



photography by marlin lum

vasisthasana

by stacey rosenberg

balancing on the edge

Who:

Yoga has been the catalyst for deep transformation in my life. The process of aligning my body in the poses, working with the breath, and allowing the time and space to listen to my heart has empowered me and opened the pathway for my spirit to awaken. Teaching is my offering of gratitude for the way the practice has shifted my life. My intention is to inspire my students to discover their most authentic self. For me, yoga is a journey that begins on the mat. The practice has helped me cultivate and continually refine my skills in making conscious choices each day. Over the past few years my path has led me to Anusara Yoga, which I currently teach at Yoga Tree in San Francisco, as well as workshops and retreats all over the world. I invite you to visit my website, shantiyoga.net.

Why:

Vasisthasana is both a grounding and celebratory pose named after Vasistha, a great sage in the Indian epic, The Ramayana. Vasistha teaches King Ram to listen inwardly, to tap into his own resourcefulness and power, and to offer it to the world in an exalted way. Vasisthasana strengthens the arms, legs, belly, and wrists, while connecting us to our inner power. Through this connection, we can learn to respond to life's challenges with steadfastness and dignity. Every day we balance ourselves on the edge of our choices both on and off the mat. Vasisthasana empowers us to use our strength to express the courage in our hearts.

How:

From Downward Dog (adho mukha svanasana), turn to balance on your right hand and outer edge of your right foot. Stack your left foot on top of your right and extend your left arm up. To avoid pain in the right wrist, make sure your right hand is slightly in front of your right shoulder, the wrist crease lines up with the front of the mat, spread your fingers, and root down evenly through the hand. Inhale, charge your legs with enthusiasm and draw energy from the hands to the heads of the arm bones integrating them into the shoulder sockets. Exhale, scoop your tailbone, lift your hips, and move this power through your entire body. With strength, take your head back, and curl your shoulder blades into your heart. Courageously extend in all directions to celebrate your power to rise to any occasion.