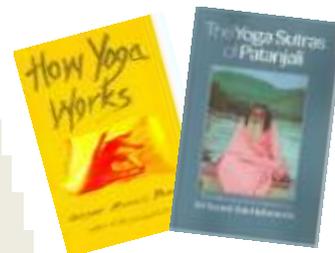


Body and Soul Yoga Club - Worksheet 5

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

Chapter 7 Sutra:

You must cultivate your practice over an extended period of time. 1.14A



Cultivating the Practice (*first Week of April*)

The captain's yoga practice had been going well but he has overdone a back twist and hurt himself. Friday points out that yoga can't be rushed and the captain agrees. Friday realises this is a major breakthrough for the captain and plans to introduce deeper yoga practices involving the channels and inner winds. Then the story takes a dark twist. Back in the jail the sergeant viciously attacks both Friday and Bosuku, who has been sharing his food with her. The sergeant has apparently chosen this moment to stop her secret food supply and force her to "work" for him to stay alive.

Consider the following questions

1. Have you ever over exercised or overdone something beneficial? What was the result?
2. What do you think the channels and inner winds refer to?
3. Have you example of an important time in your life when something else got in the way?
4. How did you overcome it?

Asanas to practise (Postures in bold are alternatives that can be performed standing):

Tadasana (Mountain Pose) = for patience

Surya Namaskara (Salute to the Sun) = sequence for whole body (seated alternative) OR **Prithi Namaskara (Earth Salutation)**

Trikonasana (Triangle) from last month = for strength

Paschimottanasana (seated forward bend) this month = for establishing a firm foundation OR **Uttanasana (standing forward bend)**

Navasana (Boat Pose) = to strengthen core and back (care with weak lumbar region and back injuries) OR **Utkatasana (Chair of the Heart)**

Ardha Matsyendrasana (Half Lord of the Fishes/Side twist) = strengthen trunk muscles OR **Utkatasana (Chair into a praying twist)**

Kundalini Breath Walk (see separate handout for Week 4) = to synchronise breath, sound and steps for focus and concentration



Body and Soul Yoga Club - Worksheet 5



Spinal twist -
Ardha
Matsyendrasana

Adapt a seated twist by moving towards the open side (a good pregnancy option), sitting on a chair or stretching legs outwards.



Use a chair/s and other aids



or ask a friend to help you

