

Faye Berton, MA

The Fluid Strength Story

The Fluid Strength Yoga Practice grew out of a personal health challenge. Seven years of mysteriously declining health left Faye depleted, weak and unable to walk even a block. She eventually found and arrested the cause of the problem but her body was deeply compromised and recovering her health was very slow.



Her interest in rasayana, a branch of Ayurveda that focuses on rejuvenation, gave Faye the idea of developing a yoga practice to speed her healing. From teaching yoga for decades and being trained in Ayurveda, she has a rich knowledge of the body, breath, mind and the human energy system. She began combining practices and principles with the greatest rejuvenation potency in service of creating the most effective practice possible to support her return to health. The result is the Fluid Strength Yoga Practice.

Faye, a yoga and somatic awareness teacher for close to 30 years, has the highest level certification with Yoga Alliance and is a graduate of the Ayurvedic Institute. She is certified in The Feldenkrais Method® and its specialized application, Bones for Life™. She founded the Laurel Yoga Studio and a Yoga Retreat Center in Mexico. She has extensive experience with chronic pain. Faye currently lives in St. Paul, Minnesota, where she has a private practice in Feldenkrais, teaches the Fluid Strength Yoga Practice, and develops health and spiritual development workshops.

Fluid Strength Yoga Practice™

FOR MORE INFORMATION CONTACT FAYE

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CLASSES ARE HELD AT

The Laurel Yoga Studio
1895 Laurel Avenue
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Fluid Strength Yoga Practice™

with

*Faye
Berton*

Traditional Yogic

and

Ayurvedic Wisdom

coupled with

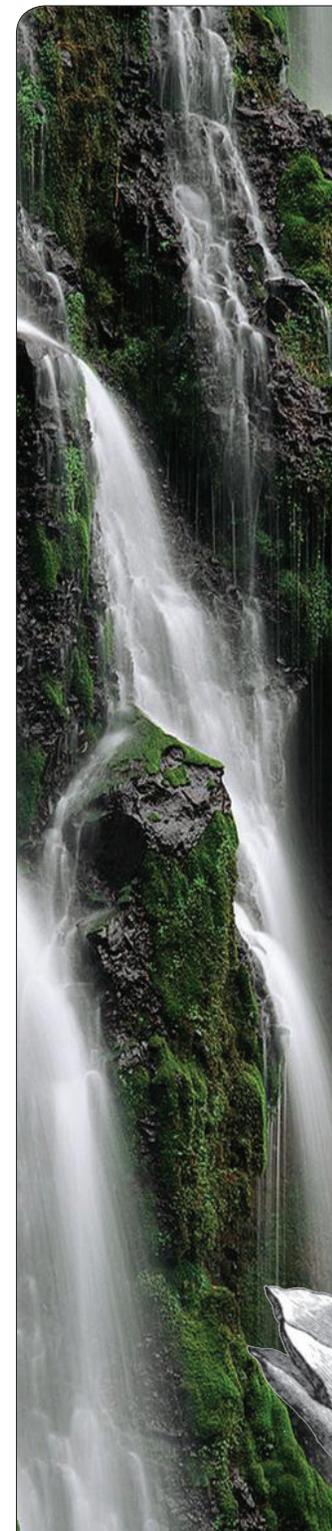
Neuro-Motor Learning

for

Rejuvenation

and

Transformation





Fluid Strength Yoga Practice™



*"I feel immensely fortunate
Faye is here and offering this astonishing work."*

~ Jean Fraser

The Fluid Strength Yoga Practice™

is a simple and deeply transformative practice.

It **increases energy, self-awareness, muscular-skeletal balance and inner peace.**

The potency of this practice comes from making use of modern neurological understanding of how we learn and change, in service of the traditional philosophy and goals of yoga.

Movement patterns rather than yoga poses are used in this practice. These patterns are based on **neuro-motor principles of functional strength.** Combined with balanced, vigorous yogic breathing, these movements **awaken our innate**

healing energy and by doing so frequently produce a spontaneous **release of pain.** The movement patterns help us access vitality, develop strength and find reflexive support.

for movement and second, it **cultivates the ideal carbon dioxide/oxygen ratio** that is the foundation of health and a quiet mind. The form of this practice differs from most yoga practices. It is, however, **deeply rooted in traditional yoga philosophy** and its goal of awakening to our highest Self.



*"I feel like I have
just had a
chiropractic adjustment,
energy work and
massage!"*

~ Laura Beaudoin

The Fluid Strength Yoga Practice **develops the full strength and flexibility of the spine.** It brings vitality to the internal organs and awakens the functional core of the body. Combining rhythmic,

functionally intelligent movements with conscious breathing encourages neuro-muscular efficiency, harmonizes all of the body systems, and **awakens spontaneous meditation.**

The Fluid Strength Practice uses a traditional yoga practice model of resting after each movement. Alternating movement patterns with active resting creates a **profound inner quiet and stimulates our power of renewal.** It also cultivates the elusive "effortless effort" which is thought of in yoga as the foundation of a peaceful life.

The resting phase is used to cultivate awareness of and **connection to the subtle energy field around the body.** This field in science is called the "morphogenetic field" and in yoga it is called the subtle body or pranic field. This field is a part of us and contains information relating to the state of our health and well-being. Accessing this field helps us in becoming more fully aware of who we are, and provides a **powerful resource for self-healing and spiritual development.**

The Fluid Strength Practice is **simultaneously accessible and challenging** to all levels of students. Beginning students benefit from the movement patterns being simple. Highly trained people discover deeper levels of organic body intelligence and access fresh movement potential.

Most of the movements are done lying down or sitting on the floor, and practice can be easily regulated to respect individual needs.



*"This practice is
great for digestion, a
sore low-back, lethargy... it is
the antidote to my glued-to-
the-computer job."*

~ Karin Preus

This practice has two goals in working with the breath. First, it **enlivens the breath** as the basis

