

Spring Cleaning

The other day I looked at my closet and decided to throw out a bag full of items. Spring is a wonderful time to plan regular trips to donate all of your unused items. I've often heard others say what a wonderfully soul-cleansing activity it is to clean out the closet. As I select the items that haven't been worn in the past year, or have gone out of style, I often have judgments about my wasteful expenditures, or lack of thoughtfulness about the items purchased and saved over the years. But it has been a good lesson for me. Just as we hold on to possessions, we also hold on to behaviors and thoughts – called samskaras. We find that the samskaras often have a controlling effect on our lives. Just as we clean our closets, it is equally important to clean the body and mind.

Asanas



Virasana
Hero



Anjaneyasana
Lunge
(variation)



Uttanasana
Twist Variation



Parsvakonasana
Side Angle Stretch
(variation)



Setu Bandha
Sarvangasana
Bridge



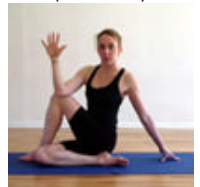
Parsvottanasana
Triangle Forward
Bend



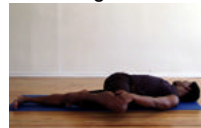
Parsva
Padangusthasana
Twist/Reclined Big
Toe Posture



Gomukhasana
Cow-face pose



Ardha
Matsyendrasana
Seated Twist



Ardha Jathara
Parivartanasana
Supine Twist

Application. A good friend and great yoga teacher reminded me about how he changes his yoga practice with the seasons and even in response to various weather patterns. Every spring he cleanses his body with a good detoxification program through incorporating twists into his practice. Twists stimulate the organs and balance right and left hemispheres, to enable greater mental and emotional balance. If you work at a desk during the day you can even incorporate twists by sitting sideways on the chair; place your hands on the back of the chair to use your arms to put you in a fuller twist. Remember to twist from the belly first; head and neck are the last to twist.