

Y12SR Practices

- Work with steps based on Recovery Dynamics methodology outlined in book *The Steps We Took* by Joe McQ
 - Steps 1 - 3 Foundation, 4 - 9 Action, 10 - 12 Maintenance
- Ancient yogic analogy of the vessel
- In our physical being and in the asana practice we look find *foundation, core, expression* in every posture.
 - Foundation - what touches the earth, easy to lose foundation in life and in practice because we get distracted;
 - Core - hugging energy in, muscle to bone, deep front line according to anatomist Thomas Myers (*Anatomy Trains*), ends at tongue;
 - Expression - once foundation and core are in place true, sustainable expression and authenticity is possible.
- YS 2:46 Patanjali describes asana with 2 qualities: sthira and sukha. Sthira is foundation and core. Sukha is ease
- Y12SR practices:
 - Integrated practices that include asana, pranayama and meditation at a minimum
 - Yoga agnostic or independent of a particular style of yoga (i.e. Iyengar, vinyasa, Ashtanga, etc)
 - Weaves Y12SR interventions through the practices. We weave Y12SR Interventions through the practices.
 - Encourage the use of props for alignment and symbolism

Y12SR practices (generally) avoid:

- 'exotic' postures - practices simple, not necessarily easy.
- Partner work
- Hands on adjustment