

Divine Contentment

For years I thought that the people in my life who always seemed at ease just came about it naturally -- they were born that way. Certainly social and environmental circumstances are part of the equation, but not the answer. I've come to realize that courage plays a big part in contentment and vice versa. There is an interesting balance...if I'm too courageous, I realize that I need to find contentment and make an effort to slow down, observe, and listen. Conversely, if I'm too content, I feel the need to develop courage, to be in action. Through the awareness and observation, I am constantly redefining the balance resulting in the divine contentment that follows.

Ansanas



3 Leg Dog



Dancing Cobra



Bhujangasana variation



Utkatasana



Virabhadrasana 1



Virabhadrasana 3



Passive backbend over block



Dhanurasana



Urdhva Mukha Svanasana



Sucirandrasana



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Application. This backbend practice focuses on building strength in the legs and back, then the sequence of poses moves to flexibility of the upper back. After working the legs in strong poses like utkatasana and virabhadrasana 1 and 3, lying over the block enables us to open the front side of the body in preparation for dhanurasana and urdhva mukha svanasana.

Photos by Joel Wright and Alyce Henson.
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