

Beyond Downward Facing Dog



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Objectives

- Proposal Objectives
 - Understand Yoga as an approach to life.
 - Identify Patanjali's Eight Limbs of Yoga
 - Identify four practical applications
- Another Way to Think About the Day
 - Study
 - Reflect
 - Practice

Today's Agenda

- What is Yoga?
- Patanjali's Eight Limbs of Yoga
 - Experiential Activities

Western View of Yoga

- In the United States known as a series of postures.
- Done at a club or gym.
- Begin yoga as a way to deal with a problem.
- Stress reduction and coping.



“Yoga practice is like life.
Each circumstance in
which we find ourselves is
like a pose.
Some poses
are hard to hold, others are
pleasant.
It is how we hold
the pose that determines
whether or not we will
suffer or grow.
And
whether or not we will
listen to the drama of the
ego or the wisdom of the
spirit.”



Yoga and the Path of the Urban Mystic

Yoga as an Approach to Life



- Yoga means yoking or union
- Suffering is caused by external attachments and desires.
- Quiet the mind and body to discover one's true nature.

Health Conditions Shown to Benefit from Yoga Practice

Chemical dependency	Anxiety
Cancer	Chronic pain
Congestive heart failure	Arthritis
Infertility	Multiple Sclerosis
Irritable Bowel Syndrome	Migraine/ Headaches
Insomnia	Menopause Symptoms
Asthma	Diabetes
COPD	HIV/AIDS
High Blood Pressure	Eating Disorders

Patanjali

- Codified Yoga in the *Yoga Sutra*.
- Eight limbs or components of Yoga.
- Begin with external experiences and move to deeper and deeper levels of internalization.

Patanjali's Eight Limbs of Yoga

- Yama - Ethics
- Niyama - Internal Discipline
- Asana - Postures
- Pranayama - Breath
- Pratyahara - Withdrawal of the senses
- Dharana - Concentration
- Dhyana - Meditation
- Samadhi - Integration

Limb 1: Yama/Ethical Behavior

- Five specific yamas:
 - Non-harming (ahimsa)
 - Being firmly grounded in nonviolence creates an atmosphere in which others can let go of their hostility. *Yoga Sutra II: 35*
 - Samskaras or habits of actions/thought
 - Non-stealing
 - Truthfulness
 - Sexual restraint/moderation
 - Non-hoarding - don't be greedy
- Namaste
 - The divine in me acknowledges the divine in you.
 - The inner light in me acknowledges the inner light in you.

Limb 2: Niyama/Internal Discipline

- Spiritual observances or personal discipline
- The five internal disciplines are bodily purification, contentment, intense discipline, self-study, and dedication to the ideal of yoga. *Yoga Sutra II: 32*

Limb 3: Asana/Postures

- Systematic movement of the body through a range of motions resulting in increased flexibility, strength, and balance.
- Assist the body and mind to connect.
- Develop awareness



Limb 4: Pranayama/Breath



- Breathing techniques used to relax or energize.
- Increases prana (life force), removes toxins, increases sense of well-being.

Limb 5: Pratyahara/Withdrawal of Senses

- Filter out sensations
- Become more aware of the subtle and internalized
- Experience: Palming Exercise

Limb 6: Dharana/Concentration

- Turning inward – focus
- Experience: Raisin Activity

Limb 7: Dhyana/Meditation



- Based on the ability to concentrate/focus over time.
- Meditation on the breath.

Limb 8: Samadhi/Integration

- Once all the layers and imperfections concealing truth have been washed away, insight is boundless, with little left to know. *Yoga Sutra IV.31*
- When only the essential nature of the object shines forth, as if formless, integration has arisen... Once the perfect discipline of consciousness is mastered, wisdom dawns. *Yoga Sutra III.3, 5*



Goals for the Day

- Proposal Objectives
 - Understand yoga as an approach to life
 - Identify Patanjali's Eight Limbs
 - Identify Four Practical Applications
- Another Way to Think About the Day
 - Study
 - Reflect
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In the beginning you have to
make room for yoga in your daily life,
and give it the place it deserves.
But after some time, yoga itself
will pull you up by the hair
and make you do it.

Vanda Scaravelli

Circular Breathing

- Sit with a straight back and relax your body.
- Bring your attention to your breath.
- Breathe slowly and smoothly. Bringing the breath into your abdomen.
- The in-breath and out-breath are the same length.
- There should be a continuous motion of the breath, no pause at the inhale or exhale.

Asana Experience

- Mountain Pose
 - Stand with feet hip width apart, spine tall, but relaxed, arms hang at side, turn palm of hands toward hips
 - Align ears, shoulders, sides of knees, and ankles. Imagine a string coming from the top of your head, aligning all parts
 - Look straight ahead, eyes relaxed
 - Circular breathing
- Willow Pose
 - In Mountain pose, inhale as you lift arms to shoulder height, palms down.
 - Keeping arms at shoulder height, rotate palms up.
 - Lift arms overhead, touch palms together with arms alongside ears, drop shoulders pressing shoulder blades together
 - As you exhale bend upper body, shoulders, and head to the right as if blowing in the breeze. Inhale and return to vertical position.
 - Repeat on the left side.

Corpse Pose

- Lie flat on back with arms relaxed at sides, palms up.
- Head, neck, hips, and ankles in straight line
- Close eyes, relax face, and allow body to be supported by the ground.
- Bring attention to your body. Notice what you feel.
- Count your breaths.

Alternate Nostril Breathing

- Sit comfortably, breathe in a circular manner.
- Place right thumb on right nostril, ring finger on left nostril, inhale through both nostrils.
- Use thumb to close off the right nostril, exhale through left nostril, inhale through left nostril.
- Use ring finger to close left nostril, exhale through right nostril, inhale through right nostril.
- Repeat sequence.

Loving Kindness Meditation

- Sit with your back straight. Turn inside & focus on your breathing.
- Breathe slowly and smoothly, using circular breathing.
- Repeat the following phrases to yourself
 - May I be free from all inner and outer harm
 - May I be happy
 - May I be healthy
 - May I live my life at ease
- Now repeat each of these phrases for someone you love, someone you are neutral about, and finally someone who challenges you.

Tonglen Meditation

- Sit/lie down, keep back straight. Turn inside & focus on your breathing.
- Breathe slowly and smoothly, using circular breathing.
- As you breathe in, become aware of any greed, anger, jealousy, fear, anxiety, attachment, confusion, and other negative thoughts. As you breathe out, breathe out this negative thinking. Become aware of the empty space you've created and fill it with compassion.
- Breathe in the suffering of someone you love, and breathe out compassion to that person.
- Breathe in the suffering of a neutral person and breathe out compassion for that person.
- Breathe in the suffering of someone you dislike and breathe out compassion for that person.
- Breathe in the suffering of the world and breathe out compassion to the world.
- As you finish the meditation, visualize the suffering you breathed in as black smoke. Let go of this black smoke by breathing into the ground or the air. Someplace that will take in the black smoke and remove the suffering.
