

# Encinitas Yoga

## December Newsletter



## Garurasana - Eagle Posture

This is the first time that Encinitas Yoga features a posture in its monthly newsletter; we hope you like the idea and benefit from the read.

To focus on a posture each month can be something for you to bring into your own practice; take the time in your regular practice to concentrate more on a selected posture. From a moment spent on the newsletter each month you can take some inspiration and head to class to feel the effects of combining your increased knowledge of the posture with your actual practice. Yoga is experiential; without practicing, the knowledge will not amount to much - you need to experience the practice to get the benefits. This holiday season can be your time to focus on your Yoga and through Yoga, develop and maintain a steady mind, strong will-power and sound judgment.

Eagle was chosen to be a focus for this month's posture spotlight for many of the benefits and qualities that practicing it emphasizes and promotes; especially because of strengthening effect on the immune system. When you practice Eagle Posture, Garurasana in Sanskrit, do not hold back on



experimenting with the most important part of the asana - the squeezing action in your arms and legs. Squeezing your arms and legs tight together while pulling your elbows toward your navel concentrates the effort in your armpits, inner thighs and groin area, where groups of lymph nodes and glands are located. When you feel that, you are actually working to increase the flow of lymph fluid,

an important part of your body's detoxification process and immune function.

The physiological actions that take place in the posture are many, and it is not the essence of the asana to consider each rotation, flexion, extension, abduction and adduction with added tilt or elevation.

Rather concentrate on your breath, the main alignment points, and even visualizing the effects of the posture while you are in it. You can practice Eagle with many, and any modifications that are necessary for you to achieve the action of squeezing and pulling your shoulders down and back with your elbows moving downward. It can be done lying down as we do in Gentle Class, or standing with wall support as needed. When wrapping your arms and legs together, you can leave your toes on the floor or wrap them around your standing leg as far as they comfortably go. If getting your palms together to touch is too much, hold on to your shoulders instead, and that way get a better squeeze in your armpits. Nothing will stop you from a little eagle on an office chair, airplane or even a car seat

in the midst of the cold and flu season to boost your lymph system on the go.

Eagle Posture is not just a physical booster for you to stay resilient, but when practiced with focus and presence, you develop concentration that will carry over to all aspects of your life. In our times of distress, busy work, family and various challenges and joys, concentration and focus in the present moment is priceless.

On a related note, according to Ayurveda, the Science of Life, health is order, and disease is disorder. Your body and mind are constantly looking for a state of equilibrium, balance, and will do so best when given the opportunity and appropriate ingredients. When the balance is disturbed is when disease occurs. Yoga practice is a great and very effective way to promote balance for your body, mind and soul. Every time you practice, you are working on all levels and enhancing your physical well-being to ensure you're on your way to optimum health.

Enjoy this wonderful time of the year in great health and Yoga,

*Namaste, Outi*

## Come Try a Silent Class

Think you're not ready for Silent Class? Think again! The Silent Class is a wonderful way to interiorize even more in your practice. Often, students think they have to be very advanced in order to take this class. That is not the case. The teacher actually does the practice, announcing each posture and letting the students know when to begin and release. As

long as you have been practicing the heated flow long enough to know the basic alignment and safety points, you'll find the Silent Class a great addition to your current practice. Join us Sunday mornings at 9:00AM with Linda for the best way to start your week! - *Linda*

### Announcements

**Holiday Schedule:** We will not be having any classes on Christmas Eve, December 24th; Christmas Day, December 25th; or New Year's Day, January 1st, 2009.

**Schedule Changes:** The Monday and Friday 4:00PM heated classes have moved to 5:00PM to be more convenient to work schedules. The Friday 6:00 PM silent class is cancelled.

**Holiday Specials:** Be sure to ask about our holiday specials. Details to come.