

Svaroopaa[®] YOGA  MEDITATION

kaadaa!

Svaroopaa[®] Yoga: Experience Your Divine Self

Volume 1 No 11

December 5, 2013

Editorial

Grace Makes It Easy

By Swami Nirmalananda Saraswati

Was it only September? We consolidated Master Yoga and Svaroopaa[®] Vidya Ashram only two months ago — how amazing! I recognize that the consolidation might seem very new to you, but I confess that I have almost no memory of them being separate. The reason is the way our trainings have blossomed, a whole new dimension opening within the same structure. We teach the same poses, give the same talks and do the same practices, yet we are getting greater results, and it all happens more easily. Grace!

To support the change, I added a simple five-minute japa (mantra repetition) sessions before lunch and another before dinner. Sitting together and repeating (in Sanskrit), I honor my own Self — it changes everything!

Yes, treating yourself with honor, even speaking to yourself respectfully, will make a huge change, even in English or your native tongue. When you do it in Sanskrit, the language of yoga, something more happens.

Since consolidating, we've presented a weekend conference as well as several Teacher Training programs, out-of-town programs and phone courses. I got to serve as a guest speaker at a Quaker high school in their religion classes. We've expanded our local yoga classes and meditation programs. We've put our 2014 Initiatives to work and are hearing from yogis who appreciate the new opportunities. We've added staff and sevites to our administration team and are starting to catch up on the backlog that has challenged us

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Tadaa!

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Editorial *continued from page 1*

for too long. Our phone is ringing and we answer it, with the payoff being a lovely conversation with you!

The dust is still settling, like after a room has been remodeled, yet it already feels so natural and expansive. It feels like my entry hall has doubled in size, so more of you can crowd in together, all laughing and talking at the same time. We'll all laugh together! Laughing for no reason... Bliss laughter. Consolidation — another mystical experience.

Sometimes I think it would be so wonderful if we all lived in the same town. I think of you when you're not here. Then I find you on the inside, so close to me that it feels like you are sitting right here. While there truly is no separation inside, a connection is still needed on the outside. I write articles, we publish this magazine and blogs to do our part in making that connection. You're the one who determines what happens next - will you be on a phone call, come to a course, invite a teacher to your home town, get together with yoga-buddies or do more solo yoga? Consider what practices work for you, to connect you into your inner spaciousness, where there is no distance and no separation between all of us. Do those practices!

My current favorite pose is Plow (Halasana), an upside-down adventure that lengthens your spine, opens your breath, unravels the tensions in your skull and opens your heart at the same time. Coupled with the heart opening of Fish Pose (Matsyasana), required after Plow, you get an

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alignment with Grace that propels you into the peace and bliss of your own Self.

Yet you can do it with Ujjayi Pranayama. You can do it with mantra. You can do it with seva. You can do it with meditation — OK, meditation is the most direct route. You can do it with chanting. Even giving a donation propels you into the mystical experience! So many yoga practices, so little time. Pick your favorite and do it every day, but you should also do the one you like the least. You dislike it because you really need it. When it becomes your favorite, you can let it go again.

What this means is that a yogi is always growing, challenging herself or himself to the next level. Without that challenge, there is only karma and aging, neither of which is enjoyable. If you're looking for the easy path, you've found it; the Svaroopaa® Sciences make your changes easy. While this is the easy path, it's still a path; that means you're going somewhere. You're headed inward, to the knowing of your own Self.

OM svaroopaa svasvabhava.h namo nama.h

Conference Afterglow By Marlene Gast

Our **Alignment with Grace** Conference six weeks ago was magical, as though a magician had tumbled a cup of disparate, brightly colored stones into a hat and a single bouquet bloomed, spilling over the brim. Each element



Marlene Gast & Louise Davis

was an integral part of the whole, and clearly more than the sum of the parts. The Conference was a splendid gathering, affirming that the consolidation of Master Yoga Foundation with the Ashram is a natural reunion of that which had never actually been separate.

We immersed ourselves together in a weekend of practices from the *Svaroopaa*® Sciences pioneered by Swami Nirmalananda. Some chose the Ashram Track and a great percentage were also *Svaroopaa*® yoga teachers. Many chose Foundations or the Teacher Track, receiving Continuing Education credit in order to stay current in *Svaroopaa*® yoga teacher certifications. Another group immersed in the delicious

sessions of the Weekend Workshop track. Having hosted MYX programs for my community over the past 8 years, I indulged in that experience, giving myself the gift that I have given others in the past. Each evening, in Satsang, we received a keynote address from Swamiji; plus we began both days together at 6 am chanting Sri Guru Gita and meditating with Swamiji or attending a yoga class with chant & meditation. This Conference had the feeling of ever deepening reunion.

And no wonder — **Alignment with Grace** brought together more than 150 of us Svaroopis. We traveled from US and Canada, and from as far away as Britain and Australia. The Conference brought together new and veteran Svaroopis. Elaine Nesta, Rudrani (Rosemary) Nogue, and Soraya Pereira recalled attending the first *Svaroopaa*® yoga conference, which was held with about 50 participants in La Jolla CA. They remembered staying in a little motel and spoke of experiencing *Svaroopaa*® yoga without props, walking outside between different venues, including a church and a community hall as well as the Master Yoga studio. They remembered that Casey Gerdes was master of ceremonies, and Casey remembers collecting yoga jokes from other Svaroopis beforehand to use for the occasion. The chanting at that first conference was the first chant experience for many.

These memories led to Elaine declaring that she has a binder full of Swami Nirmalananda's

very first contemplations. Then in the hallway between the two banks of conference rooms at Philadelphia Renaissance Hotel, I overheard one *Svaroopaa*® yoga teacher explaining to another that she had brought her Foundations notebook from 1999 — not only was it complete with original pink pose sheets, but she even had her original class list.

At the *Svaroopaa*® Ashram Board table, newer as well as longtime Svaroopis stopped by, reports Ashram Board President Amala Cattafi, saying thanks to both MYF and Ashram Board members for undertaking the work of joining the two organizations. When I think back to the two days — being with so many friends whom I've been with in programs over the years, being with DTS Mentees that I knew only from phone calls, being with all of my teachers — I still feel the joy of shared purpose and focus. Remaining as an afterglow in my memory is 150 Svaroopis as a kind of floating island of light, almost visibly carried along on currents of Grace, interweaving us, pouring us into our chosen Conference tracks, then re-converging us again in Swamiji's presence, chant and meditation evening and morning. As the two organizations are now One, so we Conference participants were One. And more — all of us across the world, whether we attended the Conference or not, whether we focus on MYF programs or Ashram programs or choose both for healing, transformation, illumination and sharing, we are the One who is being the many.

