

Interventions

Notes

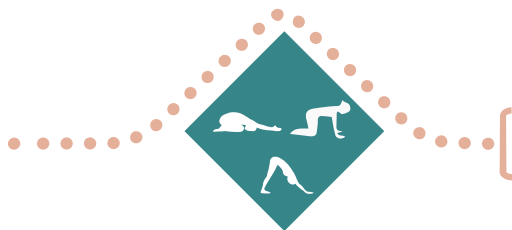
Sustainability and Self Care
(dual action)

To Open Your Heart, You Have
to Have Your Own Back



Backbends are known to open our hearts, however in this posture we are also strengthening our back. To walk in the world with an open heart we have to have our own backs. Principal of self-care and sustainability.

Rep and Stay



Habitual conditioning occurs at every level (physical, energy, mind, behavior, heart). Separation between/among any of these levels is artificial. What we do to one affects all the others. Repetition helps us re-train our neuromuscular patterning. Stay works with our physiology and psychology.

Dual Action: Hug In AND
Reach Out



Technique: Repeating Vira II three times then hold for 7 breaths. While in hold emphasize: hug in from elbow to shoulder; reach out from elbow to fingertips. Noting that both are possible; hugging in to support ourselves (sustainability) as we reach out to support others.

Serenity Prayer: Too Much?
Too Little?

The Wisdom to Know the
Difference



After repeating posture; go for long hold (7-8 breaths). Emphasis: When we do too much, we risk injury. When we do too little, we risk atrophy. We are looking for middle path which is the embodiment of the wisdom to know the difference.

Interventions

Notes

Mudras: It's in Your Hands



Mudras are techniques which activate the nervous and glandular systems of the physical body so that dormant power centers can open. We often use the chin mudra. Tip of index finger touches tip of thumb, the other three fingers fall toward the earth. Thumb is said to represent universal or God consciousness. Index finger is said to represent human consciousness. The middle finger represents ego, the ring finger illusion, the pinky finger karma. This mudra serves to remind of the union of human individual consciousness with God or Supreme consciousness.

Surrender



In this posture emphasize the sensate energy of letting go, surrender. We can know when we've really surrendered, because it feels a whole lot like savasana.

TPM:
Through Prayer
and Meditation



Example meditation practice: Tonglen practice designed to awaken compassionate heart. Core of practice sending and receiving in order to create space. Reverses the usual logic of avoiding or running from suffering and running toward pleasure. Practice begins to liberate us from selfish patterns. If/when we find ourselves wanting revenge, I breathe that in and breathe out compassion. Then make it bigger and broader so that now I'm breathing revenge for all those feelings that same emotion and I'm sending out compassion to all, including myself.