

Completion

When a friend called to tell me that it was National Completion Day, I couldn't get it out of my mind; not only were taxes due (hence the declaration of completion day), but I was thrilled that someone had taken the time to acknowledge the need for completion in our actions. Completion is yoga in action — karma yoga. Choosing our actions and actively completing those activities in a focused effort where we honor our time and the time of others. In yoga practice, we set our pace with our breath. Muscular actions typically occur on the inhale; keeping that focus and protection to the joints and bones, we use organic extension to lengthen or take ourselves deeper in the pose. Without both of the actions: first using muscular energy, then organic energy, the pose is incomplete.

Asanas



Virasana
Hero



Chaturanga
Low Plank



Virabhadrasana
2
Warrior 2



Virabhadrasana
3 Prep
Warrior 3



Prasarita Pado-
tasana
Wide Stance



Uttanasana
Standing for-
ward bend



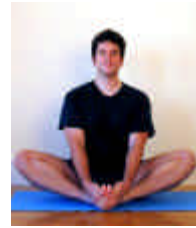
Setubhan-
dasana
Bridge



Sirsasana
Headstand



Matsyendrasana
Seated Twist



Baddha
Konasana
Bound Angle



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Application: Practice by engaging from the foundation of the pose (feet and/or hands) — then extend out. How do you keep the muscles active? Start working with your fingers and toes. Spread them and keep the muscles engaged throughout the pose. Maintain that effort and you will increase your support the bones and joints. Use other lessons for your daily practice -- www.fulcrumblu.com.

Photos: Alyce Henson

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