Svaroopaa® Yoga Teacher Training



Jan 4 - 8	ATT 201: Teaching Half Day Workshops in PA
Jan 19 - 23	Foundations of Svaroopaa® Yoga in PA
Jan 26 - 28	Experiential Anatomy in PA
Jan 28 - Feb 2	Embodiment® Yoga Therapy Training in PA
Jan 29 - Feb 2	Foundations of Svaroopaa® Yoga in St. Paul MN
Feb 14 - 16	Foundations Review in PA
Feb 16 - 18	Embodiment® Weekend in PA
March 19 - 23	Foundations of Svaroopaa® Yoga in PA
April 4 - 13	YTT Level 2 in PA
April 25 - 27	Foundations Review in PA
April 28 - 30	Teaching Without Props in PA
May 3 - 9	Teaching at Yoga Conferences in PA
May 16 - 25	YTT Level 4 in PA
June 3 - 9	ATT 411 Upper Spinal Release in PA
June 11 - 13	Foundations Review in PA
June 13 - 22	YTT Level 1 in PA

Diving into Grace at the Conference

By Sarah Hunter

Something special happened in Philadelphia this October. Svaroopis from around the world came together for the **Alignment with Grace** Conference. Grace was present from the very beginning. It's not often that the hotel staff notices a lot about their guests. Certainly staff members are always polite and helpful. But as Conference attendees started arriving, shuttle drivers, front desk staff and housekeepers all commented on how different the hotel felt with our Conference at their hotel. They couldn't quite put their fingers on what it was, but they knew it was there.



Sandy Rushton & Rhoda Joyner

with asana, chanting, meditating. It's amazing the roof didn't blow off! The air conditioning system did go on the fritz, maybe not designed for that much Shakti?

To gather personal experiences of the event, I interviewed a pair of Atlanta Svaroopis: Rhoda Joyner and Sandy Ruston.

Sandy's Experience

Sandy Rushton enrolled in the Yoga Weekend Track. This track offered multiple sessions of yoga, including: a Bliss Yoga session, Moving with Grace, a session that focused on untying the knots in your neck, and sessions on backbends and breathing. Sandy also took part in two hours of Vichara with Vidyadevi on Saturday and, nearing Sunday noon, a closing by Polly DiBella who concentrated on "Your own self Is Consciousness-Itself."

The Conference brochure promised a weekend of core openings that align your body, heart and mind with Grace — Grace that you can bring into your yoga practice and your life. No wonder the hotel staff was affected by having 150 yogis in one place, opening their spines

With all of this opening inward and filling from within, Sandy finds the harmony of *Svaroopas*® yoga in her life everyday now. It's no surprise she has found her life Grace-fully aligned and blissful.

Rhoda's Experience

Rhoda Joyner took the Foundations Track. Though Rhoda has been a *Svaroopas*® yoga teacher for years, she found so much to learn by reviewing where all teachers begin. Grace flowed to her, she recalls, from diving deeper with the familiar Magic Four. Her deeper-than-usual experience came from effective adjustments, extended Ujjayi with a partner and surrender to Garbhasana.

Rhoda soaked in the changes she experienced and discovered that the review confirmed her teaching knowledge. She also noticed, "It takes you off the drift path." She believes this will, in turn, bring Grace to her students.

In conclusion...

Both Sandy and Rhoda loved being able to catch up with friends and make new ones. Rhoda says, "I have never been with people who were so kind. Everyone was encouraging and helpful." Most touching were the sevites who donated their time and love to the smooth running of Conference.

The joy of coming together as a Community permeated everywhere and everyone. We radiate an energy from immersing ourselves in the Grace of our lineage, woven together by our community, based in teachings of *Svaroopas*® yoga and meditation and led by our Teacher Trainers and Swamiji Nirmalananda. I know this from attending the Conference, as well as other workshops and training. There is a profound shift in myself when I'm with other Svaroopis. No one understands us better.

Though this was the last conference, we will be having regional retreats. These will be able to go on the road, to bring your yoga to you. Swamiji is beginning with two retreats in 2014: [April 11 – 16](#) and [August 17 – 21](#). Our first 2015 Retreat will be in Ganeshpuri India in February 2015; more information will be available soon.

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TRAINER PROFILE

Yogeshwari Fountain CSYT, RYT 500

Weekend Workshop Leader

By Karuna (Carolyn) Beaver



Yogeshwari Fountain

Now leading Weekend Workshops in *Svaroopa*® yoga, Yogeshwari (Melissa) Fountain was brought to her first *Svaroopa*® yoga class by a happy coincidence in 1997. She was a hatha yoga teacher in another style, taking a power yoga weekend at Kripalu that year. She was miserable the first morning of the class, already realizing that her dance training days were behind her, but not sure of her next step.

Interestingly, one of Yogeshwari's former students had taken Teacher Training from Swami Nirmalananda, then Rama Berch, who was at Kripalu that same weekend to teach Experiential Anatomy. In the power class, says Yogeshwari, "I felt like I'd made the biggest mistake of my life. At the lunch break, I asked my former student whether I could switch to Experiential Anatomy. She said, 'let's ask Rama,' and the rest is history."

"I fell completely under her spell," Yogeshwari continued. "I had never been near someone more present, more embodied. That summer I left my two young sons and went to California for Teacher Training. Upon my return, my patchwork hatha classes became pure *Svaroopa*® yoga classes. The change was infectious: my students fell in love with it."

Yogeshwari fell in love with it, too. As often as she could, she began hosting Swami Nirmalananda for trainings in the Boston area where she lives. Through repeated exposure to *Svaroopa*® yoga, many people became teachers, and now, after almost 17 years, the Boston area is one of the largest *Svaroopa*® yoga GeoCenters.

While Yogeshwari immediately knew that she had found her yoga home in *Svaroopa*® yoga, it took her many years to fully understand the benefits of the practice in her own body. "It's been a long process," she says. "My friend came back after three weeks of Teacher Training with a body that was completely transformed, top to tail. As a former dancer obsessed with my body, I thought that would happen to me, and frankly it didn't."

"I went in with a lot of heart, and a lot of delusion," she continues. "I thought I had so much flexibility and I could 'outpose' everyone. I didn't know just how tight my spine was and how much it would take to get it open." Still, Yogeshwari knew she was on the right path. "When my body finally opened, I realized that I wanted so much more, even though I wasn't sure what the 'more' really is."

For years she did almost three hours of physical practice a day, exchanged *Embodiment*® sessions and took every Advanced Teacher Training she could take, "to the point that there were no other trainings I could take," she says. "It was an amazing process and level of commitment." About five years ago, she was invited to train to teach Weekend Workshops and immediately said yes.

