

Yoga to Go

I overheard someone respond to their doctor's inquiry about what they wanted to work on during the appointment. The patient said – I don't know, there is so much to work on, what do you think will get the quickest result? The doctor persisted, so the patient said she wanted the doctor to decide – whether to work on her anxiety, obesity, smoking addiction, high blood pressure, or allergies – she didn't care which one, but she wanted the doctor to choose the problem that could give her the quickest return on investment, so to speak. I'm so glad she said that because it was a great reminder to myself about how attractive the quick fix is for all of us. We exist in a culture that values speed, compression, optimization, and completion. How we approach our actions, our projects, our intentions, our relationships, and each moment affect the outcome of our efforts. If our attitude is to complete the action as quickly as possible, we are unable savor the nectar of the experience, nor gain the potential of each moment.

Asanas



Virabhadrasana 2
Warrior 2



Parsvakonasana
Side Angle Stretch
(variation)



Parsvakonasana
Side Angle Stretch



Parsvakonasana
Side Angle Stretch
(variation)



Uttanasana
Standing Forward
Bend



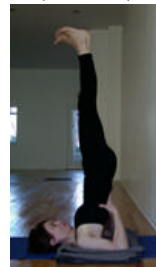
Parivrtta Trikonasana
Twisted Triangle



Adho Mukha
Vrksasana
Handstand
(against wall)



Setu Bandha
Sarvangasana
Bridge



Sarvangasana
Shoulderstand



Halasana
Plow

Application. Hatha yoga is such a great teacher to us as we face each new set of priorities and expectations. The great yogis have been studying for decades and yet are so humble in describing their understanding of the poses. In your own practice you may at first be drawn to those poses that come easily to you, but over time you begin to see the value of dissecting each action of the poses that were earlier thought to be beyond your capabilities. Getting to a sense of mastery requires both the mind and body to focus on the subtle actions. There is no quick fix, no express route to yoga practice. Savor each moment of the practice. Approach each action in the pose as if there is nowhere to get to and nothing to accomplish.