

Loops

In earlier lessons we have studied and practiced the spirals – with special emphasis on the inner spiral of the thighs, and external spirals of the shins. Similar to the actions of the spirals in the legs and arms, loops that are contiguous to one another go in opposite direction to balance the movements. As you practice the poses, balance the strong actions of the spirals, and begin to increasingly engage the muscles supporting the spine. In Anusara Yoga practice, we apply the concept of loops – which are energetic cycles going up and down the body to strengthen the spinal alignment in the asana.

Asanas



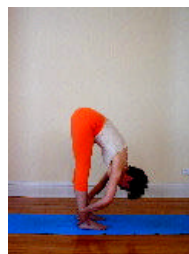
Virabhadrasana 2
Warrior 2



Virabhadrasana 1
Warrior 1 (var)



Virabhadrasana 1
Warrior 1



Uttanasana
Standing Forward
Bend



Parsvakonasana
Side Angle Stretch



Adho Mukha
Svanasana
Dog (var)



Pincha Mayarasana
Peacock



Gomukhasana
Cow Face Pose



Baddha Konasana
Bound Angle



Maricyasana III
Marici's Pose

Application: Practice the correct physical actions to strengthen your poses using kidney and pelvic loops. In Anusara yoga practice, the pelvic loop calls for drawing the tailbone down, and then lifting the lower abdomen up. The kidney loop takes an opposite rotation; starting behind the navel, lift the kidneys energetically up, then expand the floating rib area; the loop then comes forward and down toward the navel and then back to the spine to close the loop. Application of the kidney and pelvic loops is especially valuable for those that experience low back pain.