

## Body and Soul Yoga Club - Worksheet 2

### Last month's Sutras:

*Things that cannot last seem to us as if they will. II.5A*

*And they realise that the body itself is a prison. III.39B*

*The poses bring a feeling of well-being which stays with you. II.46*



### What happened at our last meeting?

- Sitting comfortably (Egyptian pose) - feet on the floor, and knees in line with hips. Use a block or improvise with a large book or a ream of A4 paper (adjust by adding or removing paper).
- Chair Surya Namaskar - heads down to knees, hands to the floor and then into a back bend, raising alternate knees to our head.
- Stand with confidence (Tadasana/Mountain pose). Check feet are the correct distance apart by placing two fists in between your feet. Alternatively, place heels together and turn feet outwards, then straighten feet in line with both heels. Imagine that your feet are rooted into the ground and at the same time the crown of your head is pulled upwards by an imaginary thread. Feel strong and confident.
- Breath of Arjuna - crossing hands in front and taking them over our head, alternating with the left and right hand in front of the other.
- Chapters 1 and 2 of "How Yoga Works" compared with The Yoga Sutras of Patanjali (matching cards). Meaning of the word sutra and how it relates to threads (in medicine and online). We discussed the characters in the book, the young girl, her little dog, the two policemen (the captain and his sergeant).
- Perception (things that cannot last forever seem to us though they will), how the body itself can be a prison especially if we have a sedentary job and the benefits of the asanas (poses).
- The importance of a regular personal practice and practising consistently.
- General discussion, hot drinks and cakes served on one of Raphaels' cake stands (a taster of their afternoon teas).

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### New Stuff:

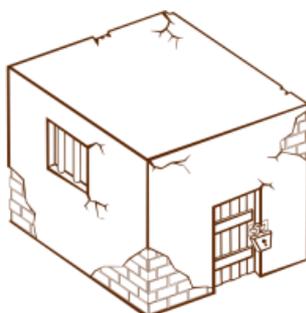
#### Chapter 3: A reason not to skip (*First Week of March*)

*The girl uses her time for yoga and to mentally go over her lessons. She manages on minimal food and water, passed to her by another prisoner, which she shares with her little dog. She realises at the captain's second lesson that he hasn't practised everyday which he denies and then makes excuses. The girl tells him to dedicate his practice to the other policemen. By missing practice he would be depriving them of the benefits.*



### Consider the following questions

1. How did you get on? Did you skip days? If so, what are your excuses?
2. What do you do because of others? (*think about work or family responsibilities*)
3. Who can you dedicate your practice to? How can their lives be improved by yoga?



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### Chapter 4: A Balance of Feelings (*Second Week of March*)

*We find out the girl's name is Friday and the other prisoner is Bosuku which means worthless. Friday tells Bosuku he's not worthless because he has helped her. The captain has kept up his practice this week but honestly admits he had a day off. But he's worried that his body aches and pops. Friday explains it's normal because his joints have frozen and the pops happen as they release. As long as it doesn't hurt it is normal – his practice will go up and down but he mustn't be distracted. Friday then gives him a new asana – Triangle/Trikonasana to build strength.*

1. Think of at least two ways you make a difference to other people.
2. Have you experienced soreness after exercise? What is your reaction to it?
3. Does your body pop? What is your reaction to pops?
4. When is your day off? Decide on a day and stick to it.

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### Think about the following Yoga Sutras:

- *Your practice must be steady, without gaps. 1.14B*
- *And the fifth of the obstacles is laziness. 1.30E*
- *And if you wish to stop these obstacles, there is one, and only one, crucial practice for doing so. You must use compassion. 1.32-33B*
- *Learn to keep your feelings in balance, whether something feels good, or whether it hurts. 1.33D*

1. What do you think the sutras mean? Consider each one slowly and separately.
2. How does each one connect to the story (Chapters 3 and 4)?

If you started the programme last month answer **honestly**: Did you manage to set aside five minutes each day to practise Tadasana (Mountain Pose) and Surya Namaskar (Bowing to the Sun)? Did you start well and then stop or miss some days? If you missed days what was the reason? Would a different time of day work better for you? If you have kept a journal bring it along to the meeting.

Resolve to try again this month with at least 5 minutes each day for Tadasana (Mountain Pose) and Surya Namaskar (Bowing to the Sun). If you practise yoga regularly do the version you are familiar with. We will go over the chair adaptation again and also demo the full version and practise a visualisation – that's right, it's possible to benefit from yoga practice just by thinking the movements so no excuses for anyone! Trikonasana/Triangle will also be demonstrated for your home practice.

### **We're meeting again on: Friday 1<sup>st</sup> April 2016**

Raphaels Restaurant, Raphael Park, Main Road, Gidea Park

*Discussion, Chair Yoga, Laughter and Meditation followed by coffee and cake\**

*\*£5 payable on the day to cover costs and refreshments*

***Be great to see you there but if you can't make it, don't worry. Post your comments online to join the discussion!***