



STRENGTH
BALANCE
EQUANIMITY



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Structure

Month 2 Homework

Body

Observe the joints in all asanas, focusing on ankles, hips, lower ribs (diaphragm), shoulders, and the base of the skull. Where are they? Observe the symmetry of weight and placement.

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?

Trikonasana

Virabhadrasana II

Parighasana

Ardha Chandrasana

Parsvakonasana

Vrksasana

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.

In your own asana practice, observe the relation between rajas (the quality of energy and change) and tamas (the quality of stability and inertia). The Sutras teach that as these energies are consciously balanced, the quality of sattva (illumination) develops. What do you learn from your personal experience with these basic qualities of nature?

Sutras

Read the Sadhana Pada to gain a sense for its content and organization.

Breath

Continue your gentle exploration of your normal breath. Also, spend some time observing the exhalation. At the end of the exhale, pause for a moment and wait until you feel your body soften to invite the inhalation. Mr. Iyengar says this moment is a savasana for the heart. Is that your experience? Let the inhalation come freely. Keeping a breathing journal can be a wonderful aid in this subtle investigation.