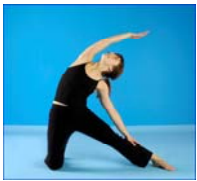


Contentment—Santosa

After an hour and a half practice, I often feel as if I have not reached the state of true contentment until savasana — the corpse, or relaxation pose. I come out of savasana slowly so as to hold that state of contentment, because my mind seems so at peace and clear at that time. What often prevents our minds from achieving the state of contentment is fear. Often the fear is when we are confronted by someone who is different from us. Instead of seeing our differences, we can begin to see others the same as ourselves so that we do not experience the fear. If we insure ourselves with the divinity of the self, fears will leave us and we will not be frightened of the unknown, or different experiences. We will be able to find the contentment — the true bliss of our daily experiences.

Asanas



Parighasana



Parsvakonasana



Parvrtta
Uttanasana



Parsvottanasana
Add handstand
w/ back leg
strong



Vrksasana-
Add twist



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Prasarita—
Then twist in
pose



Trikonasana



Parvrtta
Trikonasana



Supine Twist



Parvrtta Supta
Padangustasana

Application: Hatha yoga is one of many practices that spiritual teachers have taught as a way to quiet the mind to reach that point of santosa—true inner contentment. In order to fully gain the benefits of quieting the mind for practice, you may wish to do the anusara invocation, listen to a chant, sit quietly for meditation, or even ensure that you have clean clothes and a clean practice area as a way to prepare your mind and body for a practice. Find the invocation & other lessons on www.fulcrumblu.com

Photos: Alyce Hensen & Joel Wright

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