Yogeshwari recalls, "Swami Nirmalananda said, 'I promise you that if you do this, you will advance so far past your small sense of yourself,'" states Yogeshwari, and continues, "She was so right. Over

the last five years I have really learned as a presenter to be fearless, more in my Being, and less in my doing. I have trust in the state of my Self, while being fully aware of the responsibility I have to communicate the teaching principles as clearly as I can."

She says, "The biggest 'aha' in the process has been that the more I teach, the more I realize it's not about me, it's about them (the participants). I've been able to get myself out of the way, and enjoy the expansiveness of the whole event."

This year Yogeshwari took the Leading a Discussion Group phone course with Swami Nirmalananda, which shows discussion leaders how to let the participants do the talking. She learned how to say, "What do you hear in what she is saying?" It is a question that not only opens up conversations, but is "amazing in how it opens the

"Over the last five years I have really learned as a presenter to be fearless, more in my Being, and less in my doing. I have trust in the state of my Self, while being fully aware of the responsibility I have to communicate the teaching principles as clearly as I can."

students to what they already know in themselves." Yogeshwari says, "In one of the last weekends I taught, as I asked people about their experiences, someone said something really profound. I resisted the urge to comment about it. Instead, I turned it back to the group — and it opened up everything."


Even though it took her longer than she anticipated to more fully understand all that *Svaroopa*® yoga and Swamiji have to offer, Yogeshwari says, "Once I started to meditate, and fully surrender to the Grace of this path, everything else fell into place. I am loving the journey."

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Therapeutics: I Thought I Would Always Be in Pain

By Marlene Gast

In pain from a great deal of arthritis, Lisa F. has taken athletic yoga in the past, with limited improvement. So she considered taking Foundations. Lisa knew about *Svaroopa*® yoga through Kanchan (Connie) Mohn, Lisa's professional colleague and friend, who teaches Gentle Yoga at Downingtown Yoga & Meditation Center (DYMC). At Kanchan's invitation, Lisa attended Vidyadevi's Pain Clinic earlier this year. Through her experience of the Magic Four that evening, Lisa realized that she needed to sign up for Yoga Therapy rather than undertake Foundations.

Now in her third series of Overlap Healing sessions with Vidyadevi, Lisa says, "I thought I would feel awkward leaning on a chair to get down on the floor, having to be helped to turn over on my side; I thought I'd be embarrassed to move into yoga positions needing so much help in front of others; I thought I would be uncomfortable, and I thought I would always be in pain. Then, by some miracle, I have had the opportunity to work with Vidyadevi in therapeutic yoga, and then to join the Gentle Yoga class with Connie, and I finally stopped thinking.

"Thanks to Vidyadevi's help, I have become able to take Connie's Gentle Yoga class. Connie's quiet, steady voice

guides us through Shavasana and into a few poses, and her deep respect for each one of us is apparent in how she anticipates each person's need for an extra blanket for support or an adaptation to make a pose possible. The Gentle Yoga class is an oasis in the life I lead outside of myself; it is a return to inside, to myself and the present fully realized. But, I don't think about it; I just do it."

One of the most amazing experiences for Lisa could be called a "fortunate fall." She recalls, "the second time I saw Vidyadevi, I slipped on ice in the parking lot outside Master Yoga in Exton. By the time I had climbed the stairs to the studio, my knee was deep, dark purple and swollen. Because nothing was broken I decided to go ahead with my *Embodiment*® session. By the time I finished my session, my knee was pink and the wound was gone. I still felt a little rattled from the fall, but my knee was fine. It was pretty startling."

Lisa's personal practice includes daily Ujjayi breathing for 20 minutes in Shavasana. She is looking forward to resuming Gentle Yoga with Kanchan at the end of November. Lisa concludes, "*Svaroopa*® yoga and yoga therapy have been transformational."

It Only Works if You Do It

By Swami Nirmalananda

I've never seen a student get so much, so fast from Ujjayi Pranayama. Vidyadevi reported to me on Lisa's progress week-by-week. Because Lisa felt so much improvement from the breathing practice, she was inspired to continue doing it. Because she continued doing it, her improvements accelerated. Because her improvements continued to grow so dramatically, she was more committed to her yoga breathing. Every week was another miracle.

The one-hour healing of Lisa's knee, injured in her fall on the ice, made an impression, but so many earlier stages had already been accomplished. Her pain levels reduced steadily from her first private session. Her ability to get up and down off the floor improved steadily.

Then she was rejected by the medical research study on eczema. Because her skin condition hadn't respond to the usual treatments, her physician had referred her to a study, but Lisa had to wait for an opening. In the meantime, she began *Svaroopa*® yoga. When the medical team was ready to start her up, they discovered she was too much improved for them. She was rejected as a human guinea pig! Why? Because she was healing without medicine, all from breathing. Ujjayi Pranayama.

The poses came later. The Gentle Yoga class came later. Lisa's home practice of the poses came later. It all started with Ujjayi Pranayama. It only works if you do it.



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It's About Alignment

By Rob Gold

Kyno (Nancy) Ravelo never set out to be a yoga teacher, especially at 62. But when *Svaroopa*® yoga came to her, she couldn't resist! A few years back Connie Clews, CSYT, moved from the Hawaiian Island of Kauai to Molokai. She came to Kyno's place of work one day looking for a massage, they started talking, and it resulted in Connie accepting an offer to teach there. Kyno says, "I went to her first class and have been going ever since. I didn't have a clue why I kept going back, but I just kept going; she's just a fabulous teacher."

Connie encouraged Kyno to take Foundations and *Embodiment*® so Kyno could deepen her practice, and so they could exchange *Embodiment*® sessions and build a *Svaroopa*® yoga community on Molokai. Kyno says, "I got totally hooked at Foundations. Swami Nirmalananda had just come back from India, and I had the best meditations at that training." She is now looking forward to May when she finishes up her Level 4!

About a year ago Kyno had the opportunity to share the power of *Svaroopa*® yoga with her daughter Kay, a nurse on neighboring Oahu. "She's extremely busy," says Kyno, "working in the neurological ICU, as well as for the union, totaling 60 hours a week or more." Last fall this rigorous schedule and workload took its toll; the pain from an old injury in Kay's neck reached a point where she couldn't continue to work as a nurse any longer. Yet she wasn't ready to give up nursing either. Kyno hopped

islands for a stay with her daughter, convincing her to do five days of *Svaroopa*® yoga together, which sounded better than the MRI's and surgery her doctor and neurosurgeon were recommending.

