

# Body and Soul Yoga Club - Worksheet 4

## Chapters 1 – 5 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

Our practice must be done correctly, for then a firm foundation is laid. 1.14C



## Chapter 6 Sutra:

And there will come a time when differences no longer harass you. 2.48C



## The Harassment of Preferences (*Fourth Week of March*)

*Friday continues to cope with the difficulties of surviving in jail. She is particularly concerned for Long Life who is suffering from the heat and dirt. The captain is making good progress but has chosen to skip Navasana (Boat pose) because it's "too difficult" for him. Friday stresses that he can't pick and choose – he has to do ALL the poses and in the order given. Eventually he will be able to accept everything life gives him, both good and bad, as neutral.*

## Consider the following questions

1. How do you approach yoga (or any other form of exercise)? Is there a posture you avoid? Why? Do you think it would help you to persevere? What would be the ultimate benefits?
2. Can you think of an example (apart from yoga) of something you avoid doing because you find it difficult or unpleasant?
3. What strategies could you suggest to discipline yourself to do difficult or unpleasant things.
4. Why do you think Boat posture is difficult for the captain? How could it be adapted to make it easier?

## 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)

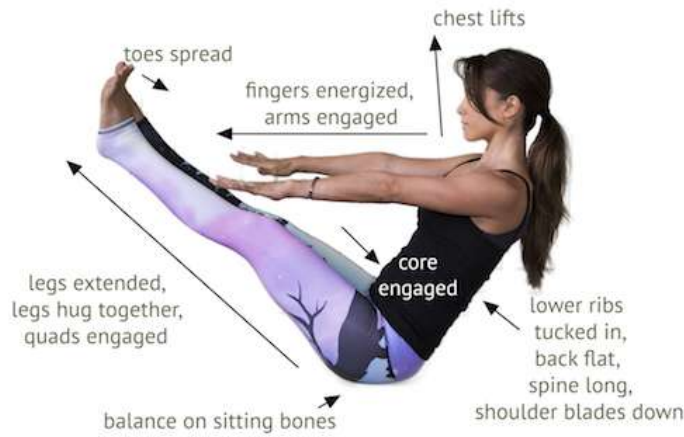
Navasana (Boat Pose) = to strengthen core and back (care with weak lumbar region and back injuries)



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## HOW TO DO } NAVASANA Boat Pose

Adapt Navasana by bending knees, holding thighs or keeping hands behind back.



### Use a chair/s and other aids ....



### or get a partner or friends to help you ....

