

Tarzan's Tonsillitis

Although Alfredo Bryce Echenique's book, *Tarzan's Tonsillitis* gives no indication of providing a profound lesson on detachment from the ego, its compelling title has prompted many contemplations of the ego. After all, what would Tarzan do, and where would he be without his voice. No identity. My teacher, John Friend frequently reminds his students that we need to start each asana practice fresh, as if we have never done yoga before; with a beginners mind. In the newness, the freshness, we are able to see opportunities and be creative in the way we approach the practice. An so it is with the ego. When we are able to let go of the "I" and the "I am" in our daily life, we can let go of the various self-limiting thoughts and doubts in our mind and become our true self.

Asanas



Trikonasana
Triangle



Parsvakonasana
Side Angle



Virabhadrasana
1
Warrior 1



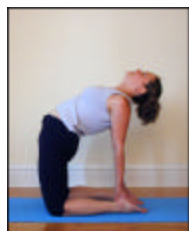
Virabhadrasana
2
Warrior 2
(variation)



Hasta Padangustasana
Hand/Toe Extension



Utkatasana
Seated Power



Ustrasana
Camel



Virasana
Hero (variation)



Janu Sirsasana
Side Angle



Supta Virasana
Reclined Hero



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Application: In our daily hatha yoga practice, the lesson of detachment from our asana is a constant reminder of the need to start all over, to start fresh in the practice. We work to make each practice new, as if we have never done the pose before. To see other poses and sequences for your asana practice -- www.fulcrumblu.com.

Photos: Alyce Henson

Archive: freedom 8.18.02