

Gratitude

As a yoga teacher was ending a short sequence the other day, he said “now thank your body for all it has done for you”. Even though I am someone who sometimes feel as if I over-use the words “thank you so much”, the teacher made me realize how seldom I thank my own body for all that it has given me. When we choose to take the time to express gratitude, awareness shifts from what is wrong, to what is right. Gratitude (in sanscrit krtajnata) is often something that I think of at the end of a shared experience — as I am about to leave a situation, I thank my friends and colleagues for being there, and then I tend to shift my mind to the next event of my day. By practicing gratitude during the experience, it seems as if the offering adds more depth and value, and allows me to become deeply immersed in the pleasure of the moment.

Asanas



Anjaneyasana
Lunge (variation)



Bhujangasana
Cobra



Plankasana
Plank



Trikonasana
Triangle



Virabhadrasana
1
Warrior 1



FULCRUM BLU

Rita E. Knorr

2847 West Palmer Street · 3

Chicago, Illinois 60647

773.252.7482 tel

773.252.2842 fax

e-mail: ritaknorr@aol.com



Adho Mukha
Svanasana
Dog (variation)



Urdhva Dha-
nurasana
Backbend



Eka Pada Raja
Kapotanasana
Pigeon



Dandasana
Staff



Hero
Virasana

Application: A practice is an offering, a form of gratitude. You can think of a person or situation you would like to give your offering to, and the practice begins to take on such meaning and depth. You begin to deepen your understanding of the poses and intensify your practice. Get some ideas for your daily practices by checking out my website, www.fulcrumblu.com.

Photos: Alyce Henson

Archive: spirit: 11.17.02