

The kula you keep

Anusara yoga – similar to other hatha yoga traditions, follows the teachings of the ancient sage Patanjoli, who wrote the yoga sutras. The first verse says: “let us not begin the study of yoga”—meaning, let us prepare to study together. It is in the first verse of the text, and throughout that we are reminded of the value of community, or kula, as a source of inexhaustible knowledge, uplifting thoughts, and growth. We often hear the cliché “you are the company you keep” which re-enforces the teachings. More than a family or community that may come together out of a sense of obligation, we are here to create a community of like hearts and minds. As we come together to class or to practice, we are united in our focus and see the nature of the kula as our own true spirit. We see each of our unique qualities as expanding our minds and our power as a community.

Asanas



Anjaneyasana
Lunge



Parsvakonasana
Side Angle Stretch



Trikonasana
Triangle



Virabhadrasana 1
Warrior 1 (var)



Virabhadrasana 2
Warrior 2



Virabhadrasana 1
Warrior 1



Bakasana
Crow



Sirsasana
Headstand



Ardha Jathara
Parivartanasana
Supine Twist



Janu Sirsasana
Side Angle Twist

Application. These practice sheets give you a reminder of the poses that we work on in class, so that at home you can use the practice sheets to go further in each asana. At home you can explore holding the poses longer, change the pace and focus on alignment further in order to deepen your understanding and knowledge of the pose, and customize it to your practice. Use other lessons for your daily practice -- www.fulcrumblu.com.

Photos: Alyce Hensen

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