

# Take it with you

Often we think about holding on to special experiences — they feel so good that we just can't imagine not having that experience or person or surrounding in our lives. In yoga practice we offer our asana as if it is a service, and set aside our personal motivations — such as how we feel after a practice. Instead, we work to make the practice and all of our actions and daily pursuits to transform our experience so that the actions deepen our relationship with our self. If we think of the service (or seva — a spiritual offering that we give selflessly), and begin to foster an attitude of nonattachment in our actions, we find tangible ways that we can take the gifts of yoga increasingly into our lives. How important our work is to us. If we learn to take the attitude that we cultivate in yoga with us into our working life and make our actions an offering, we not only nurture ourselves, but also uplift others.

## Asanas



Parsvakonasana  
Side Angle  
Stretch



Virabhadrasana  
1  
Warrior 1



Virabhadrasana  
2  
Warrior 2



Virabhadrasana  
2 (variation)  
Warrior 2



Virabhadrasana  
3  
Warrior 3



Parvrtta Trikonasana  
Twisted Triangle



Hasta Padangustasana  
Extended Toe



Garudasana  
Eagle



Parvrtta Janu  
Sirsasana  
Twisted Bound  
Angle



Paschimotanasana  
Seated forward  
bend



FULCRUM BLU

Rita E. Knorr

2847 West Palmer Street · 3

Chicago, Illinois 60647

773.252.7482 tel

773.252.2842 fax

e-mail: ritaknorr@aol.com

**Application:** In anusara yoga, we offer our practice of hatha yoga to a higher good, just as our work is an offering. Without attachment to the outcome, the asana sequences that we do as a routine practice change from labor and obligation to the state of offering that deepens our awareness of the practice and ourselves. To find other lessons to get ideas for your daily practice go to — [www.fulcrumblu.com](http://www.fulcrumblu.com).

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