

# Duality

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Ancient art of the people of the Himalayans depict Shiva, Parvati, Lakshmi, Ganesha, Kali, Durga, Tara, and numerous other spiritual icons. While visiting a show of the art, I was captured by the detail given to each sculpture and drawing -- colors, expressions, objects being held, clothing, and stance -- essentially all features of the artwork expressed the teachings or spiritual significance. Through the detail of each piece, I thought of how the artists represent Chiti -- pure consciousness. So many hours put into such extraordinary detail, completed with such compassion that each work is an offering. When we make such an offering -- or even a simple gester such as bowing to others, we are breaking away from duality which separates us...we offer our selves and even our mundane daily actions to a higher calling.

## Asanas



Plankasana



Prasarita Padottanasana



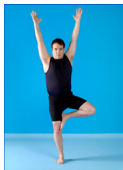
Urdhva Mukha Svanasana



Trikonasana



Virabhadrasana 1



Vrksasana



Setu Bandhasana



Dhanurasana



Eka Pada Raja Kapotasana



Supta Virasana



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Application: One of the many advantages of practicing hatha yoga with others -- whether it be a class, or when friends get together -- is that a rhythm builds in the breathwork and in the asana sequence. You have a sense of flow; a sense of the practice moving your body, rather than you forcing the action.

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Photos by Alyce Henson

For other practice sheets and a class schedule, see [www.fulcrumblu.com](http://www.fulcrumblu.com).