successfully accomplish the shape of each pose you will need to first open up the hip flexors and shoulder girdle, then activate the muscles that line your spinal column. If done properly you'll find that your day to day posture is improving and any back pain or soreness may be disappearing. Please understand that



BENEFITS

- Provides a powerful opening and massage for the endocrine system
- Strengthens back muscles and creates postural imbalances
- Strengthens lower and upper back muscles
- Opens chest, solar plexus and hips
- Massages kidneys thyroid and adrenal glands
- Aligns shoulder joints with spinal column and thorax
- Activates the immune system and thymus gland
- Lifts mood and creates more energy



TWISTS CLASS

Twisting Poses will help restore your spine's natural range of motion, cleanse your organs, and stimulate circulation. A detoxification process takes place within your body when oxygenated blood is forced into deep muscle tissue and joints, so the first step in this class is to get the blood moving with some basic movements. When you begin to go deeper into the twisting portion of the class remember that every posture is to be done with an elongated spine. You can create this length in your spine by sitting or standing up as straight as possible before beginning each twisting motion.



BENEFITS

Relieves back pain and stiffness from between the vertebrae
Detoxification of the muscle tissue, organs and circulatory system
Stimulates and cleanses the digestive system
Activates the immune system
Releases mental and physical tensions and alleviates stress
Creates a gentle lengthening of the spine and relaxes deep tissue
Creates enhanced overall flexibility
Individuals with back pain, recent surgeries, or pregnancies should approach with caution



GENTLE BALANCE FLOW

It is important to engage in a gentle/restorative practice on a regular basis. This gentle balance flow class will utilize blocks and a strap for assistance. Many poses in this class are gentle enough to hold for an extended period of time for deep tissue stretching. Try and use this time to bring awareness into your body through focusing on your breath. The class flows through twisting poses, hip openers, and shoulder work to give your body a full and even stretch for blissful relaxation and restoration. Strong vinyasa yoga alone leaves an imbalance in the body. It is imperative to take it easy sometimes.



SHORT & SWEET 1

The short and sweet practice for the Gentle Balance class is perfect for those of us with a busy schedule who just want a quick practice to help relax at the end of a long day. By utilizing the leverage of a strap, this class helps maintain flexibility and alleviate lower back pain in a short period of time.



INTERMEDIATE BALANCE FLOW

The Intermediate Balanced class covers all bases, and is a great “go-to” class to cure what ails you. It is just the right amount of challenge without being too strong. The class begins with Reclining Bound Angle Pose, which is great for lower back pain alleviation. We then move into leg lifts and other core work with consistent rhythm to cultivate stamina and focus. As always, the alignment of each pose from head to toe is made clear and a priority even when in constant flow. Twisting, standing balancing poses, backbends, and inversions are incorporated in this class making it a great practice to come back to time and time again.




SHORT & SWEET 2

If you only have 20 minutes but still want to workout the kinks in your body and restore healthy blood flow, the intermediate short a sweet practice does just that. Through core work, deep stretching, standing balancing poses, and twists, this practice will help you get a well rounded workout in a mere 20 minutes.



STRONG BALANCE FLOW

The Strong Balance Flow class is arguably the most physically strenuous class of the entire series. For that reason, this practice is meant to be worked up to, so don't feel bad if you feel the need to take extra breaks when first attempting this class. Multiple binding variations and arm balances are also shown as goals to work towards. Each time you undertake this class you'll be seeking new ways to go deeper and harness your breath for increased power and stamina. Sometimes it is important to physically test ourselves on new levels, just make sure not to push too hard.



SHORT & SWEET 3

Just like its corresponding strong balance 1 hour practice, this third short a sweet flow will give you intense yogic style strength work in just 20 minutes. Hard hitting core based sequencing coupled with inversions, twisting, and deep stretching makes for a highly challenging class sure to leave you drenched in sweat.



THE ADVANCED PRACTICE

All of the classes included in this series are stepping stones that lead you to this final discipline. In the Advanced Practice, Vytas will guide you through a format that, for most of you, will be the most challenging aspect of the series. It takes bravery and persistence to progress further in our practice. The asanas can only take us so far. All of the movements and physical experiences within these classes have prepared you for this ultimate challenge. Good luck.

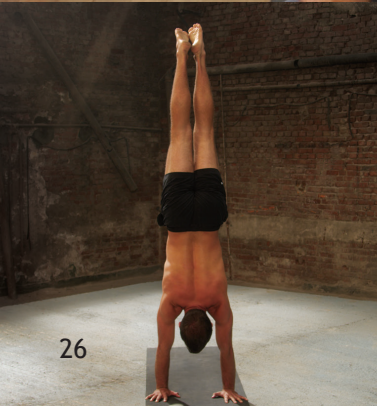






ABOUT VYTAS

Today Vytas teaches Yoga in Santa Monica, California and maintains a daily personal practice. His influence comes from his teachers Vinnie Marino and Bryan Kest, who have helped him learn how to incorporate the benefits of yoga into day-to-day life. He is a wonderful mentor and friend and is available to answer questions or give advice should you have any on your journey. In his own words, "Every fault is an opportunity for growth and every day is an opportunity for life. I am lucky to have great friends and family to share the love with. Hope to see you as we follow the road to happy destiny." www.VytasYoga.com





UDAYA.COM

UDAYA ENTERTAINMENT, INC. was founded in 2011. The company produces and manages the distribution of high quality yoga content and health and wellness programs such as The Ultimate Yogi, Yoga Warrior 365, and Deepen Your Practice. In 2013 the organization launched Udaya.com, an online subscription based platform for the distribution of it's HD yoga classes and yoga related content. Members of Udaya.com are served 5 new yoga classes a week from some of the world's most acclaimed yoga instructors. Come see more of Vytas at Udaya.com.



CAST AND CREW



Created by Vytas Baskauskas
Yogi 1 Brettan Bablove
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