

Body and Soul Yoga Club - Worksheet 3

Chapters 1 – 4 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

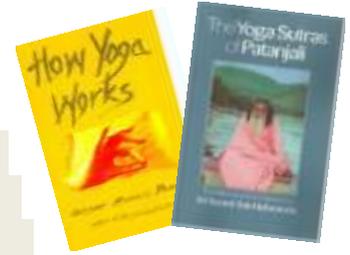
The poses bring a feeling of well-being which stays with you. II.46

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



Chapter 5 Sutra:

Your practice must be done correctly,
For then a firm foundation is laid. 1.14C



Doing it Right (Third Week of March)

Friday and Long Life cope with the problems of prison life. The captain is eager to show how his head touches his knees in a forward seated bend (Paschimottasana) until Friday points out that he's cheating. Yoga isn't about how you look, it's about how you feel. Cheating to impress others won't cure his back and could even damage it more. She insists that he follows her directions exactly even though he won't be able to go as far into the pose. He may have to practise a thousand times before he can do the full pose but it will slowly open his channels and heal his back.

Consider the following questions

1. Have you practised yoga since our last meeting? If so, have you cheated to get further into a posture?
2. Can you think of an example (apart from yoga) when you've taken a short cut to impress others? What was the impact on you?
3. Have you got patience to practise something you find difficult many times or do you prefer only to do things you find easy? (use examples both from yoga and your daily life)
4. How does this chapter's Yoga Sutra connect to the story?

Asanas to practise:

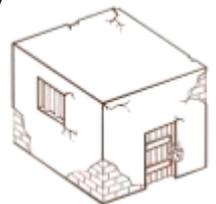
Tadasana (Mountain Pose) = for patience

Surya Namaskara (Salute to the Sun) = sequence for whole body (a seated alternative will be given at the meeting)

Trikonasana (Triangle) from last month = for strength

Paschimottasana (seated forward bend) this month = for establishing a firm foundation

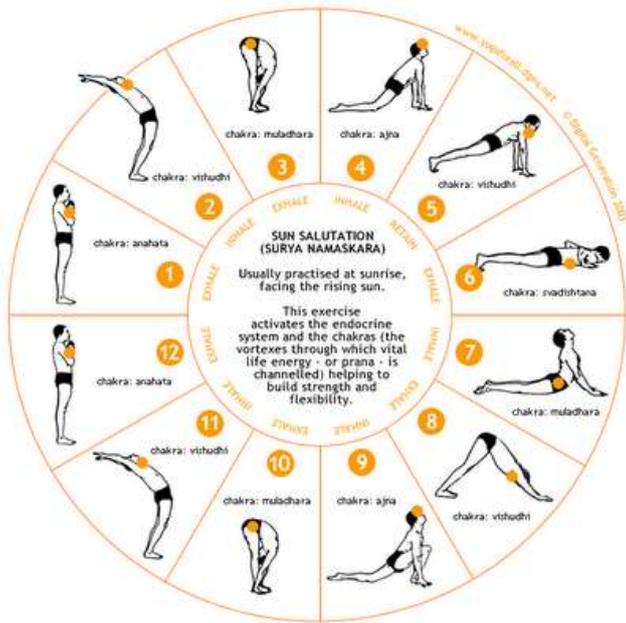
Uttanasana (standing forward bend) as substitute practice at the meeting (standing posture)



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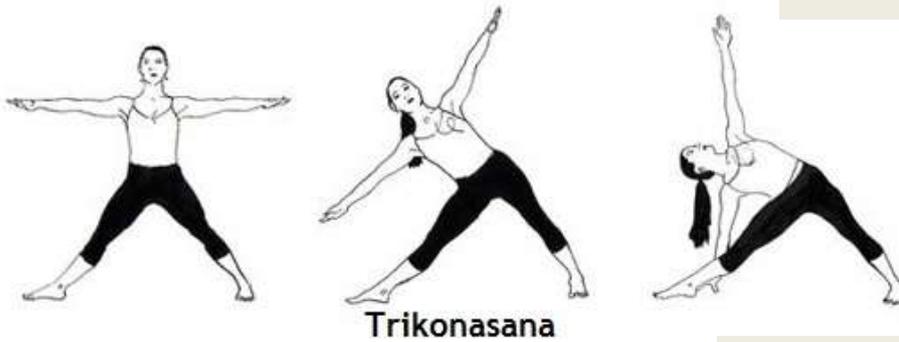


Progress from Mountain Pose into Standing Forward Bend (bending knees as you move into the pose and straightening while keeping your head close to your thighs).



Salute the Sun to warm up your entire body and create internal heat.

Triangle Pose will build strength. Move into it carefully, with outstretched knee bent if necessary.



A full Seated Forward Bend may take a long time to achieve but the journey is more important than the destination – try to keep your back straight and head in line, instead of bringing your head to meet your knees.

Seated Two Leg Forward Bend Pose