"Kay promised me that she would do the five days, so I went over and stayed with her on Oahu, and we just did it. I knew what she would tolerate," chuckles Kyno. "We did the same simple spinal passes each day plus one *Embodiment*® session." By the third day the pain had subsided so much Kay knew it was working. By day five, the pain was gone. A few weeks after returning to her nursing shifts, she ran into her neurosurgeon at work, and told him 'I've been doing yoga.' His response was, 'We all know it's about alignment.'" Kyno says, "I believed it was going to happen, but it was miraculous to actually witness it. It was pretty profound, and Kay says she knows she'll never need an operation."

Keeping up with a home practice, a full life and 60-hour work weeks is tough; thus Kyno reports that Kay hasn't kept up with a daily *Svaroopa*® yoga practice. Still she has not returned to the previous level of pain in her neck. When Kay visits Kyno on Molokai, they do yoga together and "she can feel the difference," but doesn't yet do it on her own. Like a good mom, Kyno also left blankets and blocks behind just in case. You never know... maybe there's more yoga going on than we think.

Do More Japa

Quotes from Swami Nirmalananda's talks

Until you are established in inner bliss, do japa.

When you repeat your mantra you are pouring your mind into the ocean of Consciousness.

When you repeat your mantra, you are directing your mind like an arrow or like a laser beam into Consciousness

Mantra is the portable Guru.

Mantra is the seed form of your own enlightenment.

Mantra is the Self, wrapped up in a gift package. To unwrap it, you repeat it, many many many times.

Japa draws Grace.

Through mantra, you receive my Guru's blessing, and His Guru's blessing.

Everyone is seeking intoxication — use the mantra for the best state of drunkenness ever!

Choose what you want your mind to be full of: repeat mantra

Slow Cooker Squash Stew

3 tablespoons extra-virgin olive oil
1 medium onion, thinly sliced
2 cloves garlic, sliced
2 tablespoons tomato paste
¼ teaspoon red pepper flakes
1½ cups dried chickpeas, rinsed
1 pound butternut squash, peeled and cut into large pieces
1 bunch Swiss chard, leaves and stems separated and roughly chopped
1 piece parmesan cheese rind, plus grated parmesan for topping (optional)
Salt/pepper
Crusty bread and/or lemon wedges, for serving

योगा पुस्तक

By Jennifer Saville, Ashram Chef

Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add the onion and garlic and cook until soft and golden brown, 4 to 5 minutes. Stir in the tomato paste and red pepper flakes and cook 1 minute. Stir in ½ cup water, scraping up any browned bits. Transfer the contents of the skillet to a 6-quart slow cooker.

Add the chickpeas, squash, chard stems (not the leaves), the parmesan rind, if using, 2 teaspoons salt and 7 cups water to the slow cooker. Stir, then cover and cook on low, 8 hours.

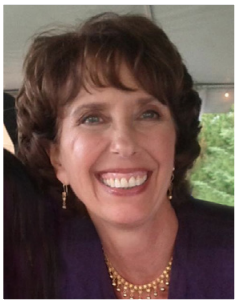
Just before serving, lift the lid and stir in the chard leaves; cover and continue cooking 10 more minutes. Season with salt and pepper, and stir to slightly break up the squash. Discard the Parmesan rind, if used. Ladle the stew into bowls; top with the grated parmesan, if desired, and serve with bread and/or lemon wedges.

Why I Donate

By Antarajna (Deborah) Mandel

“Our annual Thanksgiving campaign is titled ‘A Yogic Heart’ because it is the gift from your heart that matters the most” — SVA Website

As I write this article on how and why Svaroopis donate, what comes through is the passion of yogis on the importance of donating. They donate because of the love in their hearts for Master Yoga, the Ashram, Swami Nirmalananda and everyone involved in the creation and maintenance of the *Svaroopaa*® Sciences.



Padmakshi (Andrea) Wasserman

Padmakshi (Andrea) Wasserman writes, “The *Svaroopaa*® Sciences have been an amazing discovery for me, and have changed my life dramatically. From the very first yoga class I took, through the deep yoga immersion weekends, on through Yoga Teacher Training, meditation and an India retreat with Swamiji, each has had a profound effect on me physically, emotionally and spiritually. I feel so much gratitude to Swamiji, who leads us on this path, and to the organizations she has created, as well as to the teachers who guide us and

infuse us with knowledge, along with the Boards, staff members and sevites who work tirelessly on behalf of this glorious and promising path of Grace. The very least I can do is to give monetarily on a monthly basis.” Padmakshi donated to both MYF and SVA before the consolidation. Within SVA, she split her donation between an Ashram Donation and the Swami Support fund. She plans to continue donating the same combined dollar amount to the consolidated organization.

Prior to the consolidation of MYF and the Ashram, Pat Morrison donated to both organizations, with a larger percentage going to the Ashram. Since the merger she has decided to continue her small annual contribution to Master Yoga in appreciation for its involvement in the process that led her to the Ashram. She wants to help maintain teacher training, support our wonderful cadre of teachers and support yogis who enter *Svaroopaa*® yoga through the doorway of Master Yoga. Her monthly Ashram contribution is split between Swami Support and support for the Ashram.



Pat Morrison

Pam Church speaks from her heart. “I give to Master Yoga and SVA for the simple reason that I am grateful...grateful for all that has been given to me. Having the two organizations become one makes things so much easier. I no longer have to decide how to split my funds or my time, knowing that whatever I give will support everyone and everything associated with *Svaroopaa*® yoga and meditation!”



Pam Church

I spoke with several other yogis who intend to support both organizations. For example, Kriyaa (Chris) Godfrey had in the past given

a yearly donation to SVA. This year, wanting to support the Master Yoga program, she’ll split her donation between the two and shift to a monthly donation. “For the first time,” she says, “I’d like to donate to both halves of our practice as one.”

Everyone I spoke to was grateful that the two organizations were now one. Oneness is a way of bringing peace into our hearts, from where the greatest gifts come. Swami Nirmalananda says, “We love to see two becoming one on the outside, whether it is two merging through love or simply a waterfall merging into a lake; we love it because we yearn for that inner merging, where ‘self’ becomes ‘Self.’”

[Click here](#) to offer a one-time donation or monthly pledge. Monthly donors receive our Anjali Mudra Poster as a thank you gift when they begin or increase their monthly donation.

