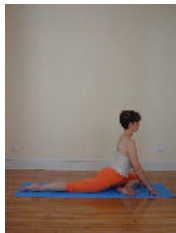


Saraswati

There have been many celebrations of Saraswati, the goddess of speech, learning, culture, and wisdom. When I read about a recent celebration, I thought of qualities of people that are smart and have creative powers of speech. Those that honor cultural traditions know that the power of sound – be it spoken or sung – is one path to pure consciousness, to knowing the self. Similarly, articulate speech enables us to bind together in community. As we refine ourselves, it is said that Saraswati is watching over our every thought. When we pause, reflect, and silence our mind of its constant chatter, we are able to access the power to nurture, purify and inspire our speech and thoughts.

Asanas



Eka Pada Raja
Kapotasana
Pigeon



Prasarita
Padottanasana
Standing Bend



Parsvakonasana
Side angle Stretch



Parsvakonasana
Side Angle (var)



Virabhadrasana 2
Warrior 2



Anjaneyasana
Lunge (var)



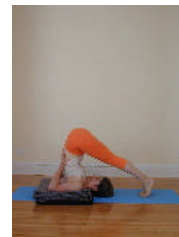
Dandasana
Staff Pose



Sirsasana
Headstand



Sarvangasana
Shoulder Stand



Halasana
Plough

Application. To access the powers that Saraswati represents, I focus on stilling the mind but through softness and grace. Pause in your actions and speech. Pauses in hatha yoga practice allow you to focus on the breath. Before you hold the final pose, soften the breath, soften the mind, to cleanse your attitude and open to grace.

Photos by Alyce Henson

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