

Finding Balance in Transitions

Rodney Yee, in his book *Moving Toward Balance*, (2004, p. x) says: "...It is when people start to practice at home that the real insights occur."... [At home] you learn to listen to your body and breath, to move at your own pace, and to begin to develop your intuition about how to balance your body as well as many different aspects of your life."

When you hold a yoga pose, you are continually finding balance, not only in the anatomical body, but also between steadiness and vitality, and between acceptance without resignation and enthusiasm without delusion. That in its self constitutes a lifetime study! Back to Earth now, it is one thing to balance in a still pose; it is another to balance while moving from one position to another. In doing so, we practice balancing during flux, which is descriptive of life's ever-changing challenges.

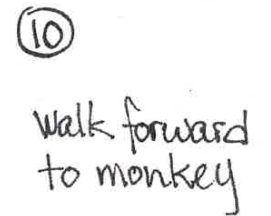
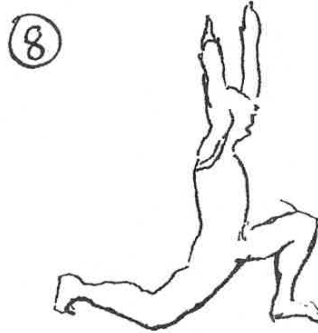
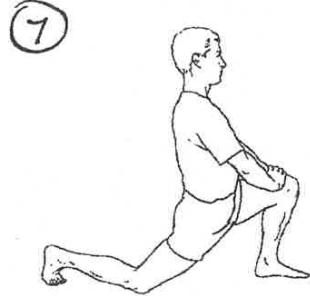
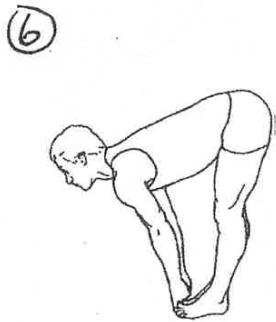
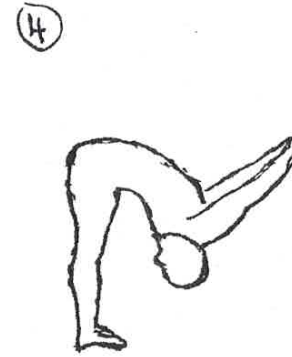
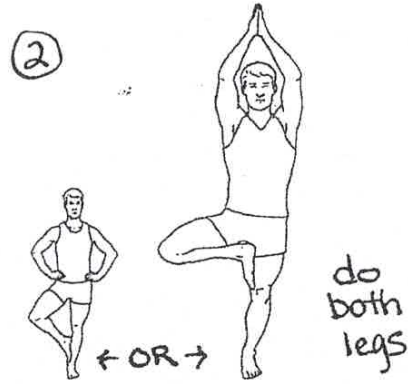
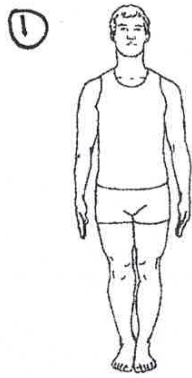
Sun Salutations (at any level of ability) are a perfect opportunity to practice balance in movement. Actually, any Vinyasa Flow does the same—it is about the transitions as much as the held pose. You may have class handouts or memory of some of the Flows we have done in class, or make up your own! Or, you can use the attached Sun Salutation. See how smoothly you can connect the poses, staying in balance as you move from one position to the next. Repeat several times and it will get easier to balance.

Cautions: Only do what is comfortable for you.

If you get dizzy, don't drop the head, and do rise up very slowly.

If your knees aren't comfortable, skip the kneeling lunge.

SUN SALUTATION A



repeat 7-9 on other
leg + walk forward

