

Action

The three A's in Anusara yoga are: Action, Alignment, and Attitude. I find that each pose requires focus to varying levels of these principles in my practice. Progress requires an open, beginner's mind along with focused actions. John Friend, creator of Anusara yoga, describes muscular action by comparing it to a full body stocking that is like support hose. To create that effect, see if you can hug your muscles to the bones just as support hose does. As you begin in the practice, draw your energy towards the vertical midline of the body, engaging first from the toes and fingers and work on the inner spiral action of the upper thighs. Continue to work in each pose by holding for at least three deep diaphragmatic breaths. Through effort such as muscular energy, the stillness and silence gained from staying in the poses, you will become stronger, enabling greater muscle development.

Asanas



Supta
Padangusthasana
Reclining Big Toe



Eka Pada Raja
Kapotasana
Pigeon Pose



Anjanevasana
Lunge



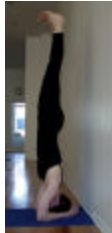
Ardha
Chandrasana
Half Moon



Virabhadrasana II
Warrior Pose



Adho Mukha
Svanasana
Downward Facing
Dog



Sirsasana
Headstand



Baddhakonsasana
Bound Angle



Urdhva
Dhanurasana
Backbend



Paschimottanasana
Intense West Stretch

Application. Combine the principles of action, alignment, and attitude as you string poses together – so that the practice flows with grace and ease. After the standing poses and you begin inversions and supine poses, continue work on the muscular actions applied in standing poses. Achieve the alignment of the shoulders and hips and hold the pose for three separate, repeating it three times.