

Full Expression

So often we depend on facial expressions to give us an idea of the state of mind of our friends and colleagues. A big smile implies to us that others are filled with happiness. We are drawn to those who show such happiness. Conversely, if the eyes are down-cast and the face is expressionless, we find ourselves avoiding any interaction. In yoga it is not simply the facial muscles, but the expression that we make through the full physical form and through our actions that represent our state. At some point we learn the irrelevance of our reliance on feedback from others through smiles, frowns, and cliches we hear every day to express happiness, dissatisfaction, and other states of mind. We begin to understand our own true nature and that of others by observing the fuller expression of being. When we gain this understanding we are able to look beyond the feedback of theirs to see the potential that lies within.

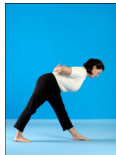
Asanas



Virabhadrasana 2



Parsvakonasana



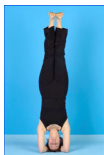
Parsvottanasana



8 Point Pose



Hasta Padangustasana



Sirsasana



Setu Banda Sarvangasana



Salabhasana



Upavista Konasana



Supta Virasana



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Application: Practice with full expression by first drawing your muscles to the bones and then radiating out from there. When you first focus attention to your core strength you develop the inner confidence to have full self expression in your yoga poses. See other lessons for your daily practice at www.fulcrumblu.com.

Photos: Alyce Henson

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