

# Surya Namaskara A

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These movements have been since I attended my first yoga class in 1999

Surya Namaskara or Sun Salutations are the bread and butter of my practice.

It is the default sequence of movement my body falls into.

It feels restful and challenging.

It feels familiar but also new.

It wakes up my body and my awareness.

It makes me feel home.

It guides me through forward bends, back bends, strength, stamina and flexibility.

It connects me with my breath, and focuses my mind

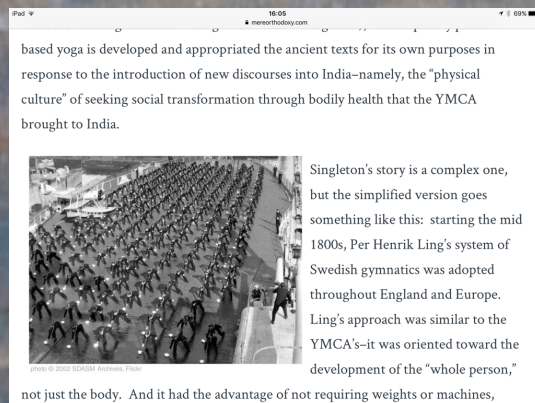


Will Sun Salutations make me feel or look masculine?

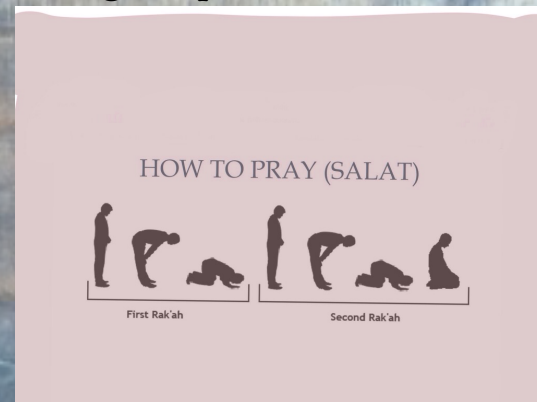
I feel ambivalent...

What are the traditions and purposes of these movements ?

Am I simply doing Scandinavian gymnastics?



I don't feel like my yoga practice is a religious practice





# Urdhva Dhanurasana



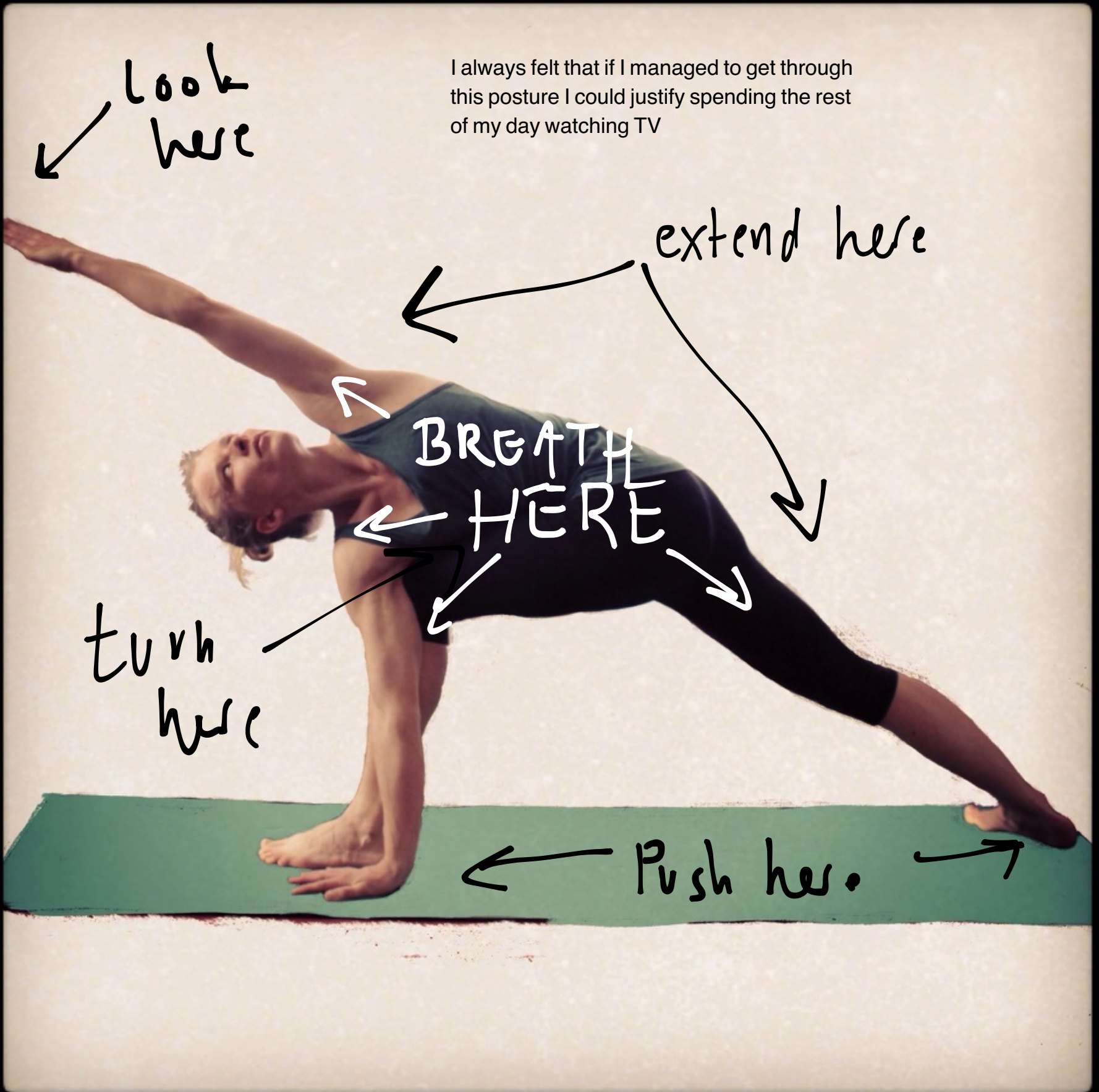
The barometer for my mood, my digestion, my sleep pattern and my general state of being.

