

# Karma Yoga – Yoga of Action

Newton's news over 300 years ago that "every action has an equal and opposite reaction" was no news to yogis at the time. For many hundreds of years before, lessons learned about karma action from Lord Krishna urging Arjuna into action in the Bhagavad Gita had served as inspiration. Anusara yoga uses three A's to remind us of principles to follow in practice: Action, Alignment, and Attitude. Progress requires the open attitude of a beginner's mind along with energetic physical actions. Muscular energy is created by drawing your muscles inward to the bones. Once the muscles are engaged, draw your energy towards the vertical midline of the body. Engage first from the toes and fingers. The combination of muscular energy along with stillness and silence gained from longer holds in the asana enable you to become stronger, and provide for **greater muscle development**.

## Asanas



Supta  
Padangustasana  
Reclining Big  
Toe



Anjaneyasana  
Lunge



Adho Mukha  
Svanasana  
Downward Dog



Vaisthasana  
Side Plank



Ardha  
Chandrasana  
Half Moon



Virabhadrasana  
2  
Warrior 2



Adho Mukha  
Vrksasana  
Handstand



Virasana  
Hero (variation)



Supta Virasana  
Reclined Hero



Paschimottana-  
sana  
Seated Forward  
Bend



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Application: One simple way to take karma yoga into your practice is to teach others what you have learned in your hatha yoga asana classes and 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. You can use this sequence of poses, or try others located on my website: [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos: Alyce Henson

Archive: mindfulness: 11.24.02