

## Karma Yoga

This month *Yoga Journal* honored those that practice karma yoga – the path of action – those that have made the effort to change the world through their actions. Action in yoga asanas represents engaging in muscular energy, but in karma yoga we engage in actions simply because work needs to be done, not because we are interested in the rewards or satisfaction of the work. Those receiving karma awards had worked in disasters, created orphanages, and prison reform. All have given their service selflessly in this spiritual work.

### Asanas



Virasana  
Hero



Eka Pada Raja  
Kopatasana  
Pigeon (Var)



Adho Mukha  
Svanasana  
Down Dog



Vrksasana  
Tree



Vasisthasana  
Side Plank



Plank



Adho Mukha  
Vrksasana  
Handstand



Supta Virasana  
Reclined Hero (var)



Paschimotanasana  
Intense Forward  
Bend



Gomukasana  
Cow Face Pose

**Application.** One friend reminded me of a simple way to take karma yoga into your practices: teach others what you have learned in your hatha yoga practice. Karma yoga calls on us to offer our seva, our selfless service to our community. When we provide our actions with devotion, we are able to take the teachings of our practice into the community.