

## WISDOMROOTS YOGA MONDAY JANUARY 31, 2011

### WARM-UPS REVIEW:

- **DOWNWARD DOG: SPINE LENGTHENING ACTIONS: LIFTING TAILBONE, SENDING HIPS UP AND BACK, LIFTING AND SPREADING THE SITS BONES, EXTERNALLY ROTATE THE ARMS TO BRING THE SHOULDERS ONTO THE BACK BODY AND MAKE SPACE IN THE ARMPITS**

### YAMAS/NIYAMAS:

- The Yamas include:
  - **Ahimsa ~ Nonviolence**
  - Satya ~ Truthfulness
  - Asteya ~ Nonstealing
  - Brahmacharya ~ Nonexcess
  - Aparigraha ~ Nonpossessiveness
- The Niyamas include:
  - Saucha ~ Purity
  - Santosha ~ Contentment
  - **Tapas ~ Self-discipline/Heat**
  - Svadhyaya ~ Self-study
  - Ishvara Pranidhana ~ Surrender
- **Tapas**
  - Fire, Heat, Enthusiasm
  - Discipline
  - "What we discipline is not our 'badness' or our 'wrongness.' What we discipline is any form of potential escape from reality."  
-Pema Chodron, Tibetan Buddhist Abbot of Gampo Abbey
  - We can use tapas, that fire and enthusiasm to stay in the moment.
  - It takes heat to burn away old habits and to melt away obstacles.
- **Ahimsa**
  - Compassion, nonviolence towards self and others in thoughts, words, and action
  - The body is not the slave of the mind.
    - Listening to the body
    - Eating as an act of compassion
  - Compassionate thoughts
    - You are OK where you are, it is different every day
    - Nonjudgmental Observation
    - Compassionate Awareness

### SUSTAINED POSTURES:

- **TO CREATE HEAT**
- **INCREASE MUSCLE STRENGTH/ENDURANCE/TONE**
- **CREATE FOCUS**
- **STOKE THE FIRE OF TAPAS**
- **PRACTICE COMPASSIONATE AWARENESS**
- **PRACTICE NONJUDGMENTAL OBSERVATION**
- **GOOD POSTURES TO SUSTAIN FOR MUSCLE HEAT: BOAT, UPWARD BOAT, CHAIR, GODDESS, PLANK (OR KNEES PLANK), BRIDGE, YOGA MUDRA**
- **AFTER THE SUSTAINED POSTURE, YOUR BODY MAY CALL FOR ANOTHER POSTURE (COUNTER POSE) OR IT MAY CALL FOR MOVEMENT. GIVE YOUR BODY PERMISSION TO MOVE HOWEVER IT WANTS TO. WHATEVER IT SAYS IS RIGHT, HONOR YOUR BODY'S WISDOM.**