

# Apparition

While reading *Harry Potter and the Goblet of Fire* I became fascinated with the some of the charming techniques that Harry and his colleagues used to simplify their wizard lives. As a way to disappear from one place and reappear almost instantaneously to another, the skill of apparition was very important to learn as a young wizard. To apparate oneself took a great deal of skill and even a license. There were stories of wizards that had erred in the process and splinched themselves – or left half of themselves behind. Sometimes it feels as if we are working to apparate – maybe as a way to remove ourselves from the stress of everyday life, but we often leave part of ourselves behind.

## Asanas



Adho Mukha  
Svanasana  
Dog (variation)



Prasarita  
Padotanasana  
Wide Angle Stretch



Parsvakonasana  
Side Angle Stretch  
(variation)



Parsvakonasana  
Side Angle Stretch  
(variation)



Vasisthasana  
Side Plank



Parsvottanasana  
Triangle Forward  
Bend



Virabhadrasana 1  
Warrior 1



Adho Mukha  
Svanasana  
Dog (variation)



Pincha Mayurasana  
Peacock



Maricyasana III  
Pose of Sage Marici

**Application.** I often feel as if I have splinched myself for my hatha yoga practice; the body is on the mat, but the head is miles away. I find that in my practice if I am focusing on the breath, I am fully engaged. Another tip is to take yourself into poses that require you to be fully present, such as twists or inversions. By staying with the practice, you will be able to transport yourself to your favorite place – peace and serenity in the mind.

Photos by Alyce Henson.

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