

The goal of this manual is to inspire you to practice and play on the mat.

It is through practice that you become capable. In a practice there are elements of self-responsibility, personal motivation, and self-realization.

Yoga works.

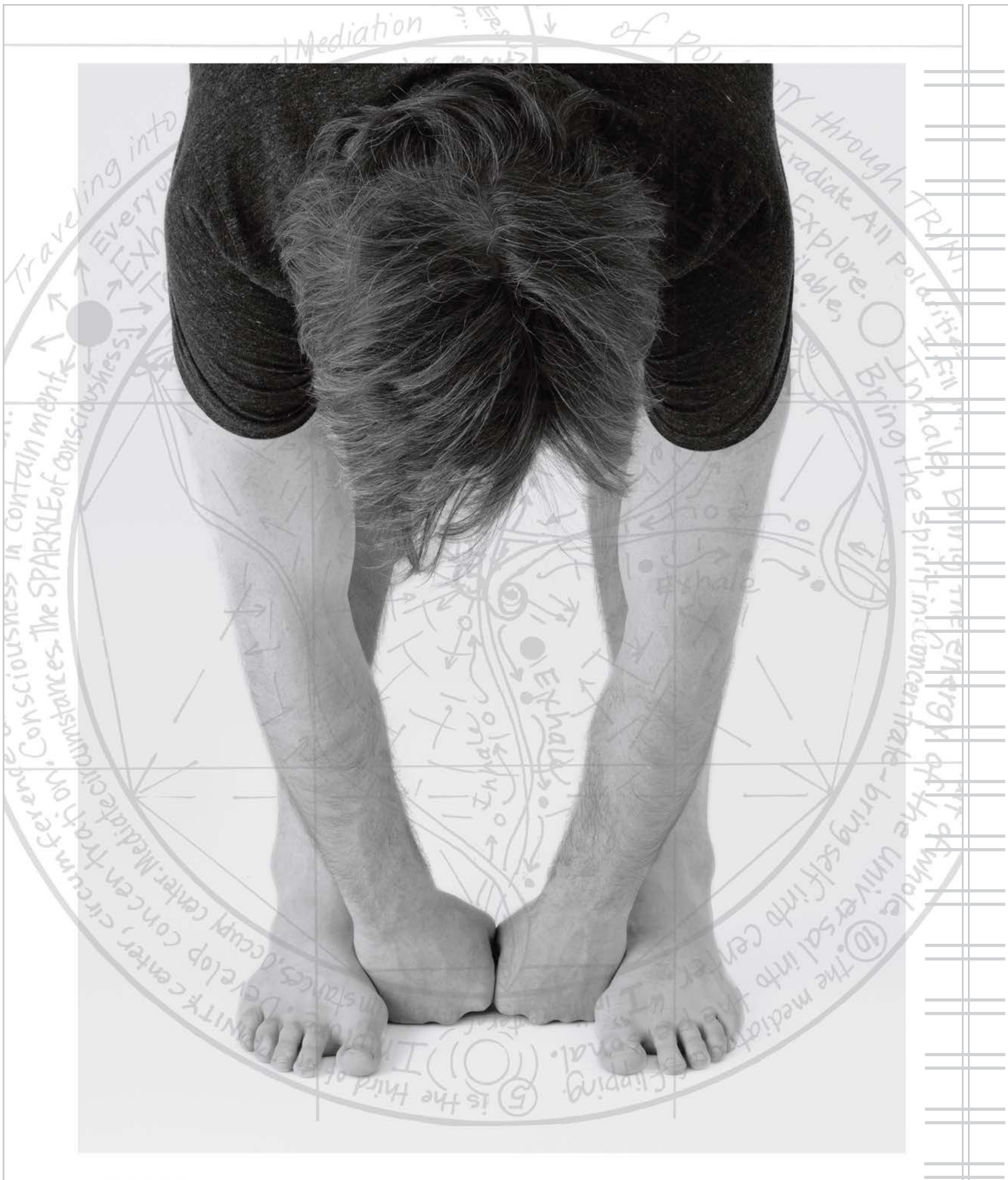
The power of practice belongs to the individual. It is powerful to measure up, to control your breath, to be clear and well-directed.

It is joyful to be powerful, well-organized and well-oriented.

This manual is reflective of the yoga practiced within the Katonah Yoga community. The maps and meditations included are specific to Katonah Yoga.

We encourage you to use different techniques and overlay them. Use your practice to your advantage.







STANDING FORWARD FOLD



A hang is a standing forward fold.

It is superfunctional for strengthening legs, stretching the spine and taking pressure off your lower back, neck and head.