Meditation & Sutras Programs

Phone courses and in-person retreats

Jan 24 - 26	Shaktipat Retreat with Swami Nirmalananda in PA
Feb 19 - Mar 2	Meditation Teacher Training with Swami Nirmalananda in PA
March 15 - Dec 3	Guru & Self phone and online course begins Year Long Programme with Swami Nirmalananda
March 28 - 30	Shaktipat Retreat with Swami Nirmalananda in Calgary AB, Canada
April 11 - 16	Retreat (6-days) with Swami Nirmalananda in PA
April 30 - Sept 7	MTT Upgrade Training begins the phone course begins, followed by a training retreat with Swami Nirmalananda in PA
May 30 - June 1	Shaktipat Retreat with Swami Nirmalananda in PA
June 20 - 22	Shaktipat Retreat with Swami Nirmalananda in Boston MA
July 14	Purposeful Living phone course begins, with Karobi
Aug 15 - 17	Shaktipat Retreat with Swami Nirmalananda in PA
Aug 17 - 21	Retreat (5 days) with Swami Nirmalananda in PA
Oct 4 - 19	Swami Nirmalananda teaching in Australia
Feb 7 - 20, 2015	Ganeshpuri's Grace retreat with Swami Nirmalananda in India

The Measure of a Yogic Heart

By Karuna (Carolyn) Beaver

Do you have a yogic heart? Reflecting on this question, I find myself checking in to see how deep is my heart; how much depth is at the core of my being. It's important to consider, especially as we move into Thanksgiving, to the season of giving and sharing prompted by both this holiday and the ones that follow it through year's end.

Swami Nirmalananda says that a yogic heart is not only an open heart, but a deep heart. Swamiji says that a yogic heart "sees all, feels all, risks all, without ever feeling at risk." She adds that this depth is not easily available;



not even the deep practices of Svaroopa® yoga poses or meditation bring your yogic heart to the forefront.

"The focus on breath and body as stair steps to inner experience is very powerful," she says. "And meditation is also a powerful stair step. But neither is specifically designed to open your heart." What does work are the stair steps that Svaroopa® yoga and meditation

provide, unfolding the INNER experience that builds a yogic heart.

Swamiji put the name of this inner experience, svaroopaa, into the formal name of the yogic sciences she created to remind us of this.

"So neither poses nor meditation by itself is guaranteed to give you a yogic heart," she continues. "Asana and meditation can be solitary experiences, leading you inward, which is a wonderful thing. But the only thing that gives you a yogic heart is when you put your yoga into your relationships. Some people call it yoga off the mat or yoga off the plaid blankets."

Swamiji says developing a yogic heart is about carrying your yogic state into your relationships with other people, and with other yogis. It's about cultivating your warm-hearted acceptance or appreciation of the source of the teachings, which is your teacher and your teacher's teacher. Developing a yogic heart is about giving thanks, and even about bringing

your yoga into one of the touchiest relationships you have, which is your relationship with money.

"When the yoga gets so deep into your heart that you let it open up a sense of generosity, a desire to give back, an impulse to support those who support you," Swamiji says, "now you're developing a yogic heart."

"When you give just for the purpose of giving (not because you're getting something back), when you give because it feels good to give, or give because you believe in what's being done here, or because you have enough to share, you give because your yogic heart is a giving heart."

Doesn't this yogic description of giving warm your heart and cause it to expand? Take a moment to realize how your own deep heart, and your past gifts to the two organizations that are now one, have kept Svaroopa® Sciences not only viable but blossoming forth. Perhaps your reflections show you how you have grown and changed under the careful guidance of your teachers. Doesn't that stir gratitude within your deep yogic heart?

There's a call to action in the stirrings of a deep yogic heart — a call to do more, to be more, to let your heart shine with the light of Consciousness. And there's a yogic way to answer this call. You can choose to support the yoga organization that supports you, financially, through the annual Thanksgiving fundraising effort. You can choose to give to something that gives to you.

This year, as you consider your tax-deductible donation to Svaroopa® Vidya Ashram, give from your heart, your deep yogic heart. Give from the deepest part of your Self, and know that your donation is the heartbeat that propels both you and your yoga organization to deeper and deeper dimensions.

It's never been easier to answer that call to action. You can send a donation in the mail, or make one online by clicking [here](#). You can designate your donation to the source of the teachings that make your heart sing — whether it's asana classes or Ashram offerings. Like every other facet of the Svaroopa® Sciences, this is all about you, and about your relationship with the source of the teachings. Give with a deep yogic heart.

A Yogic Heart

Invoke your experience of the sacred, the Inner Reality, being honored by these yogis who are offering their prayers and blessings through Anjali Mudra.

Free to monthly donors when beginning or increasing your pledge

Available at Downingtown Yoga & Meditation Center or online for \$ 41.00 plus shipping/handling



Next! Planning 2014

By Rama (Ruth) Brooke

All roads lead to one...

This has always been true of the Svaroopa® yoga practices. However, since the consolidation of Master Yoga and Svaroopa® Vidya Ashram, the travel routes have become more direct, even non-stop.

During the process of consolidation, Svaroopa® yoga teachers and students were given a new voice. In on-line questionnaires and conversations with Board members, teachers spoke frankly and made their requests. The Board of Directors responded with a list of [2014 Initiatives](#) providing:

- Easier travel and accommodations for Exton
- Discounts for multiple courses within one year
- Consolidated communications
- Simplified administrative processes
- Guaranteed dates and tuition rates
- Live response for enrollment and other questions
- More accessible SATYA membership and benefits
- Financial incentives to upgrade to Current Standing
- and more ...

Given the above list, the next question is:

What is your destination of choice for 2014? How will you travel to get there?

We can think of all of the Svaroopa® yoga practices as different modes of transportation, all taking us to the same destination. The destination has many names (Embodied, Awareness, Consciousness, Self, Bliss, Divinity, God, Shiva, Shakti, Chiti, etc.). Some of these names are more familiar, some more comfortable, but they all name the same Source within us. Each Svaroopa® practice, each mode of transportation takes us via a different route, at varying speeds and with different experiences and challenges along the way.

Whether we enter primarily through the body, the mind, or the heart, all of the practices get us to our destination safely and reliably. Grace assures that. In fact, Swami Nirmalananda would say we are actually already at our destination, but we need help knowing that we've always been there!

Through the Body	Through the Mind	Through the Heart
Yoga Teacher Training	Vichara	Chanting
Advanced Teacher Training	Sutra Studies	Meditation
Enrich Your Teaching Skills	Year-Long Programmes	Seva
Yogimmersions	Q&A publication and phone calls	Devotional practices

So which course will you choose for the coming year? Or will you take advantage of the [multiple course discount](#) and take more than one? These can be challenging decisions, and there is so much from which to choose. Perhaps you'd like to talk it over with our Enrollment Advisor, [Hridayaa Abplanalp](#). We now have a staff member available to speak with you, Monday - Friday from 9:00 am to 5:00 pm, at 610-644-7555.

