

YOGA AND MOBILITY

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Explaining how yoga and joint mobility synergistically coordinate.

How Yoga and Mobility Integrate... a physiological perspective.

By Scott Sonnon, Founder of the Circular Strength Training® System

Some people may look at the Circular Strength Training primary trilogy of textbooks (*The Big Book of Clubbell® Training*, *Prasara Yoga: Flow Beyond Thought*, and *Free To Move: The Intu-Flow® Longevity System*) and imagine that it must be a mere combination of Tai Chi, Hatha Yoga and Indian Clubs. This however is akin to imagining that computer is a mere collection of chips, wires and boards. It's how they interact that brings them alive. Certainly, the ingredients are important, but it's the recipe that stands out as a powerful new innovation in human physical health and flow.

It wasn't until I began to rigorously study and implement the works of Dr. Nikolai Bernstein, the father of biomechanics,

and Dr. Steven Levin, the father of biotensegrity, that the integrative synergy of the Circular Strength Training® (CST) System was truly born. The CST System is more than a mere collection of health-promoting techniques. Rather, it's a constellation of rigorously-validated ancient wisdom; and more than even a fitness system in that it's a universe of time-tested and precision-refined wellness science.

CST comprises 3 Rings: joint mobility, yoga and weight swinging, but this triumvirate is not composed of distinct and disparate modalities. They relate directly to the scientific concepts which interrelate to produce a synergistic effect on physical mastery. Before describing

how they interweave, let me introduce CST's most widely practiced aspect: yoga.

Hatha Yoga practice has become miraculously commonplace in the West, defying its intricate depths and esoteric heights. But unfortunately, a much higher rate of apathy still exists in the medical community because yoga still lacks significant physiological explanation. With yoga described from a physiological perspective, significantly greater professional and lay audiences would be more interested in exploring its potential for healing and health. Currently, the Eastern sciences remain highly inaccessible to many Westerners without dutiful and lengthy study and practice.