



DENISE B. LAPIDÉS, RYT, KRI first explored yoga in 1996. She is certified by the Kundalini Research Institute and is a Registered Yoga Alliance teacher. Her warm and vibrant teaching style draws on her continuing education with such masters as Gurmukh, Angela Farmer, David Life and more. She has apprenticed with Unity Woods and completed teacher trainings with Darshan Kundalini Yoga in VA, the Yoga Institute of Miami and the Omega Institute. She holds a B.A. in Economics and Behavioral Sociology. Denise brings compassion to her classes where she creates and holds a safe space for her students to experience deep and profound awakenings.



DIVINE LIGHT YOGA

WHAT YOU NEED TO KNOW TO TAKE A CLASS NOW!

What benefits does Yoga offer me?

Simplified, Yoga means to “yoke” or link the body with the mind through the control of the breath. In other words, controlling the breath, controls the fluctuations of the mind, things quiet down on the inside and we experience a complete release of stress, tension, anxiety, depression and a myriad of other mind-body ailments. This happens in class through the use of physical postures, concentrated breathwork and remaining totally present.

Is a Kundalini or Hatha class difficult?

Depending on the level of Hatha and your experience, you may or may not find it to be difficult. Start where you are. Yoga is never a competitive practice, the challenge is only and always within you, the depth of each asana (posture) is simply a snapshot of where you are at that moment in time, be there fully and know that with practice and time, you will increase your depth of that posture and your breath and gain deeper benefits.

Kundalini Yoga is active and powerful yet anyone can do it. Expect a class to begin with breathwork, Pranayama, to balance and settle you, moving into a Kriya, or set of postures, sometimes similar to or different from Hatha postures, which depending on your present level of fitness some find challenging to keep up, yet after just a couple of classes, your endurance begins to soar. We end with a deep relaxation and a meditation often times with Mantra and music. Most people experience a physical, mental and emotional release from class and leave with a more grounded, calm and refreshed feeling.

What should I wear and bring to class?

Bring your beautiful open mind and a willingness to experience a new awakening in your mind and body. Wear something comfortable, layers help as you begin to build heat in the body and then to put back on for relaxation and meditation. Clothing need not be too tight or too loose and drapy, covering you for the movements, whether your legs be up in the air or you are bending down. Many Kundalini students practice while wearing white or lighter colored clothing for the enhancement of their magnetic field. Bare feet are essential, but socks for relaxation are cozy. Investing in your own yoga mat for a hatha class is always a good idea, you don't want to sit on someone else's sweat, and for Kundalini yoga, adding a soft blanket or sheepskin works nicely. Bring a water bottle.

Any other things to know?

Come to class with an empty stomach, no food for about 2 hours prior and be well hydrated, drink a lot of water after or during class. Be on time to allow yourself a moment to settle before class, the preparatory part of class is important. Do not come to class with any contagious condition, as we share the air, props and energy of the room. Please, refrain from wearing strong scents or perfumes.

What about any special needs or conditions I may have?

Talk to your teacher and let her/him know about any limitations you may have so modifications can be made for you. Yoga is for everyone and its benefits are far reaching.

Developing your Yoga practice will be one of the most rewarding and challenging things you may do. Start with a class, let the experience unfold within you, and become aware of the growing connection between your mind and body. Allow your unconscious to meld with your consciousness and expand into your infinite potential.

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Tap the Source.



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