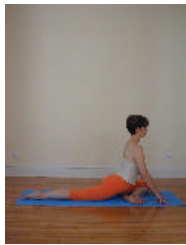


wabi-sabi

In the Japanese culture, wabi-sabi -- the combination of perfect and imperfect -- makes things complete. A friend and astute observer of Japanese culture explains wabi-sabi by describing the tradition of tea ceremonies. At the ceremony, guests discuss the perfections and imperfections of tea cups created by master ceramicists. The cups achieve a sublime beauty through a combination of perfect and imperfect color, materials, and textures. Once explained, the art of imperfection that wabi-sabi represents can be seen everywhere. I now savor a peaceful sunset while the Palmer Square neighborhood erupts with car horns and screaming kids. Wabi-sabi. I now appreciate a friend's hip, retro green sofa that is held up on one side by bricks. Wabi-sabi. I now have an appreciation of "my version" of yoga poses after viewing stunning magazine shots of the poses.

Asanas



Eka Pada Raja
Kapotasana
Pigeon



Parsvakonasana
Side angle Stretch



Vasisthasana
Side Plank



Ardha
Chandrasana
Half Moon



Vrksasana
Tree



Parivrrta Trikonasana
Twisted Triangle



Navasana
Boat Pose



Upavista Konasana
Wide Angle
Forward Bend



Dhanurasana
Bow



Padmasana
Lotus

Application. Practice with the intent that all your poses are perfect. Your mind may start evaluating the quality of the poses, but as you begin to see the qualities of in all of the actions, your understanding of a practice that is right for you begins to emerge. See how the uniqueness of your physique and muscular actions play out in the practice – observe and enjoy the wabi-sabi moments as you explore the poses with a greater awareness.

Photos by Alyce Henson

Archive: Freedom 2.17.02