

Yoga Sleuth for Yogacitynyc.com, yoga class review by Marie Carter

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## **Full Circle Flow with Patricia Milder**

**Yoga High**

**19 Clinton Street, Suite 205**

**Sun 2:30 PM to 4:30 PM**

**Advanced**

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

Patricia Milder has her own unique, yet balanced, well-rounded approach to yoga, and that was apparent right off the bat. Class started with alternate nostril breathing. “Think of pulling the skin of your nose down instead of pressing into the nose,” she said. We needed the balance and calming for what was to come.

Warming up, the Sun Salutes were heavy with shoulder openers and backbends: Uttanasana with hands interlaced behind our backs, Skiers pose with a slight backbend into High Lunge. It was clear we were headed for a back bending focus, and **were preparing for the plentiful dropbacks to come in the final forty minutes of class.**

**Leading us there, Patricia gave us many options for each pose through each stage of the class.** For example in Extended Side Angle we were presented with options to do forearm on the thigh, hand to the ground or bind. In a twisted lunge we were encouraged to try anything from staying with our hands in prayer or opening up the arms or binding or trying a twisted arm balance. **This made the class feel like a well-informed, but fun playground for advanced practitioners.** In Hanumasana we were encouraged to find the back bend by lifting our arms up into the sky or bending our back knee and seeing if we could take hold of the back foot.

There were plenty of opportunities to practice and play with Forearm Stand in the middle of the room. From a Forearm Stand and then Sirsasana A we dropped into Dwi Pada Viparita Dandasana before making our way up into Full Wheel. **There was enough space in this particular class, and Patricia made us feel it was a safe and spacious environment to practice more complex poses and be okay with falling out.** Sleuth for the most part tumbled onto her back while trying to drop from Sirsasana A, but without any serious injuries or fears. “Are you okay?” Patricia asked and Sleuth just laughed. “I love falling,” I sheepishly admitted. All was fine!

We started dropping back into Full Wheel from Camel first, and then Sleuth felt more than warm to drop back from standing. We were then encouraged to practice any inversions at the wall, although Scorpion was a natural inversion to try after all that backbending. To cool us down, Patricia guided us through

Viparita Karani (Legs Up the Wall) and some soothing twists before taking Savasana. Patricia brought us back to some esoteric breath work at the end. This time we were doing Alternate Nostril Breath with Kappalabhati, 16 counts on each side, then 8, then 4, then 2, then 1. A full round of breath and body coming full circle.

*Drop-in classes are \$18 per class; \$2 mat rental —Marie Carter for Yoga Sleuth*