

Changes

So often we get fed up with our daily life, and decide that it is time to make a change – sometimes we think that it would be far easier to have someone tell us what to do to make the change. But nobody else can make the change for us, we need to make the change ourselves. Whether it is to re-organize our desk, change our diet, seek out new relationships, or alter our work, we need to witness our actions and allow that awareness to unfold as we shift our behavior. There are many stages to once you observe that a change is needed. Probably the response that most of us are drawn to is the typical western approach – fix it. But in the eastern approach and in yoga practice we work to discipline the mind, to bring stillness to our thoughts so that a shift in awareness can occur and changes happen.

Asanas



Virabhadrasana 1
Warrior 1



Parsvakonasana
Side Angle Stretch



Bhujangasana
Cobra



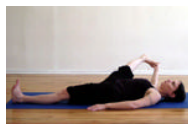
Vrksasana
Tree



Urdhva Dhanurasana
Backbend



Adho Mukha
Vrksasana
Handstand



Parsva
Padangusthasana
Twist/Reclined Big
Toe Posture



Bekasana
Frog



Janu Sirsasana
Half Bound Angle



Supta Virasana
Supine Hero

Application. Hatha yoga has many poses that enable us to take our awareness to the actions required for change. Twists enable us to balance the mind and body. Balancing poses enable us to focus, to bring our concentration to the point at hand. Backbends enable us to invigorate our minds and fill us with energy, while forward bends allow us to go inward. As we go through changes, we go through a potpourri of emotions, enabling us to tailor our physical practice to foster greater awareness, allowing for the changes to unfold.