

Shri

Supreme beauty or Shri is that aspect of the divine that is life-affirming and life-enhancing. As we continue to work on making our asana practice an offering, consider offering the ultimate in every action, movement, and breath. You will begin to see the natural rhythm of giving and receiving. You are giving your practice as an offering; you will find that what you receive in your daily life is well beyond your limiting thoughts. Instead of observing giving and receiving as if there is a balance sheet to keep track, simply make the offer of your highest actions. Once you see the rhythm of giving and receiving, you will not be able to distinguish between the actions and outcomes; to give and to receive are one action.

Asanas



Virabhadrasana 1
Warrior 1



Virabhadrasana 1
Warrior 1 (var)



Virabhadrasana 2
Warrior Pose



Parsvakonasana
Side Angle Stretch



Virabhadrasana 3
Warrior 3



Ustrasana
Camel



Sirsasana
Headstand (var)



Upavista Konasana
Wide Angle Stretch



Janu Sirsasana
Half Bound Angle



Ardha Jathara Parivar-
tanasana (twist)

Application. Initially when I think of Shri, I am drawn to feminine, grace-filled movements, but when I think of the ultimate offering, and the courage and commitment required, the stronger poses come to mind. Steadfastness, firmness, and power are all represented in the poses in this practice. As intense feelings arise, look for appropriate asanas that you can take to your practice to facilitate their release to allow for the love, peace, and radiant beauty of the heart to shine.

Photos by Alyce Henson.

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