On a good day I drop into wheel from standing, my back is loose and my heart is open. The posture leaves me feeling elated and energised and I feel like I can take on the world.

On a difficult day my back and my shoulders are so stiff I can hardly lift up and the posture drags me down and reminds me of my mortality



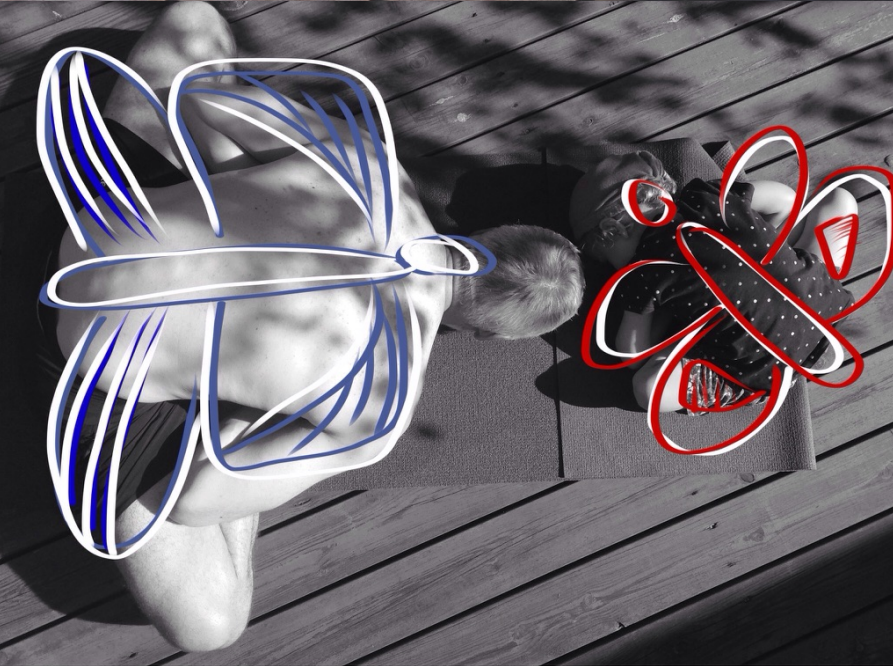
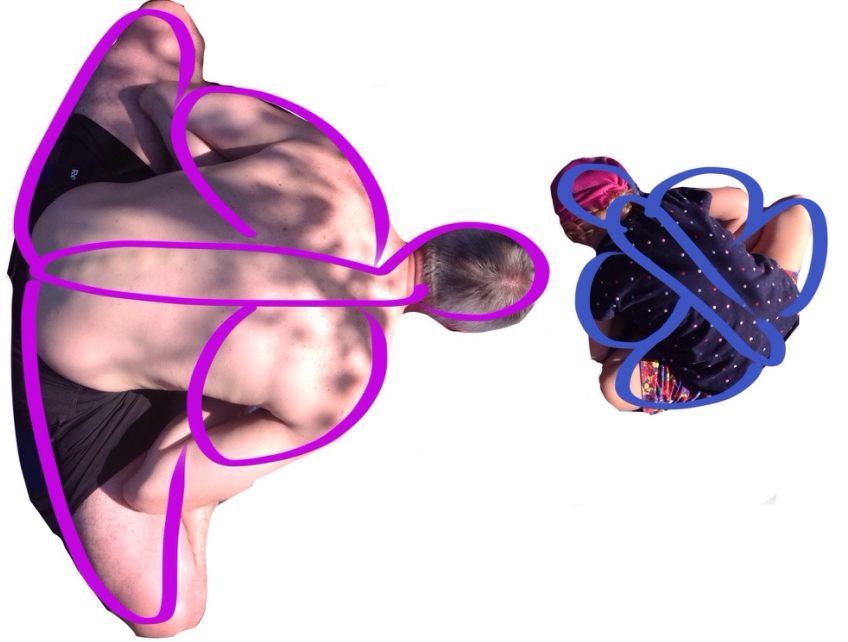
# Parivrtta



