

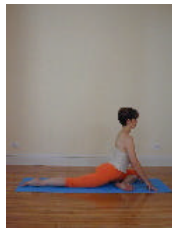
Time is Money

I grew up with many clichés that were repeated again and again in my family – and as an adult I’ve often struggled with the “lessons” implied by the clichés. I’ve found that one of the biggest obstacles that I have to practicing hatha yoga meditation, meditation, reading for fun, and taking it easy is the notion that we should be productive during our waking moments. Time is money is one of the clichés that I have held on to as a truism in life. When I get busy with professional activities, hatha yoga, meditation, and other spiritual practices are the first things to get removed from my schedule. I find myself very caught up in our western perspective and ego gratification that is often associated with busy-ness in life. Those activities that we do in our busy state are typically related to some sort of outcome or gain. In hatha yoga there is no gain or outcome in our activities. There is no measure for success. We simply continue the practice to uncover what has always been there.

Asanas



Adho Mukha Svanasana
Down Dog (var)



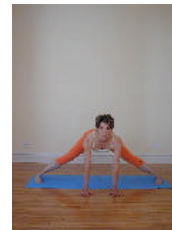
Eka Pada Raja Kapotasana
Pigeon



Parsvakonasana
Side angle stretch



Parsvakonasana
Side angle stretch (var)



Prasarita Padottanasana
Wide leg stretch



Virabhadrasana 2
Warrior 2



Pinca Mayurasana
Peacock



Maricyasana
Marici Posture



Navasana
Boat



Paschimottasana
Intense West Stretch

Application. A regular, alert, and enduring practice enables us to stabilize the mind. Poses in this practice call for attention – it is hard for the mind to wander if we are working at going deeper in the pose. All of the poses require a combination of strong muscular action along with your own deepening appreciation of the effectiveness of grace and ease. Surrender to the pose through your own alertness and breath control.

Photos by Alyce Henson.