

Intention

The practice of Siddha Yoga meditation teaches to set an intention for all our actions. Make it a point to set an intention for all your hatha yoga practices. You will begin to see such a difference in the way that you practice and perform the poses – you will notice increased focus and attention. One of my friends always starts her yoga class with a request that the students to set an intention for the class. What a good practice to develop for yourself. My own experience is that setting an intention enables me to keep the sensations of the practice longer. As events unfold after the class, I am able to keep the feelings of serenity and quietness in my mind. As all the unplanned but inevitable events arise that would ordinarily throw me off, I'm able to observe, respond, and then proceed. Without the practice of setting an intention, I find myself reacting to the first event that throws me out of the state of composure that the practice gave me. It is hard to find that intention without listening to the heart, so our practice focuses on the heart chakra area to enable opening to the grace of your own intentions.

Asanas



Parsvokonasana
Side angle stretch



Bhujangasana
Cobra



Parsvottanasana
Triangle Forward Bend



Vasisthasana
Side Plank Pose



Bakasana
Crow



Ustrasana
Camel



Urdhva
Dhanurasana
Backbend



Gomukhasana
Cow face pose



Janu Sirsana
Half Bound Angle



Ardha Jathara Parivartasana
One Leg Floor Twist

Application. In hatha yoga practice we want to encourage and train our bodies to release old habits and start from the beginning, losing the preconceptions of the past and embracing new disciplines, teachings, feelings and emotions. Watch how children react when they are learning something new. You'll see the freshness and new opportunity in their learning behavior, as they open their hearts and minds to another adventure. As adults we often see that shoulders reflect the turning inward and rigid behavior, representing years of protecting ourselves. In practice work on opening the heart by first engaging the muscles of your upper arms. Take the tops of your arms back so that the shoulder blades lie flat on the back; turn the upper arms out. You will notice the expansion and you begin to appear open and invigorated.