

In the weeds

While I was cooking at a Chicago restaurant, the kitchen help would always joke about anyone who was “in the weeds”. Often I found that I was the person that was in the weeds, so I got very acquainted with the concept. Cooks who were not completed with their tasks when the restaurant opened for service became mentally agitated and often physically frantic. I noticed that those that openly acknowledged that they were in the weeds were the most skillful chefs. Once they saw the problem, they began to solicit help from others so that they would be prepared for service. Others that were less skillful became upset at their circumstances and worked out their frustrations in a variety of behaviors, never admitting that they were in the weeds. When I thought about the “weeds” and different chefs way of coping, it reminded me of the importance of mindfulness in life – and that the first step is acknowledging that state.

Asanas



Supta Dandasana
Staff Pose (var)



Bhujangasana
Cobra



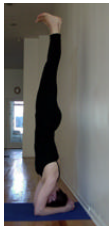
Adho Mukha
Svansana
Downward Dog



Parsvakonasana
Side Angle Stretch



Garudasana
Eagle Pose



Sirsasana
Headstand



Navasana
Boat



Ardha
Matsyendrasana
Seated Twist



Gomukhasana
Cows Head Pose



Supta Virasana
Supine Hero

Application. Hatha yogis are in the weeds when we don't practice. Bring intention to your practice and you will feel prepared and steady in your activities. A practice of focusing the mind through breath control and attention to alignment, active physical action and an attitude filled with grace allows us to bring ourselves to a state of mindfulness in the asanas. Start with gentle supine poses and active breath work, then move to surya namaskar and standing postures to gain steadfastness. Move to inversions and twists to Balance the mind and body.