

Perfection - Purnata

I came from a hatha yoga tradition that places such a high value on alignment that I never really understood how fun my hatha yoga practice could be. Classes included descriptions of where my left kidney, inner groin and greater trochanter should be in each asana filled. The idea that I could have fun in my hatha yoga practice never really entered my mind. I was under the impression that I needed to be far more discriminating of my actions in the poses. After many years I came to know that hatha yoga can be fun. The other day a friend gave me a tip; "just have fun with it". It was a great relief. I didn't have to have perfect alignment; keep the principles active, but fun was the objective. His tip was so liberating — no longer was my head filled with unworthiness and thoughts of imperfection; I could see that the sense of perfection — purnata is always part our practice.

Asanas



Baddha
Konasana
Bound
Angle



Virabhadrasana
1
Warrior 1



Virabhadrasana
variation
Warrior 1



Virabhadrasana
3
Warrior 3



Hanumanasana
Split



Sirsasana
Headstand



Upavista Kona-
sana
Wide Angle



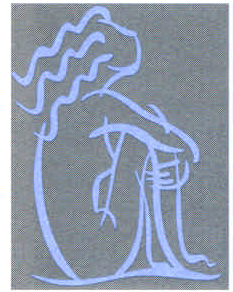
Setu Banda Sar-
vangasana
Bridge



Sarvangasana
Shoulder Stand



Halasana
Plough



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Application: This practice sheet includes asanas that I have often struggled with — asanas that give me great feedback in seeing how active my judging mind can be as I work on the poses. This week practice some poses that trigger thoughts of unworthiness, not being good enough, and imperfection in the pose. See if you can create that sense of purnata in your practice. To see other lessons for your daily practice -- www.fulcrumblu.com.

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