



Flying Yoga does yoga poses suspended from a "silk"

FLYING YOGA

July 1, 2017

José Cruz: Um you're a yoga teacher?
 (Yes) You do something called "flying" yoga where people (Right) hang from ropes and and pieces of cloth (Ha- Yes hammocks) And that is part- My sister does "hot" yoga or Bikram yoga. (Mm hmm) And that- it's thing is - the idea that you're doing it in a 40 degree steamy room (Right) so it really loosens you up, limbers you up. So what's the advantage of flying yoga?

Kanna Kai Jones: Flying yoga we use the "silk" we call it. It's not a real silk. But we just say it's silk. Um literally **hammock** hanging-

José: Yeah (Yeah) looks like a hammock.

Kanna: You're hanging (Yeah yeah) You're hanging from the ceiling. And uh we we we make poses as yoga, you know all the yoga poses. But um we use the silk to support ourselves. Um sometimes it's easier, sometimes it's more stable. But sometimes more challenging becau-**because of** the silk is moving. It's not a steady bar. So um, depends on the pose. Um depends on the the poses we um challenge ourselves or modify a little

bit of um poses. And the best part of this is um hanging upside down to lengthen the um spine so that the compressed- the the vertebrae (Yeah) decompress. (Sure)

José: There's um, there's machines- they're like (Yeah yeah yeah) big things that you can turn yourself upside down and that's their whole (At the chiropractor) Yeah yeah. Chiropractors do that too. Um where did the idea start? (In New York) **In New York?**

Kanna: Yes. The one person um started with the, uh- I think he's- he was he was a dancer, he was a dancer and a yoga teacher, I think.

José: It didn't start in India. (No) So I thought maybe it's an old idea from India. (No) In this case it's been reverse imported (Yeah yeah yeah) from New York.

Kanna: They probably inver- imported from New York. (Huhh cool) Ha ha.

José: Um and so the best part of it is just like it stretches out parts of your body

that wouldn't normally get stretched out then.

Kanna: Mm. (OK) I- I had a back issue. Especially I had a um a **sacroiliac** joint uh uh shifted a little bit. (OK) And because of this pose is hanging down hanging upside down from the silk while were doing it, making the yoga poses, um it it fixed it. (Wow) Yeah so instead of paying a lot of money **to chiropractor** to hang on that upside-down machine we used the sen- simple silk from the ceiling and then we...

José: You hung upside down. (Exactly) Oh man that's so cool. Uh I've always wanted to try- um, well I don't know. Uh I asked my sister where I should start with yoga and she said, "Well, why don't you just join a yoga class?" (Mm hmm) And then I tell her, "You're not going to find a lot of yoga classes around **this part of town**." (Ha ha)

Word count	Time	Words/Min.
492	3:19	148.34

Pointers:

hammock: Kanna should have said "a hammock" (0:31)

because of: Kanna didn't need to say "of" (0:55)

In New York: It is a good conversation tactic (Active Listening) to sometimes repeat what your partner said. It shows good listening skills and empathy. (1:40)

to chiropractor: "chiropractor" needs the article "a" (2:40)

sacroiliac: Kanna mistook the pronunciation of this word (2:20)

this part of town: José is making a joke about living in a very rural area of Japan (3:08)

Discussion:

How do you stay fit?

Have you ever done yoga?

Have you ever tried meditation?

VOA ARTICLE: "YOGA EXERCISES ADDED TO US SCHOOL PROGRAMS"
<https://bit.ly/2l37Kzp>

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