



ICY NEWS

September 2010

SPECIAL POINTS OF INTEREST :

- > **ICY is CLOSED Sunday, September 5 and Monday, September 6 in observance of Labor Day.**
- > **ONE FREE WEEK of Yoga for New Students: Bring a Friend for a FREE WEEK 9/20-9/26. See Front Desk for details.**

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THE ESSENCE OF YOGA

Allow me the love and awareness to stay in truth every moment of this and every day.

John and I know a yoga teacher who came to yoga after suffering health issues directly related to her behavior. As she climbed the corporate ladder, her life had become such an

entanglement of lies that even she could not keep her stories straight. She is a gifted instructor yet she chooses to lie about how long she has practiced yoga and how long she has been certified as an instructor. Somehow through lying she feel she gains credibility in the world.

In this issue, we will address satya, truthfulness, which is the second Yama or moral precept in yoga. We will also give you some ideas of how to practice satya. Finally, we hope to turn your world upside down!

Enjoy!
Jeanne & John

THE LIAR IN HIM

My teacher, Pandit Rajmani Tigunait, who some of you met this summer, tells a story in his book, **Touched by Fire.**, about a time he was called to the carpet for lying.

Panditji explains that during some of his early lectures, he was asked to share information about India and holy sites there. Excitement built in the room as he spoke about the India he knew, sometimes sharing information from books he read. Panditji had general knowledge of the locations in the Himalayas and thus he felt this gave him latitude to describe locations with probability, often becoming more affirmative in his tone

and basing information from books and folk tales. One day, after describing a site, someone in the audience said, "Panditji, have you been there?" And spontaneously he said "Oh, yes!"

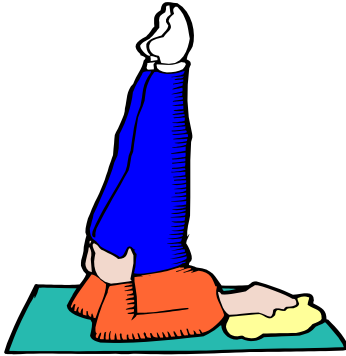
Soon after the presentation, Panditji visited Swami Rama, his teacher, in Swamiji's room. Swamiji said to him, "So, great Pandit, when did you go to Joshimath?"

Panditji almost died of embarrassment. He felt the life drain out of him so much that he had to sit on the floor~ his legs would no longer hold him upright. The liar in him sat in front of his teacher fully exposed.

Swami Rama shared some great advice with Panditji:

Gain maturity in your speech and actions. You can do that when your thought process is guided by the faculty of discrimination. Thoughts motivate speech, and the content of speech decides the course of action. If you are not aware of yourself at the level of your thoughts, you will not have control over your tongue. A person careless in thought is bound to have a sloppy tongue. A sloppy tongue doesn't care what it speaks. That is why even when you don't mean to lie, you do it carelessly.

YOGA PRACTICE : TURNING YOUR WORLD UPSIDE DOWN !



By turning upside down we receive a fresh perspective.

Inversions hold many benefits including strengthening the diaphragm and abdominal muscles, soaking vital organs such as the brain, heart, and lungs with fresh oxygenated blood, experiencing better digestion and sleep, increasing focus, improving lymphatic drainage and reversing the effects of gravity on the body. According to Vanda Scaravelli, "when the abandonment to gravity comes into action, resistance ceases, fear vanishes, order is regained, nature starts again to function in its

natural rhythm and the body is able to blossom fully, allowing the river of life to flow freely through all its parts."

Psychologically, inversions help shift our perspective as we see things from a new point of view. They also provide an opportunity to harness our inner courage and strength as we learn to challenge the fear of being upside down and learn the law of impermanence. This means that we can learn to relate to things as they are, not as we wish they were or as they used to be~ but how they are

right now. When we are stuck on things being only one way, then we are truly stuck. When our world shifts dramatically with a death of a loved one, a change in employment or even falling in love, we may be thrown for a loop because we have committed to our world being only one way and that way has vanished. By turning upside down we receive a fresh perspective. If we can remain in this environment with calm abiding, it teaches us to stay centered when our world turns upside down!



CAUTIONS & BENEFITS OF INVERSIONS

In yoga, inversions are sometimes defined as positions in which the heart is higher than the head (as in Dolphin or Downward-Facing Dog), and sometimes as positions in which the feet are higher than the heart (Headstand or Shoulderstand). Because inversions can increase pressure in the head, they are avoided or approached with caution

for students with conditions such as glaucoma or recent stroke. Those with neck injuries may need to skip shoulderstands and headstands. If you have any of these conditions, make sure you practice under the supervision of an experienced teacher. Some teachers and schools of yoga also advise against full inversions during

menstruation, although recent studies have indicated that there is no medical reason *not* to practice during menstruation.

Before you begin to invert, develop a combination of strength and flexibility in the upper body, so that you can enjoy being upside down without creating strain or injury.

