



STRENGTH
BALANCE
EQUANIMITY



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Structure

Month 1 Homework

Body

Become familiar with the human skeleton. Learn the major bones and in your own body examine their range of motion.

Asanas

Read the instructions from *Light on Yoga* and *Gem For Women* for the following asanas. Based on your reading and practice, distill these instructions down to their essence. Briefly, what are the most important actions?

Tadasana
Prasarita padottanasana
Padangusthasana
Padahasthasana
Utkatasana

More generally, think about what these asanas have in common and how they differ.

Mind

Yoga, or union, is discovered by bringing our attention to the relationship *between*. To do this, the practice emphasizes the dynamic relationship between opposites, more commonly referred to as duality. Observe this general theme in your asana practice and in your life.

Sutras

Read all the sutras, avoiding or minimizing the commentary, in order to get a general sense of the structure of the ideas. If time and interest allow, read more deeply in order to create a synopsis. If you do not have time to do a synopsis of all the sutras, then focus on the Sadhana Pada, the chapter we will be working most closely with this session.

Breath

Recline with the spine and head supported. Without deliberately altering your breath, observe the inhalation and exhalation. Observe how the diaphragm and intercostals work to create your breath. Keeping a breathing journal can be a wonderful aid in this subtle investigation.