



Karuna Yoga Newsletter

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YOGA THERAPY CREATING INNER SPACE

I want to start the new year with this quotation from B.K.S Iyengar:
“Yoga brings gifts from your very first day”.

Yoga is a practice that brings an awareness of your inner body. An awareness of the connection between your mind, body, and breath.

CREATING INNER SPACE

We can use the breath to create this feeling of space in the body. As you move into an asana, use the mind and breath connection to allow the breath to flow into any parts of your body that feel tight or painful. This helps to release any tension and allows muscles to relax. As we become more connected with breathing into places that are blocked, emotions may be released as we go deeper into our inner self.







CREATING CIRCLES OF BREATH

To feel more connected to your body and to allow the body to open we need to feel the movement of breath. When we stand in Tadasana we can imagine the breath flowing up through our feet and legs and right up to the crown of our head. Exhale and feel the breath flowing back down to our feet and into the ground. We can create these circles of breath in all yoga postures. Another example is in Paschimottanasana. Inhale through the feet, along the legs and then feel the inner body lifting as the sternum lifts and exhale out through the crown of the head and over to our feet. Then we inhale again through the feet and continue with this circular breathing.

FIND YOUR INNER ENERGY

Practising asanas is about moving energy in many different directions. This takes us to places in our body that move easily but also to places that feel blocked or painful. We often avoid postures that cause discomfort or fear. Places that are blocked long for our breath and gentle movement to help them slowly release. Pay close attention to your breath as you practice yoga. How it moves the energy and creates a feeling of spaciousness throughout your body. Enjoy your yoga practice. Enjoy what you can do now and don't compare yourself to other people. Take responsibility for your own safety and never move into pain.

CREATING INNER SPACE USING YOUR BREATH

<p>TADASANA (mountain) Stand and feel your feet connecting. Move forward and backward and from right to left until you feel yourself equally balanced on both feet. As you inhale, feel the breath flowing up through your feet, your legs and right up to the crown of your head. As you exhale, feel the breath flowing down through your body and out through your feet into the ground. Continue with this circular breathing.</p>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p>TRIKONASANA (triangle) Move into the posture and feel connected through your feet. Inhale and feel the breath flowing up through your front foot, up your leg to your pelvis. The breath flows through your pelvis and then you exhale down through your back leg and out through your foot taking the breath under the floor and back to your front foot, creating this circular breathing.</p>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p>ADHO MUKHA SVANASANA (downward dog) Always move slowly into this posture. Keep your knees soft and your ears in line with your arms. Inhale through your hands, up to your sitting bones and then exhale down through your legs and out through your feet, taking the breath under the floor and back to your hands and continue with the circular breathing. Feel the inner space in your body.</p>	 <p style="text-align: right; font-size: small;">MARTY SCONDUTO</p>
<p>VIRABHADRASANA II (warrior II) Stand with your feet apart and slowly bend your right knee, keeping your knee perpendicular to your ankle. Float your arms up without creating tension in your shoulders. Look along the middle finger of your right hand. Inhale in through the fingers of your right hand and along your right arm to your left shoulder. Exhale along your left arm and out through your left fingers taking the circle of breath over your head and back to your right hand.</p>	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p>PASCHIMOTTANASANA (forward seated bend) Hold a belt with your hands shoulder-width apart. Stretch your arms up over your head. Inhale in through your feet, up through your legs and body and lift the sternum. As you exhale thorough your arms, move slowly forward keeping the front of your body lifted and place the belt around your feet. Keep the circle of breath and the inner space.</p>	 <p style="text-align: right; font-size: small;">MARTIN SCONDUTO</p>
<p>PARIVRITTA JANU SIRSASANA Move slowly into this posture using a belt if necessary. Create the circular breath by inhaling into the lower hand, taking it along your arm and across your chest and then exhale out through the top arm and hand and take the breath back to the lower hand. Feel your body opening as you create space using the circular breathing.</p>	 <p style="text-align: right; font-size: small;">MARTY SCONDUTO</p>