*Mana eva manushyanam.
A man IS according to his
mind.*

The Mahabharata, the great Indian epic, says:
"Speak the truth which is pleasant. Do not speak unpleasant truths. Do not lie, even if the lies are pleasing to the ear. That is the eternal law, the dharma."

EXPLORING SATYA IN YOUR PRACTICE

One who shows a high degree of right communication will not fail in his actions.

Desikachar

To practice Satya is to speak the truth or to be honest in thought, speech and action. We want to consider what we say, how we say it and in what way it could affect others. If speaking the truth has negative consequences for another, then it is better to say nothing. Satya should never come into conflict with our efforts to behave with nonviolence (*ahimsa*, the first Yama).

Try the following suggestions to help you direct your attention to the process of accurate

self-observation and integrity in action. These processes cultivate honesty by helping us see clearly and act according to the truth of the present moment.

- Consider your motivation and intention for the practice. Ask yourself, "Why am I here?" This will help you get in touch with your personal truth.
- After you have been guided into a pose, pause. Conscientiously study your own body, examining the balance between effort and ease.
- Honestly observe your

attitude, breath, physical steadiness, and physical comfort as you practice. **Feel** the asana, the breath, the body; do not force.

- As you begin your meditation, check in with yourself. Ask: "Is there anything I should know?" "What am I not being honest about in my life?" "What do I want to tell someone?" "What do I need to do?"

These strategies will help you cultivate honesty in your practice of yoga.



Satya should never come into conflict with our efforts to behave with nonviolence.

Satya pratisthayam kriya phalasarayatvam.

To one established in truthfulness, actions and their results become subservient.

ASANAS TO BUILD STRENGTH

Downward facing dog:

Start with the traditional pose and work up to holding the pose from 5 breaths to one minute. Then try lifting one leg at a time for 3-5 breaths.

Dolphin pose: Place forearms on the floor while in table, then lift knees and hips away from the floor with legs in down dog (heels will be lifted slightly)

Headstand at wall: This *headstand preparation* opens the shoulders, back and hamstrings. It also lets you begin to experience sensation on the top of your head. Go to a wall. Allow your body

to come into an "L" shape with your hands on the wall, body and arms parallel to the floor, and your feet on the floor below your hips. Interlace your fingers and allow the forearms to wrap around the sides of your head, then rest the forearms onto the wall, placing the crown of your head on the wall. Press forearms into the wall, reach out through your sitting bones, lift your belly and push your feet down into the floor. Hold for 5 breaths.

Viparita Karani, Legs Up the Wall:
Sit on the floor sideways

with your right side against the wall. Exhale and, with one smooth movement, swing your legs up onto the wall and your shoulders and head lightly down onto the floor. Your sitting bones don't need to be against the wall if it bothers your hamstrings.

Lift and release the base of your skull away from the back of your neck (elongating the back of the neck) and soften your throat. Don't push your chin against your sternum; instead let your sternum lift toward the chin. Open your shoulder blades away from the spine and release your hands and arms out to your sides, palms up.

Keep your legs relatively firm, just enough to hold them vertically in place. Release the heads of the thigh bones and the weight of your belly deeply into your torso, toward the back of the pelvis. Soften your eyes and turn them down to look into your heart.

Stay in this pose anywhere from 5 to 15 minutes. Bend your knees for a few breaths, and gently roll to your right side. Lie on your side for a few breaths, then come up to sitting and rest your spine against the wall. Sense rejuvenation in the systems of body.

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We are the only Yoga, Spa & Wellness Center in Castle Rock, Colorado and the only studio in Douglas County qualified to certify instructors for over **8 years**. We combine a peaceful and beautiful environment with a highly trained, friendly staff of experts in their respective fields, to ensure you a wonderful and relaxing wellness experience.

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SALAMBA SARVANGASANA : SHOULDERSTAND



Inversions improve circulation in the lower body, relieving strain and fatigue in the legs and feet, draining fluids and aiding in digestion and elimination. They act as a natural face-lift by bringing fresh blood to the muscle and skin cells of the face. Both melatonin and serotonin are stimulated, which aids in sleep and relaxation. Mental clarity and concentration are honed through the challenge of inverting your physical position.

From Legs up the Wall:
Place your arms on the floor beside you, palms

turned down and parallel to your torso. With legs bent and feet resting on the wall, press into arms and feet as you lift your hips from the floor, reaching your tailbone up to the sky. Stay here for several minutes if you like.

Now, place your hands on your back one at a time, and extend your legs straight with the feet resting on the wall. Press your feet firmly into the wall and continue to lift your spine up to the sky as if you could extend your spine through the soles of your feet. Stay as long as you would like.

When you feel ready, take your legs off the wall one at a time, and reach your feet up to the sky. Bring your hips, heels, and shoulders into a straight line if you can. Continue to draw the hips in line with your shoulders. Relax your jaw. You can stay here for 5-10 breaths to begin, and longer as you are steady and easeful in the pose.

***If this is uncomfortable for any reason, allow yourself to come into a pike position with a comfortable fold at the hip joint while hands support the back.*