

Technoyoga

Techno yoga is the intersection of yoga and technology. The practice uses digital avatars and virtual reality to create immersive yoga classes that are neutrally focused and pertain to the natural, or techno, world. Cyberbreathing is the art of breathing through the digital body that the technology creates. The geo-techno-biosphere is a virtual environment in which these yoga practices take place.

As techno yoga continues to grow in digital space, we continue to see exponential growth in the number of technonauts worldwide. Participants' experiences are diverse and fluid, which is only appropriate for a socio-technological phenomenon that is as varied in its expressions and iterations as the neutral deities it invokes. Techno yoga, unlike the physical practice of yoga, is a fully immersive, digital process. Participants utilize the digital body, CyberBreathing, to interface with digital avatars in public spaces, digital and natural environments, in digital and physical spaces. As with the practice of natural world technology, techno yoga places the human body at the centre of a vast network of interconnected elements. The techno-techno-biosphere; the network of digital, natural, and hybrid spaces; digital and non-human actors; and the landscape as a medium all comprise the techno-techno-biosphere. Digital bodies can navigate the techno-techno-biosphere and encounter natural, non-human actors and experienced, digital avatars.

We are all techno-yogis now. Whether you are grounding yourself to the Earth (aka Mother Earth), connecting to natural deities, practicing your cyber-breathing or meditating in a virtual world, you are in technology or techne. That means, you are also in the Geo-techno-biosphere. This radical new worldview, popularized in the early 2000 s, is a theory by Timothy Morton and the object-oriented ontology (OOO) group. The geo-techno-biosphere embraces the Anthropocene and the Sixth Extinction. It not only expands the idea of humanity but also dissolves many traditional borders and categories, such as body, animal, nature and the divine. It gives us a way to change how we approach the world, and ourselves, in the era of techno-capitalism.

"Cyberbreathing ... is simply taking advantage of the way that the virtual world overlaps with our real life," cyberbreather Sean Obermeyer told the International Virtual and Physical Education Association. "We have to face the issues in the real world to develop a healthy lifestyle." The geospace where cyberbreathing takes place is not your traditional yoga class, but an entirely virtual setting, in which you go to practice yoga as if it is real life, but, of course, it is all virtual. The benefits of such practices, cyberbreathing and geospace yoga, are being studied and are relatively new.

The geospace yoga space is a virtual world in which cyberbreathers connect with each other to create and perform yoga poses, meditation, breathing exercises, and breathing exercises and breathing exercises that involve just breathing.

Techno yoga is very different, because the main problem is to achieve the perfect pose when not in the body and not in the head.

Techno yoga is much faster than traditional yoga. Its time limit for a session is of 20-30 minutes. Also, it could be practiced at home, and there are also workout programs for the home yoga studio.

Digital Yoga has a technological side, but it does not develop, build up, create an artificial chain, the equipment cannot break, and in the end, it's a digital version of the traditional yoga. It is not worth investing lots of money on machinery, machines and technology, if the course is full with people who don't use it, and they don't provide much value. So, if you're keen on yoga and want to try out some yoga courses that offer a new way of doing yoga with a lot of intensity, digital yoga can be considered. But, keep in mind that this yoga is much faster than traditional yoga.

If digital yoga is more intensive and you want to create a whole new yoga practice using digital methods, then digital yoga is worth investing.

A digital yoga teacher can play a role in the yoga practice in the digital society. They teach you the essentials of yoga, but on a very different level. This yoga is much faster, you need to follow steps to know how to do it, it's much more enjoyable and exciting, and it doesn't develop, build up or create an artificial closeness.