

Assimilate

It is enjoyable to witness the transformation that students go through as they deepen their yoga practice. Beginner yoga students watch closely to get the form of the pose correct. After at least a year of regular practice, I notice that there is greater ease about the form of the pose, and students begin to reflect and contemplate the subtleties of the muscular actions, and display greater understanding of the uniqueness of their body. As the student progresses, the practice and the teachings seem to merge into them. As this assimilation occurs, the teachings and practices move off the mat and into our daily life. As the student continues in the practice, I begin to notice changes that they make in their lives, and am so inspired by their creativity and wonder in assimilating and applying the teachings. I become their student..

Ansanas



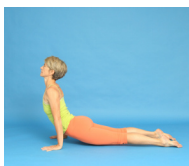
Dancing Cobra



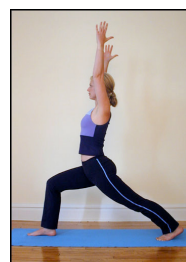
Cobra w/ interlaced fingers



Anjayenasana



Cobra



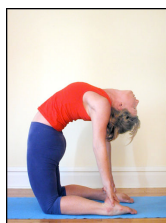
Virabhadrasana 1



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Ustrasana



Adho Mukha
Vrksasana
Handstand



Gomukhasana
Cow Face Pose



Dhanurasana



Happy Baby

Application. For the pinnacle pose, Dhanurasana, we will focus on opening the heart, and thigh stretches. Actions in “shoulder loop” need to be emphasized throughout the sequence. Strengthen the back in no-hands cobra. In lunges work and stretching the thighs. This sequence calls for limited standing poses in order to have the time to work various backbend forms kneeling and on the floor. Assimilate the actions at the end of the sequence in a long savasana.

Photos by Joel Wright and Alyce Henson.
Backbends: Dhanurasana