

Satya in Asana

Truth or Consequences

Satya means finding and accepting the truth in every pose, in order to find the perfect pose for you. In yoga, the truth speaks for itself as our limitations become blatantly obvious. Iyengar invented yoga props so that everyone, regardless of ability, could find the true value of the practice. It is more honest to use props and have correct form than it is to struggle with the demands of a pose. Build challenging poses gradually over time. If we push ourselves into a false understanding of a pose, we are mistreating the body, which will eventually cause injury. Iyengar says that “Yoga is one, whether doing triangle pose or telling the truth.” Simple concept; difficult execution.

Find your place of truth (your “edge”) in every pose. Be honest about your body’s strength, flexibility, and balance, and use props accordingly. Respect recent injuries or conditions. Stand near a wall if your balance is shaky, or to give feedback on your vertical alignment. If you get dizzy, don’t go upside down. In every pose, balance your energy and breath, and accept this perfect place with gratitude.

Improving health and well-being through thoughtful movement.

Finding Your Truth in Asana

Hero Sit



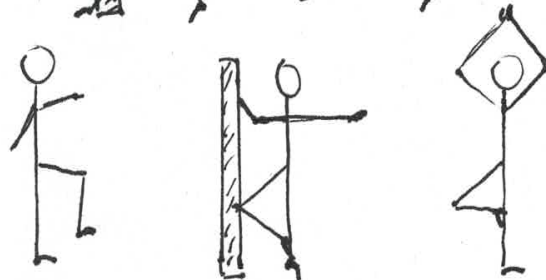
Boat Pose



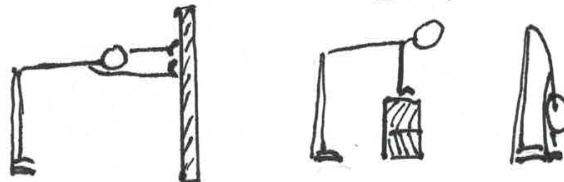
Triangle



Tree Pose



Standing Forward Bend



Sitting Forward Bend



Shoulder Balance

