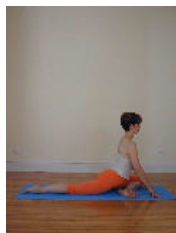


# 100% Impermanent

In a conversation the other day, a group of yoga students were sharing how they are constantly faced with lessons in life about letting go. Some times it is so difficult to let go. During a growth and development seminar, the trainer took us through several exercises to understand how detachment provides us with such freedom as we begin to see our actions as empty and meaningless. Our ability to see the impermanence of our actions, state of mind, and in communication with others gives us a sense of rejuvenation. As we go through changes – we find all sorts of practices to support our state – we move furniture to enable us to change our space so that as we change, so does the environment around us.

## Asanas



Eka Pada Raja  
Kapotasana  
Pigeon



Prasarita  
Padottanasana  
Standing Bend



Parsvakonasana  
Side angle Stretch



Parsvakonasana  
Side Angle (var)



Virabhadrasana 2  
Warrior 2



Anjaneyasana  
Lunge (var)



Hanumanasana  
Split



Bakasana  
Crow



Janu Sirsasana  
Half Bound Angle



Savasana  
Corpse

**Application.** Notice the changes that the body constantly undergoes as you practice. Change your practice routine regularly as you observe those body changes. If you have been practicing the same routine over and over again, your mind dulls, and it is difficult to become absorbed in the asanas, and find the freshness in your practice.

Photos by Alyce Henson

Inspired by Krista  
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