

Wake Up

Gurumayi Chidvilasananda recently held a program and focused on the topic of the different interpretations of waking up. Children at the program shared that their experience of waking up were primarily related to the moments between the sleep state and the in-action state in our mornings. When swamis shared their understanding of what it is to wake up, the discussion began to focus on far more elevated states – wherein the mind is fully engaged and the body is aligned with the mind, or vice versa. Swami Alakshananda, someone that I was able to enjoy many hatha yoga practices with in India and in New York shared that “waking up” for hatha yogis includes alignment that we get with inner courage.

Asanas



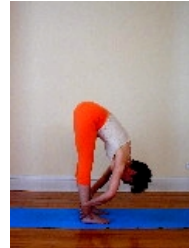
Virabhadrasana 2
Warrior 2



Parvotanasana
Triangle Forward Bend



Bhujangasana
Cobra



Uttanasana
Standing Forward Bend



Parsvakonasana
Side Angle Stretch



Natarajasana
Nataraj pose (var)



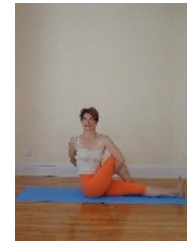
Sirsasana
Headstand



Urdhva
Dhanurasana
Backbend



Virasana
Hero



Maricyasana III
Marici's Pose

Application. We will be practicing the shoulder loop for this class. In Anusara yoga practice, the major loops are located in the shoulder, kidney, and pelvic area. The shoulder loop involves an energetic external rotation of the upper arms and enables the heart to open and expand as the shoulders draw close to one another, and the muscular energy draws toward the waistline. The shoulder loop is especially important in practicing backbends. Since our theme is waking up, you will notice the importance of backbends in keeping your mind alert as well!