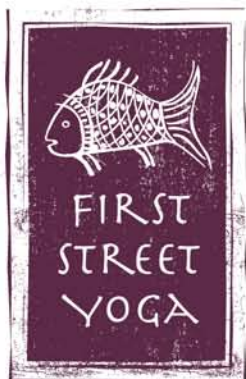


Structure

Month 3 Homework



STRENGTH
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Body

Continue to 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.

To take your awareness toward the subtle body, pay particular attention to the relationship between hips (pelvic floor), lower ribs (diaphragm), shoulders (base of throat) and base of the skull. These concrete physical points determine where the chakras are. As you bring them into meaningful relation, can you feel the change in energy in your body?

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?

Virabhadrasana I

Gomukhasana (arms only)

Virasana & Parvatasana

Parsvottanasana

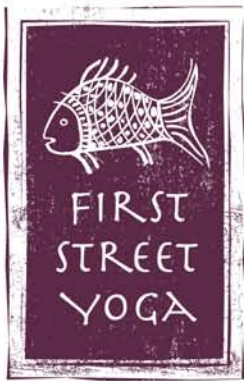
Siddhasana

Triang Mukhaikapada Paschimottanasana

Mind

The 8 limbs of yoga are progressive exercises to help us understand who and what we are and to develop skills to perceive and act with greater clarity. Memorize the 8 limbs in Sanskrit with English translations (including the 5 yamas and 5 niyamas). Working with the first 4 limbs, how does each prepare us for the next? Look to your asana practice and your life for real, concrete examples.

Use your asana practice as a laboratory to test some of the hypotheses of the Sutras. For example, we are told if we are established in ahimsa, we will meet with no hostility. Practice with a focus on ahimsa. Is your practice less hostile? Are there any changes? Do the same for satya. Asteya and brahmacharya are less immediately applicable to asana, but both are functions of desire (raga and dvesa). Observe the quality of desire in your asana. What do you learn?



Sutras

Read II.29 – II.48. These sutras make certain claims or promises. Test them (play with them!) in your asana practice until your understanding is real and personal.

Breath

In a reclining position, practice ujjayi breathing. Observe the texture and rhythm of your breath to create relaxed evenness and balance.



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