Or perhaps you'd like to hear what other Svaroopis say about their experiences in some of the courses offered again in 2014. Here are some quotes from graduates:

Meditation Teacher Training



Viveki (Annette)
Bongiorno

By the time we were up to three hours of meditation a day, it had become effortless. It was the equivalent of breaking the sound barrier. I realized it's really not about the length of time you sit; it's about the state, the steady state... I could access my understanding of the sutras and philosophy from a different place, from my meditative state, rather than my usual overly analytical intellect, my mind. It took me beyond where I thought I could go — a powerful, powerful course! — Viveki (Annette) Bongiorno (Natick, MA)

Embodiment® Yoga Therapy Training

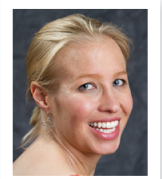
I feel confident enough in all elements of Embodiment® therapy to be able to work with any clients that come through my door. — Jyoti Kenney



Ruth Brown

I loved learning Embodiment® inside-out. The intimacy of the course made it fun and nurturing. — Ruth Brown

An amazing way to learn to embody and live in the Self. Everyone will get something unique from this training. Highly recommend it. — Rebecca Bettencourt (Hopkinton, NH)



Rebecca
Bettencourt

Foundations

I have gained knowledge and confidence about my own yoga practice and skills. I can now share yoga with others in my life and may actually consider YTT in the future. My practice will be deeper as well. — Dianne Burnham

This experience has been life changing and I have no doubt that I will continue to develop my Svaroopa® yoga practice. I can look at myself with new eyes and have a much better understanding of my physical being. — MaryLynn Hinde

Yogimmersions

weekend or longer programs without prerequisites

Feb 7 - 9	The Shavasana Course with Vidyadevi in Exeter RI
March 1 - 9	Weekend Workshop with Karobi in Brisbane QL, Australia
March 7 - 16	YTT Level 2 with Vidyadevi and Karobi in Brisbane QL, Australia
March 19 - 23	ATT 201: Teaching Half Day Workshops with Karobi and Vidyadevi in Brisbane QL, Australia
April 18 - 20	Gateway of Your Heart with Vidyadevi in Oregon
April 25 - 27	Gateway of Your Heart with Vidyadevi in VA
July 11 - 13	Svaroopa® Yoga & Meditation with Vidyadevi in ID
Aug 17 - 22	Foundations of Svaroopa® Yoga with Vidyadevi at Kripalu Center MA
Feb 7 - 20, 2015	Ganeshpuri's Grace retreat with Swami Nirmalananda in India

Consolidation = Value

By Rob Gold

The consolidation of Master Yoga and *Svaroopā*® Vidya Ashram delights me. I can't help wondering, "Why didn't 'we' think of this sooner?" While the teachings all come from the same source, Master Yoga and the Ashram have somehow felt separate: programs with different study focus, held in different buildings, each with a different website and calendar, etc. I've even been creating my own calendar with trainings and retreats from both *Svaroopā*® Vidya Ashram and Master Yoga, so I could see where they might overlap or parlay into one another, which would allow me to get a two-for-one on each trip to Pennsylvania!

Now, simply, the consolidation makes it easier for me to do more yoga. That single word, "more," from the Guided Awareness, hooked me early on. In my first classes that one word fully described the indescribable, as well as my yearning for as much of the "more" as I can open to. That's never waned. But in the past, one big obstacle to attending programs has been my feeling that, if I chose a course with one organization, I'd be missing out on courses in the other. So I ended up doing neither. The change to one organization should help a lot in dissolving this dilemma!

Now I can look forward to a "value component" as well. The [2014 Initiatives](#) make it crystal clear where the consolidation provides additional, tangible value for everyone: tuition freezes, travel subsidies, training discounts of all sorts, regular retreats, improved communication and accessibility, expanded SATYA benefits, integrated calendar, marketing support and on and on. Each expanded benefit is a great value, and we get to choose those we want, doing as much yoga as we want along the way. It's never been easier to do more yoga.

Perhaps most valuable to me is having programs under one roof. This may stem from my first-ever retreat: Foundations at Kripalu with Swamiji. I had no idea what I was getting into when I enrolled, yet knew it was what I wanted to do. Upon arrival, I had a meltdown and hid in my car until the program started that evening. The second morning a roommate's snoring woke me very early. Unable to return to sleep, I prepared for the day and found my way to the unlocked classroom, spending the time alone in silence and stillness. I followed this pattern each morning thereafter. By the end of Foundations, a handful of others were also making their way down to our classroom early. No longer did I feel so alone with my yearning.

The Kripalu meal-service also enhanced my training experience. For the first time I intentionally ate alone and in silence, crying into the overwhelming beauty of food in my bowl more than once. Eating became sadhana; even in silence, the other students were community, regardless of whether we were enrolled in the same or different programs.

dining out took me out of the immersion I sought. In Foundations, having everything under one roof had made my experience richer and easier at the same time, seeming a bit like an all-inclusive vacation package: All you have to do is show up and everything else is taken care of. What could be better than that!

Coming in 2014 is an unimpeded immersion in the Grace of your *Svaroopā*® lineage with your program, housing, and meals in one location. In a retreat setting, no partitions or interruptions will slow the Grace-full flow. Swamiji described this in the Teachers' E-Letter, saying that along with this residential retreat, new practices will support deeper opening: "With the 'book-ends' of japa and arati happening morning, noon and night, no one ever gets far away from their own Self. The bootcamp approach to Teacher Training, so well known in every Western style of yoga, has been softened. It's a warm-hearted approach, a deep-hearted approach, a tail-lengthening and core opening way of learning core opening."

The more yoga I do — the deeper I go, the better teacher I become and the more I offer to my students, to my Guru and to my Self. I expect future trips to Pennsylvania will be richer, deeper and more transformational with everything in one place; there will be more of the "more" because of it.

I like where I live, but the Ashram is home. I need the practices of both *Svaroopā*® meditation and *Svaroopā*® yoga to make my mind, body and life work. Otherwise, I end up lurching along, wondering why everything is so hard. Thinking back to that first *Svaroopā*® yoga immersion at Kripalu, I am reminded of how easy it was to do more yoga in that format. With the consolidation, I have no doubt that I will have more opportunities to do more yoga, no matter which program I choose.

Master Yoga & *Svaroopā*® Vidya Ashram

*From a single source, two streams emerged.
Now flowing together — strong, clear, pure;
Still dedicated to the One,
That One that is your own Self.*



Consolidated Calendar

It's working! Check out our new [Svaroopā® Yoga and Meditation website](#) for a complete listing of all the Ashram & Master Yoga programs, with new improved searchability and links. Sort by location or date, or program type or title — what are your criteria for choosing which programs you will dive into? When this site debuted about a month ago, the calendar wasn't complete, but we've fixed that now and hope it makes it easier for you to satisfy your curiosity and make your plans. Come to PA! Come to the Ashram!

