

# Hold Your Ground

After hearing a song by James Keelaghan on the subject of holding your ground (appropriately named "Holding Your Ground"), there were many thoughts that surfaced in my head, so it became obvious that I should contemplate the subject further. To hold our ground implies both contemplation and physical action. First we contemplate the integrity, importance and relevance of the circumstance to our lives. Second, the cliché implies a specific place, whether that space be an ideal that we value as the place-holder, so to speak, or even a stance, as in tug-of-war. So often we experience friends, family, and colleagues testing our resolve to holding our ground. It can be infuriating, although very instructive. As we are challenged by different perspectives, it enables us to fortify or change the emphasis of our thoughts and path.

## Asanas



Virabhadrasana  
2  
Warrior 2



Parsvakonasana  
Side Angle



Virabhadrasana  
3  
Warrior 3



Parvrtta Trikonasana  
Twisted Triangle



Ardha Chandrasana  
Half Moon



Utkatasana



Dvi Pada Viparita Dandasana  
Backbend (var)



Bakasana  
Crane



Parighasana  
Gate



Parivrtta Janu Sirsasana  
Twisted Head to Knee



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**Application:** Holding our ground in the practice teaches us about the importance of maintaining the foundation in the asana practice. Whether the foundation is your feet, hands or head, practice maintaining a broad, grounded, steadfast stance. As you feel rooted in the poses, you will enjoy staying in the poses longer. Consult other lessons for your daily practice —go to [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos: Alyce Henson

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