

Jnana Yoga—Wisdom

There are eight branches of yoga. Hatha yoga is the branch that is most popular —it is the yoga of physical discipline. But the other branches are not known as well, in our western culture, and certainly not studied by many yoga students. The other branches include Bhakti (devotion), Guru (dedication to a master) Jnana (wisdom) Karma (transcending actions) Mantra (sound), Raja (Royal) and Tantra (continuity). Of all the branches, it is the yoga of wisdom that is so compelling yet so elusive to me. Jnana yoga enables us to attain the realization of the Self. In order to do that, the ego must be balanced and in harmony. Meditation and contemplation enable us to know the Self by disengaging us from a sense of importance nurtured by our ego. Through discrimination, we are able to understand what is true and lasting, and gives us the power to chose with wisdom.

Asanas



Parsvakonasana
Side Angle
Stretch



Prasarita Padot-
tanasan
Wide Angle



Parsva An-
jeeyasana
Twisted Lunge



Virabhadrasana
2
Warrior 2



Navasana
Boat



Pinca
Myerasana
Peacock



Bakasana
Crow



Dhanurasana
Bow



Gomukhasana
Cow Face



Ardha Jathara
Parivartasana
Supine Twist



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Application: So often I have goals in my yoga practice — that I want my body to perform a certain asana, and look like as good as the models in the publications, or as good as my teachers in those poses. I see that my ego really drives the practice. I find that the true learning of the asana occurs when you contemplate the actions of the poses, and break down the steps one-by-one, and drop the attachment to the final form. Use other lessons for your daily practice -- www.fulcrumblu.com.

Photos: Alyce Henson

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