

# Vairagya — Non-attachment

According to the yoga sutra, yogis gain mastery and self-control through methodical practice and purification. Sutra 1.12 says “abhyasa-vairaghyabhyam tan-nirodhah”; control through practice and non-attachment.. We spend a great deal of time coordinating things so that we can schedule our regular asana practice, and steadily we accomplish a sense of control or mastery (nirodhah). We work to attain a mastery over the samskaras that we have developed. Samskaras often represent our attachment with past actions, and past impressions. It is because of these samskaras that we have misunderstandings of past experiences, anxieties, and fears. Those misunderstandings influence our interpretation of new experiences, As we work on our spiritual practice and gain the discipline required for daily practice and dispassion, we are able to cleanse ourselves of the samskaras.

## Asanas



8 point pose



Parsvakonasana  
Side Angle  
Stretch



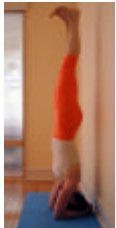
Virabhadrasana  
2  
Warrior 2



Virabhadrasana  
3  
Warrior 3



Parivrita Ardha  
Chandrasana  
Twisted Half  
Moon



Line 1  
Line 2  
Line 3



Badha Kona-  
sana  
Bound Angle



Salabhasana  
Locust



Virasana  
Hero



Sarvangasana  
Shoulderstand



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**Application:** *Yoga International* is a bi-monthly yoga magazine that has a series on the yoga sutras. Since the words are not familiar to us, they have provided the correct pronunciation on their website: [www.yiextra.org](http://www.yiextra.org). To use other lessons for your daily practice check out my website at [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos: Alyce Henson

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