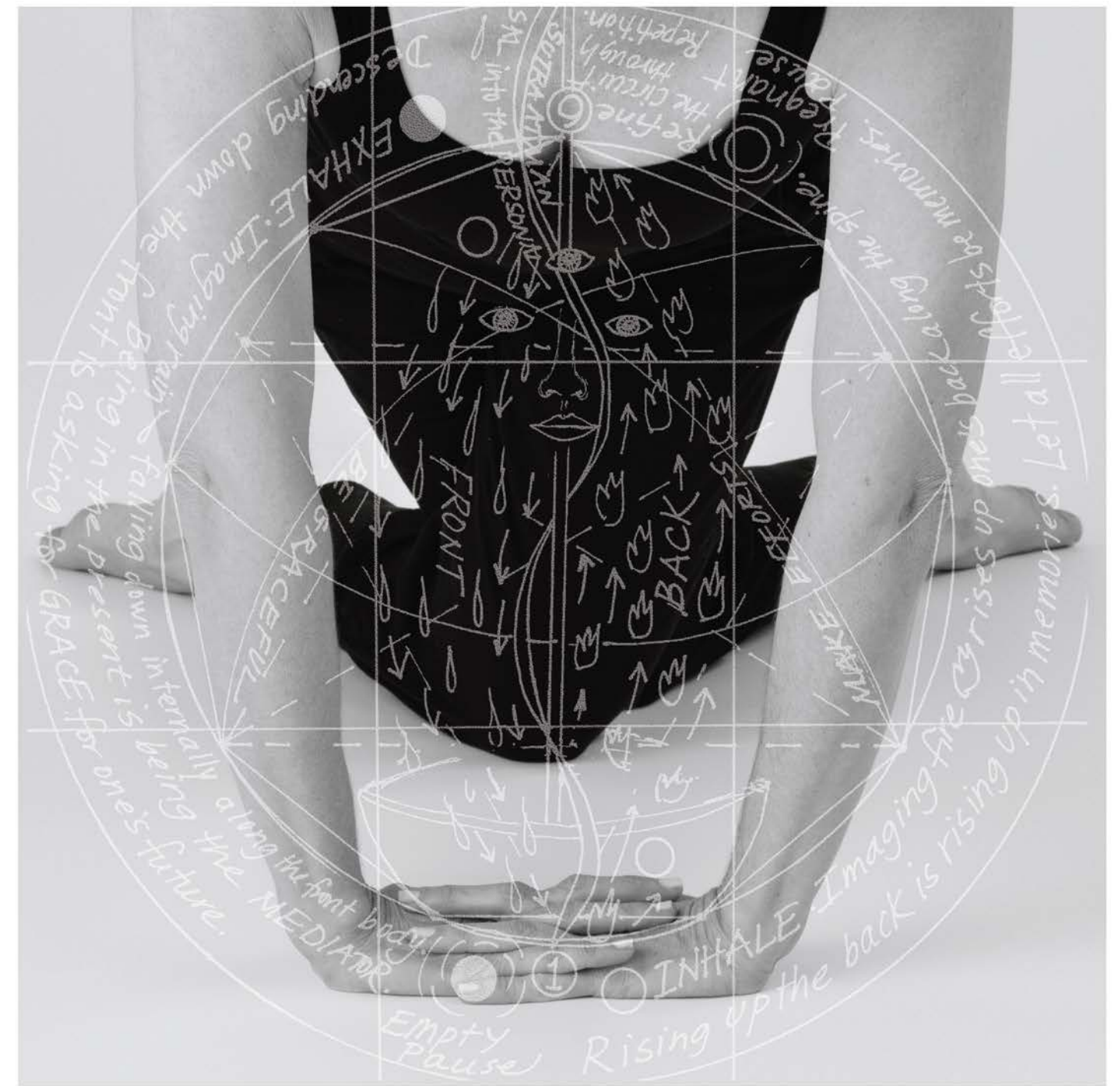
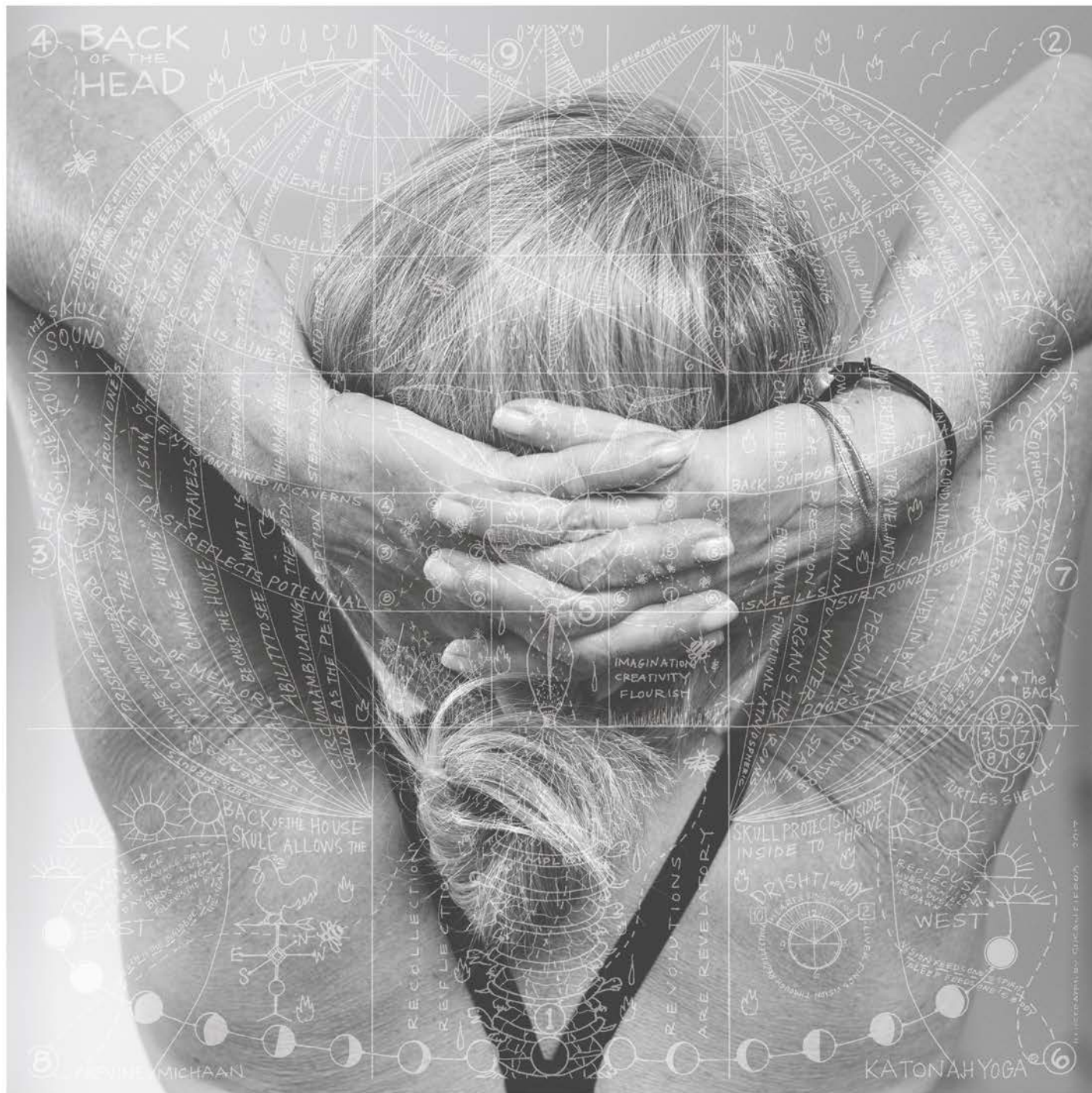
The foundation is organized through the feet. As you hang over, folding yourself in half, keep swaying subtly back and forth on the feet.

Weight balanced in the balls of the feet pitches you forward into the potential.

Weight in the heels makes the pose more static. The goal is to sway across the arch of the foot, developing a dynamic yet stationary posture.

Hangs are part of longevity practices—the longer you stay with the pose, the easier it becomes to rest and adjust your mind and breath.

Bend knees if you are tight, hang your torso over your hips, and drop your head.



PACING THE THE TIDES OF THE BREATH IN A MOON SALUTATION

Make yourself into a seed, hands holding heels, eyes with knee caps, inhale and exhale.

Inhale, rise the vision, see the moon in the night sky. Exhale, fold forwards, make contact with the land.

Inhale, be a wave in the ocean (upward facing dog). Exhale, wave back to shore (downward facing dog).

Inhale, lunge one foot forward, embody the crescent moon.

Exhale, fold forwards, be a stem.

Inhale, rise high, see the full moon (the apex of the moon salutation).

Exhale, descend the moon. Inhale, lunge the other foot forward, embody the crescent moon.

Exhale, find the shore (downward facing dog).

Inhale, get pulled by the wave (upward facing dog).

Exhale, pull back into a seed. Inhale and exhale, begin again.

