

# Aparigraha

## Practicing Non-possessiveness & Gratitude

"Gratitude is the recognition of all that holds us in the web of life and all that has made it possible to have the life we have...". Book of Joy, p.242

Desmond Tutu says that "...it is how we face...things that seem to be negative...that determines the kind of person we become."

Be grateful and accept the body you have. What are you hoping for? Is this desire achievable or a set up for failure, guilt or disappointment? Things change over time and we have to be able to let go of a youthful body. It's okay. You may not always be able to do what you used to do, but you can still do plenty.

### Poses to be Grateful For

Full Body Stretch



Standing Forward Bends  
with support



Windshield Wiper Twist



Legs on a Chair

