KAIUT YOGA AUSTIN

# New Student Guide

WELCOME TO YOUR PRACTICE

## WHAT IS KAIUT YOGA

Kaiut Yoga is a movement method that develops the body's capacity to listen to itself. Through positions held with time, direction, and presence, the student learns to perceive where the body has lost mobility, circulation, or attention. The goal is not to achieve a "correct" shape, but to restore the natural intelligence of movement, the capacity every body has to reorganize itself when it receives clear information.

# 01

## Welcome

You don't need to know how to do yoga. You don't need to be flexible, be in shape, or understand the method before you begin. The practice of Kaiut Yoga starts exactly from where your body is today.

Every student arrives with a unique history of movement. Some bring chronic pain. Others, accumulated stress. Others are seeking well-being or prevention. What they all share is the same purpose: to learn to perceive the body and allow it to respond.

You are welcome exactly as you are.

# 02

## The teacher guides, the student listens

In a Kaiut Yoga class, there is no demonstration. The teacher does not show a position for you to copy visually. They guide through language, with words, direction, timing, and sequence.

This is not a limitation. It is a fundamental pedagogical choice. When there is nothing to imitate, the student is drawn to look inward. The teacher's voice works like a map that invites the body to explore its own sensations and limits.

The result is not in the perfect shape. It is in what each student discovers when they stop comparing and begin to perceive.

The teacher guides the movement. The student listens to the body.

# 03

## Active listening: perceive before changing

Active listening is not passive relaxation. Nor is it effort or force. It is attention, the ability to notice what happens when the body remains in a position with enough time.

During the practice, you learn to perceive:

- Stiff regions, or ones that don't respond to movement
- Asymmetric joints, one side different from the other
- Forgotten pains that return when you pay attention
- Places where the body tenses or tries to escape
- Tiny sensations you normally don't detect
- Patterns of breathing and defense

The crucial point: you don't need to do anything with these perceptions. Perceiving is already the first step of change.

**The class teaches the student to perceive before trying to change.**

# 04

## Stiffness as information

Stiffness is not an error or a weakness of the body. It is a message. Often, the body becomes stiff to protect a region that has lost mobility, circulation, or adaptation over time. Stiffness is an intelligent defense.

The goal in Kaiut Yoga is not to overcome stiffness through force. It is to remain with enough attention for the body to recognize that place again. When attention arrives, stiffness begins to release, not because it was forced, but because the body no longer needs that protection.

This takes time. Each session adds a layer of trust and information.

Stiffness shows where the body needs attention.

# 05

## Pain as a guide

Pain may appear during the practice, especially in regions that have lost mobility, joint space, or circulation. We always tell you this beforehand. It is not a surprise.

In Kaiut Yoga, pain is not automatically avoided. Nor is it confronted or ignored. It is used as a guide. Pain shows exactly where important information exists: where the body needs time, attention, or a different direction.

What the student learns, through continued practice, is to distinguish the pain that allows presence, breath, and adjustment from the pain that causes contraction, defense, or a sense of threat. This distinction is a skill, not knowledge. Learning to feel is part of the transformation.

Pain guides, but it does not command. The body needs to be listened to.

# 06

## Sensations and changes

After a class, it is common to feel lightness, deep sleepiness, fatigue, waves of heat, unexpected emotions, or pain in places different from those that signaled during the practice. All these responses are normal. They are not signs of error or problem.

When the body receives a new stimulus (a position held with attention, a different direction), it begins to reorganize tension, load, and movement patterns. A pain may migrate. A region that was silent may begin to appear. The nervous system is processing the information, and this process continues for hours after the class ends.

Real change (the transformation of movement, of posture, of pain) does not come from exerting force during the session. It comes from this reorganization the body carries out between classes.

**Feeling different is a sign that something is changing.**

# 07

## Practical guidance

**Clothing and preparation** Dress in layers. During the practice, the body warms up in some positions and cools down in others (especially the long, still ones). Having an extra layer or socks on hand helps.

**Important information** Let the teacher know about recent surgeries, prostheses, structural limitations, health conditions, or persistent pain. This helps the teacher guide you better.

**Mindset** Don't compare your body to anyone else's. Don't try to do more or go further. Listen to the instruction and observe where it meets your body, today, in this moment.

**About the space** Hospitality is part of the method. You can arrive early, breathe, be comfortable. The space exists for you to practice.

Come prepared to perceive, not to achieve.

# 08

## Continuity and transformation

A single class opens a door. It reveals regions of the body you might not have perceived clearly before. But a single class does not transform.

With continuity, the body begins to recognize these movement pathways with more precision. Listening becomes more refined. The student learns to perceive their own limits before crossing them, to meet stiffness without fighting it, to breathe within difficulty.

Transformation does not come from mechanical repetition or from force. It comes from the continuity of listening. It is time that allows the body to respond intelligently to what it is learning.

**Transformation comes from the continuity of listening, not from force.**

Kaiut Yoga is not about achieving a shape. It is about restoring the intelligence of movement: teaching the body how to listen, where it has lost perception, and allowing it to reorganize itself.