Later that summer, for YTT Level 1 at Master Yoga, I stayed 15 minutes away in a hotel, and my experience was very different. The travel and increased need to prepare and organize my days were distracting; I missed the retreat-style training environment where I could dive in and stay in all day and all night. Food shopping, schlepping, storing, cooking and cleaning for multiple meals each day was stressful at times, and

Upcoming Programs

Click on titles for info about Programs. DYMC is **Downingtown Yoga Meditation Center**.

January 2014		
3	I Am Shiva article #3	Swamiji
4 - 8	ATT:201 Teaching Half Day Workshops	Vidyadevi & Karobi in PA Retreat Center
10	I Am Shiva audio #3	Swamiji
12	Swami Sunday 8:30 am - 12:15 pm	Swamiji at DYMC
13 - 18	Teaching Svaroopa® Sutras Training Retreat Weekend	Swami Nirmalananda in PA Retreat Center
14	Satsang 7:30 - 9:00 pm	Swamiji at DYMC
19	Swami Sunday 8:30 am - 12:15 pm	Swamiji at DYMC
19 - 23	Foundations of Svaroopa® Yoga	Janaki Murray in PA Retreat Center
21	Meditation Made Easy 8:00 - 9:00 pm	at DYMC
23	FREE Q&A Phone Satsang 10:30 am - noon (Eastern Time)	Swamiji in phone conference call
23	Shishya Guru Gita 6:30 - 8:00 am (Eastern Time)	Swamiji
24 - 26	Shaktipat Retreat	Swami Nirmalananda in PA Retreat Center
25	Sri Guru Gita 6:30 - 8:00 am	Swamiji at PA Retreat Center
26	Sri Guru Gita 6:30 - 8:00 am	Swamiji at PA Retreat Center
26 - 28	Experiential Anatomy	Vidyadevi & Karobi in PA Retreat Center
28 - Feb 2	Embodiment® Yoga Therapy Training	Vidyadevi & Karobi in PA Retreat Center
29 - Feb 2	Foundations of Svaroopa® Yoga	Bhakta & Kamala in St. Paul MN
29	I Am Shiva call #3 7 - 8:30 pm (Eastern Time)	Swamiji
30	Shishya Guru Gita 6:30 - 8:00 am (Eastern Time)	Swamiji at DYMC
February 2014		
2	Swami Sunday 8:30 am - 12:15 pm	Swamiji at DYMC
4	Satsang 7:30 - 9:00 pm	Swamiji at DYMC
5	Shishya Phone Satsang 10:00 - 11:00 am (Eastern Time)	Swamiji Phone Conference Call
6	Shishya Guru Gita 6:30 - 8:00 am (Eastern Time)	Swamiji
7 - 9	The Shavasana Course	Vidyadevi in RI
9	Swami Sunday 8:30 am - 12:15 pm	Swamiji at DYMC
10	I Am Shiva article #4	Swamiji
11	Satsang 7:30 - 9:00 pm	Swamiji at DYMC
13	Shishya Guru Gita 6:30 - 8:00 am (Eastern Time)	Swamiji at DYMC
14 - 16	EYTS Foundations Review	Devi McKenty in Exton PA
16	Swami Sunday 8:30 am - 12:15 pm	Swamiji at DYMC
16 - 18	EYTS Embodiment® Weekend	Karobi in Exton PA
18	Satsang 7:30 - 9:00 pm	Swamiji at DYMC
19 - Mar 2	Meditation Teacher Training	Swami Nirmalananda in PA Retreat Center
22	I Am Shiva audio #4	Swamiji
27	Shishya Guru Gita 6:30 - 8:00 am (Eastern Time)	Swamiji
28 - Mar 2	Weekend Workshop	Karobi in Brisbane QL, Australia

PLAN AHEAD

Plan your trainings for the coming year with the calendar below.

JANUARY 2014		
4 – 8	ATT 201: Teaching Half Day Workshops	PA Retreat Center
13 – 18	Svaroopa® Sutras Teacher Training Retreat	PA Retreat Center
19 – 23	Foundations of Svaroopa® Yoga	PA Retreat Center
24 – 26	Shaktipat Retreat	PA Retreat Center
26 – 28	Experiential Anatomy	PA Retreat Center
28 – Feb 2	Embodiment® Yoga Therapy Training	PA Retreat Center
28 – Feb 2	Foundations of Svaroopa® Yoga	St. Paul MN
FEBRUARY 2014		
7 – 9	The Shavasana Course	Rhode Island
14 – 16	EYTS Foundations Review	PA Retreat Center
16 – 18	EYTS Embodiment® Weekend	PA Retreat Center
19 – Mar 2	Meditation Teacher Training	PA Retreat Center
MARCH 2014		
1 – 2	Weekend Workshop	Australia
7 – 16	YTT Level 2	Australia
15	FREE Guru & Self	intro phone call
19 – 23	ATT 201: Teaching Half Day Workshops	Australia
19 – 23	Foundations of Svaroopa® Yoga	PA Retreat Center
25	Guru & Self begins	Multi-Media
28 - 30	Shaktipat Retreat	Calgary AB, Canada
APRIL 2014		
4 – 13	YTT Level 2	PA Retreat Center
11 – 16	Svaroopa® Yoga & Meditation Retreat	PA Retreat Center
18 – 20	Gateway of Your Heart	Oregon
25 – 27	EYTS Foundations Review	PA Retreat Center
25 – 27	Gateway of Your Heart	Virginia
28 – 30	EYTS Teaching Without Props	PA Retreat Center
30	Meditation Teacher Upgrade begins	Multi-Media Course
MAY 2014		
1	Discovering Your Own Self begins	Phone Course
3 – 9	EYTS Teaching at Yoga Conferences	PA Retreat Center
16 – 25	YTT Level 4	PA Retreat Center
30 – June 1	Shaktipat Retreat	PA Retreat Center

