

Groupthink

Hatha yoga is a discipline to go deep inside, and discover the inner space. Through our practice of the asanas we are able to create and explore our feelings, intentions, and dreams. The French philosopher, John Paul Sartre taught us to believe that our thoughts, feelings and development of our own path makes a difference. Sartre showed us the value of not writing ourselves off, or discounting our feelings, but to constantly see the beauty and value of our own decision-making in defining who we are. As countries become engaged in territorial disputes and emotions continue to escalate and build on themselves we witness the destructive nature of groupthink — when we are unable to discriminate our thoughts and actions from the group. Yoga is a practice that enables us to constantly work on ourselves, to go deeper inside and empower our strength and courage to lead.

Asanas



Adho Mukha
Svanasana
Down Dog



Anjeyasana
Lunge



Virabhadrasana
1
Warrior 1



Virabhadrasana
2
Warrior 2



Virabhadrasana
3
Warrior 3



Natarajasana
Pose of Nataraj



Sirsasana
Headstand



Janu Sirsasana
Half Bound An-
gle



Supta Virasana
Reclined Hero



Ardha Matsyen-
drasana
Seated Twist



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Application: Your at-home practice is one of the best ways to work on Sartre's work on taking responsibility. Simply showing up with no other intention but to see the practice unfold is all that is required. Use other lessons for your daily practice; check out www.fulcrumblu.com.

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