

# Shauca

Niyamas are practiced by yogis to observe self discipline in our actions. Purity, or shauca is an important aspect of cleansing our environment and our selves. All practices of yoga — whether it is breath work or pranayama, the physical form (hatha yoga), or the spiritual form (raja yoga) are all about creating mind/body purity in the practice so that we can all radiate from the inside out. We can start with the simplest aspects of shauca — coming to the sticky mat with the mats lined up and our body and clothes fresh and clean. During the day we can rejuvenate ourselves with good food. And at night, refresh and purify the mind and body with a good cleansing rest. Off had I can think of many yogis that practiced shauca every day...they are always neat and clean, and all their belongings seemed organized and fresh. Just being with friends that practice shauca makes me feel radiant.

## Asanas



Anantasana



Eight Point Pose



Vasisthasana



Bhujangasana prep



Dhanurasana



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Sirsasana  
Prep only



Goddess  
Warrior



Trikonasana



Parsvottanasana



Janu Sirsasana

**Application:** Practice with a specific intention enables me feel radiant, but of course, that requires that the environment, and the surroundings are clean and honor my practice. I like to have a clean floor, recently cleaned mat, and sit for a moment with my intention first; the clarity is a purifying practice in itself.

Photos: Alyce Hensen

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