# Parsvakonasana



# Paddha Konasana



The classic Hatha Yoga posture that, when performed well, looks as elegant and featherlight as the posture name implies. This is how my child sits when she plays and this is the position in which I picture the ultimate enlightened yogi. I imagine that I would reach eternal bliss if I could effortlessly slip into this posture like my two family members above...



# Sir Sasama



The posture I hope to be able to do for the rest of my life





Richard Freeman:  
One consistent thread within all schools of yoga is that the process is initiated through a deep, visceral understanding of impermanence ( . . . ) the realisation of the truth of impermanence,[is] an opportunity to recognise the fact that when we die, we are not alone. All of us are dying; it's not as if everyone else is going to be staying and having a good time, carrying on and partying for all eternity  
The Mirror of Yoga

BKS Iyengar  
Sava or Mrta means a corpse. In this asana The object is to imitate a corpse. Once life has departed, the body remains still and no movement is possible. By remaining motionless for some time and keeping the mind still while you're fully conscious, you learn to relax. This conscious relaxation invigorates and refreshes both body and mind. But it is much harder to keep the mind than the body still. Therefore, this apparently easy posture is one of the most difficult to master.  
Light On Yoga

Judith Hanson Lasater:  
Begin by slowly inviting the inhalation to move more deeply into your body. Do this by lifting your ribs slightly and spreading your lungs. Let the air come to you. As you inhale, imagine that the breath breathes you. Follow the inhalation with a soft focus on the exhalation. Feel your diaphragm, lungs, ribs, and muscles of respiration contracting to press the breath out in a steady and focused stream. When your exhalation is finished, breathe several normal cycles of inhalation and exhalation. Relax and Renew

T. S. Eliot quoted by David Swenson:  
At the still point of the turning world.  
Neither flesh nor fleshless.  
Neither from nor towards,  
at the still point,  
there the dance is.  
Where past and future are gathered.  
Neither movement from nor towards,  
Neither ascent nor decline.  
Except for the point, the still point  
Ashtanga Yoga - The practice Manual

Maria Kapsali:  
"To inhabit what is otherwise called the corpse posture? I remember Dorinda Hulton talking about Savasana in relation to King Lear's line when he re-enters holding Cordelia's body: 'I know when one is dead, and when one lives; She's dead as earth'. Dead as earth. Dorinda observed that the earth is fully alive, there is nothing dead about it. Maybe something similar is happening with Savasana? Maybe our conviction that we know when one is dead and when one lives become a little bit unsettled?  
Two Trainers Prepare 25 September 2017

# Savasana