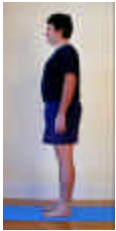


Tapas

Yoga International included an article by George Feurstein, an authority on yoga spiritual practice which described the history of the word yoga through the word tapas. Tapas literally means heat, both outside and inside. Certainly Bikram yoga has shown many how to generate the heat outside, but for me, the richest lessons come from the internal heat gained through the practice of austerities. Feurstein says that tapas cause us to “stew in our own juices”, which creates necessary energy for changes in our lives. Organizational development specialists, life coaches and others that work on motivational training techniques often create practices to enable us to keep moving, and therefore cultivate ways to create anxiety. In hatha yoga the practices enable us to gain insight through our daily experiences so that the power of tapas enable our continued growth and development..

Asanas



Tadasana
Mountain



Anjaneyasana
Lunge (variation)



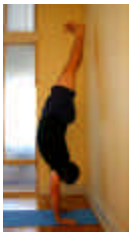
Virabhadrasana
Warrior 2



Parsvakonasana
Side Angle
Stretch



Trikonasana
Triangle



Adho Mukha
Vrksasana
Handstand



Baby Cradle



Salabhasana
Locust



Supta Virasana
Reclined Hero



Setuband-
hasana
Bridge



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Application: When you are blocked on a project, choose some asanas that enable you to regenerate and rejuvenate. Inversions and backbends are a great way to re-direct your mind, to see things different. If the setting doesn't lend itself to that, work on the breath as you sit or walk.

Photos: Alyce Henson

Archive: mindfulness: 3.31.02