JUNE 2014		
3 – 9	ATT 411: Upper Spinal Release	PA Retreat Center
11 – 13	EYTS Foundations Review	PA Retreat Center
13 – 22	YTT – Level 1	PA Retreat Center
20 – 22	Shaktipat Retreat	Boston MA
26 – Jul 2	ATT 531: Abdominals	PA Retreat Center
JULY 2014		
7 – 9	EYTS Enliven & Advance: Level 1	PA Retreat Center
11 – 13	I Am Shiva Retreat	PA Retreat Center
14	Purposeful Living begins	Phone Course
16 – 20	Foundations of Svaroopa® Yoga	PA Retreat Center
AUGUST 2014		
8 – 10	Experiential Anatomy	PA Retreat Center
10 – 15	Embodiment® Yoga Therapy Training	PA Retreat Center
15 – 17	Shaktipat Retreat	PA Retreat Center
17 – 21	Svaroopa® Yoga & Meditation Retreat	PA Retreat Center
SEPTEMBER 2014		
3 – 5	EYTS Foundations Review	PA Retreat Center
4 – 7	Meditation Teacher Upgrade Retreat	PA Retreat Center
5 – 14	YTT Level 1	PA Retreat Center
15	Sutras: From Here to THAT	Phone Course
17 – 21	Foundations of Svaroopa® Yoga	PA Retreat Center
20 – 27	Meditation Group Leader Training Retreat	PA Retreat Center
29 – Oct 5	ATT 262: Yoga Therapy — Treating Pain	PA Retreat Center
OCTOBER 2014		
10 – 19	Swamiji on tour Australia	
10 – 19	YTT Level 3	PA Retreat Center
24 – 26	Guru & Self Weekend Retreat	PA Retreat Center
NOVEMBER 2014		
3 – 9	ATT 402: Deeper Practice	PA Retreat Center
14 – 16	Weekend Workshop	Warren MA
15 – 16	Slow Down!	Dekalb IL
DECEMBER 2014		
5 – 14	YTT – Level 2	PA Retreat Center

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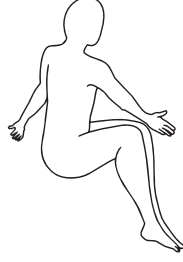
Make your product or service available to our 8,000 yogis, including over 1,500 yoga teachers. **Tadaa!** reaches a global yoga market, including thousands of Svaroopis.

If you need any support or have questions about the guidelines, and to submit advertising, please contact us via email at Advertise@svaroopayogateachings.com.

ADVERTISING RATES Size	1x	6x \$ per issue	12x \$ per issue	Graphics Charge
Business Card (3.625 x 2 inches)	\$35	\$30	\$25	\$18
1/6 page (2.375 x 4.825 -or- 3.625 x 3.125 in.)	\$60	\$55	\$50	\$30
1/4 page (3.625 x 4.825 in.)	\$85	\$80	\$75	\$40
1/2 page (3.625 x 9.875 -or- 7.625 x 4.825 in.)	\$170	\$160	\$150	\$80
Full page (7.625 x 9.825 in.)	\$310	\$300	\$290	\$100

Jathara Parivrttanāsana

JP, Rotated Stomach Pose, Relining Spinal Twist (Magic 4 Pose #4)



Sanskrit: *jathara* = stomach; *parivṛtta* = twisted, rotated, spiraled

Concerns & Dangers: if this makes your low back ache or aggravates sciatica, use *Props — *Blanket between Thighs*. You may also move your knees closer toward your elbow to create additional length in your spine through your waist area.

INSTRUCTIONS

To Do Before: It is best if you do poses to release your tailbone, sacrum & vertebrae through your waist area, but you may do JP by itself.

Preparation: Lie on your back, holding your bent knees with your hands & arms, with your knees touching & your big toes touching (not overlapping). Let your legs soften in toward your chest as you continue to hold them for a few breaths.

Moving In: Keep your knees near your ribs as you extend your arms on the floor out to your sides, with your palms facing the ceiling. Roll your legs & hips to your left to lay your legs & feet on the floor. Slide your legs along the floor toward your left shoulder, until the kneecap of your bottom leg meets your left wrist bone. Move your feet slowly out toward your left to get a 90° knee bend.

Bend your back elbow & place your palm on the side of your waist. If your elbow lands on the floor when your palm is on the side of your waist, extend your back arm into a Shavasana angle. If your elbow doesn't land, keep your palm on the side of your waist in order to protect your shoulder joint & maximize your spinal release. Turn your head toward your knees. This will give you a nice lengthening through the right side of your neck & across the front of your shoulder & collarbone.

Staying in: Let your whole body soften, deepening into the twist in your belly, chest & spine. [*Minimum* - 45 seconds; *Maximum* - 4 minutes]

Moving Out: Bring your head back to center. Bring your legs back to center & hold your knees with your hands, with your knees & big toes touching.

Resting/Observing: Pause here to notice the difference between your two sides. Do your other side.

To Do After: Shavasana. Or continue with additional poses in your session.

Jathara Parivrttanāsana — JP, Rotated Stomach Pose, Relining Spinal Twist (Magic 4 Pose #4)



PROPS

Blanket between Thighs: If your upper knee floats up off your knee on the floor, place a folded blanket between your thighs & knees (not between your lower legs & feet).

Head Cushion: If your forehead & chin are not level when your head is in the center, put a folded blanket under your head before you turn it toward your knees. Often, you need less pilloving under your head in JP than in Shavasana.

Elbow Pillow: If you need to keep your palm on the side of your waist because your elbow doesn't land on the floor, you may place a cushion or block under your bent elbow. Or you can simply tuck a few fingers in the front of your waistband.

POSE ANGLES

Legs & Feet: The middle of your kneecap of your bottom leg meets your wrist bone, which gives you a 90° angle in your hip joints.

Your knees are bent at a 90° angle with your feet stacked.

Your knees are staggered, not stacked, which makes your top hip tilt back a little bit, providing the possibility of a gentle sacrum release.

Elbow Bend: If the elbow of your back arm doesn't land on the floor when your palm is on the side of your waist, keep your palm on the side of your waist. You may want to tuck your fingers into the front of your waistband or use *Props — *Elbow Pillow*.

Arms & Hands: Your palms are facing up, unless your back palm must stay on the side of your waist.

Your arm by your knees has the wrist bone touching the kneecap of your bottom leg. If they don't meet, move your legs, not your arm.

If your back elbow lands on the floor when your palm is on your waist, place your back arm at the same angle as your other arm.

Reliable Spinal Release: Your rib cage (RC)

Possible Spinal Release: The base of your neck; a gentle twist through your sacrum

Other Benefits: Calming; soothes your mind & nervous system. Massages your internal organs, especially your organs of digestion & elimination. Soothes low back pain, neck pain, heart pain.

Movement Type: Forward Bend (FB); Reclining Twist (TW)

When to Use: The final twist in your personal practice, to cool-down after strenuous poses, good preparation for Shavasana. To relieve nausea, neck pain, or emotional turmoil.

Jathara Parivrttanāsana

JP, Rotated Stomach Pose (Magic 4 Pose #4)



RC
FB
TW