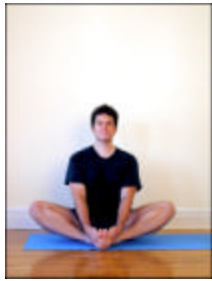


# fuhgedaboutdit

So much to do, so little time. We come to the sticky mat to leave our past behind, and return to the present, staying with the breath, and constantly disciplining the mind to focus on the action and alignment in the pose. In New Yorker's terms, we are working on the asanas to fuhgedaboutdit. Although the expression is not often used for spiritual purposes, it is so true for me in my practice – as I learn to let things go, I do forget about upsetting events in the day, and forget about all the judgments I have about my own yoga practice. As we go into the holidays there is so much to think about; expectations we place on ourselves and family and friends sometimes feel like a burden. This is the time to remember this week's theme – let go and fuhgedaboutdit.

## Asanas



Badha Konasana  
Bound Angle



Prasarita  
Padottanasana  
Extended Leg



Adho Mukha  
Svanasana  
Down Dog (var)



Parsvottanasana  
Triangle Forward  
Bend



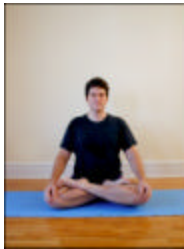
Parsvakonasana  
Side Angle Stretch



Parivrtta Ardha  
Chandrasana  
Reverse Half Moon



Upavista  
Konasana  
Seated Angle



Padmasana  
Lotus



Matsyasana  
Fish



Ardha Jathara  
Parivartanasana  
Supine Twist

**Application.** To gain mindfulness in the asanas, incorporate meditation in your practice. You can begin with a meditation, chant, or other ways to bring our attention back into the room, into your body, and to the breath. You may also incorporate meditation into your asana practice by sitting quietly before savasana (corpse pose) at the end of practice.

Photos by Alyce Henson

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