

What is Infinite Light Yoga?

Infinite Light Yoga (ILY) is based on the teaching methodologies of Kripalu Yoga, which originated from the personal practice of Swami Kripalvanandji (Swami Kripalu).

Tony Riposo received his training at the Kripalu Center in Lenox MA. His passion and dedication to yoga, the influence of Swami Kripalu's teachings, and his desire to share his personal experiences led to the creation of a new style of yoga in 2009 called Infinite Light Yoga. Based in Syracuse NY, Infinite Light Yoga offers classes and Yoga Teacher Training.

Infinite Light Yoga is an experiential form of yoga which blends the practice of classical yoga with mindful awareness. Each Infinite Light Yoga class provides the student with a truly unique experience; all classes include the physical postures, meditation, breathing, and the relaxation techniques of classical yoga.

Teaching Methodology

Infinite Light Yoga classes are taught using detailed instruction while simultaneously modeling the postures. Variations and modifications of the postures are woven seamlessly into each class to encourage the highest level of participation and enjoyment for each student.

Infinite Light Yoga teachers also encourage mindfulness by gently guiding students' attention back to their experience throughout the class. This helps students take what they've learned within the class and bring it into their daily lives.

This style of teaching has evolved to meet the needs of the 21st century; offering a form of yoga that works for everyone regardless of age, level of ability, physical condition or lifestyle.

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