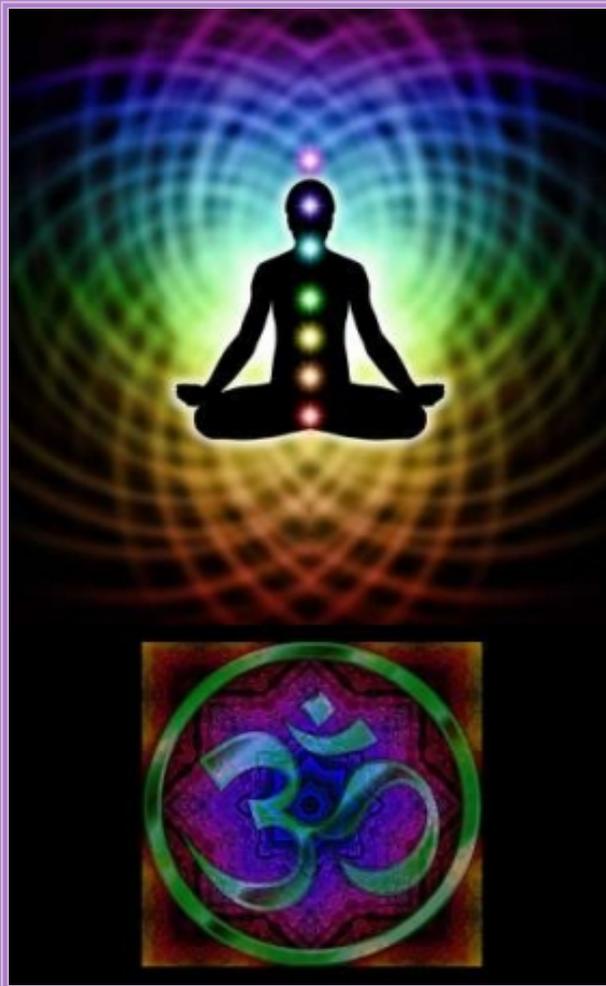


Want to step up your practice? Consider a private class!



Yogita
Yoga

August 2013 Update



Why do we chant?

Chanting is more than just a lovely way to start and finish a yoga class. The sound 'OM' is considered the universal sound, encompassing three elements: creation (A), preservation (U) and destruction (M); hence the sound A+U (O) and M. OM is the most commonly used mantra or chant, derived from the ancient Sanskrit language. The power of chanting in Sanskrit (e.g. our opening chant) lies in the fact that all 50 Sanskrit letters relate to the 50 root sounds located in the chakras. By chanting in Sanskrit, we are creating sound vibrations that resonate with our energy channels within and can have powerful influences by opening the heart and mind. Next time you come to class, just give it a try. You can find more chants and the English translation on our [website](#).

A Brief History of the Role of Postures in Yoga



In the western world, we usually equate 'Asana' (postures) with 'Yoga' and the primary aim of people that come a yoga class is either to become more flexible, stronger or lose weight. However, for some there is also the aspect of 'stress relief', so there must be something more to yoga than just the physical side.

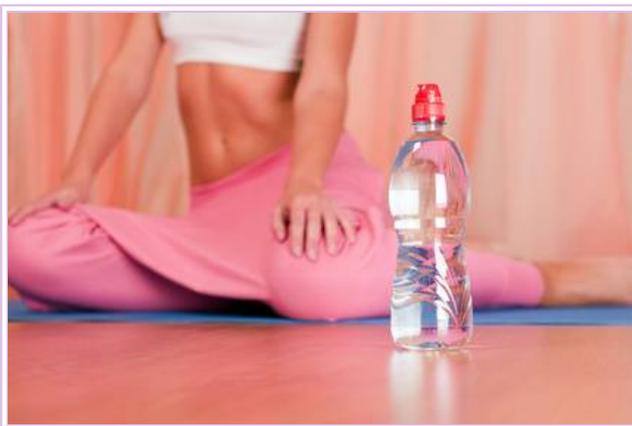
Those of you who have been coming to class regularly may have heard me saying

that Asana (postures) is just one aspect of yoga (the third of the 8 limbs). If we keep reducing Asana to a set of exercises, performed by rote, we are losing the yogic context. The key of Asana is to purify the body and the mind by engaging the body, the breath and the mind in physical postures. Through that, we are creating heat (for purification of the body) and focus (for the purification of the mind).

If we go back to the origins of Yoga, the description of postures was originally limited to a few seated postures and the later development of more advanced postures was to create the discipline of the mind and the strength and stability in the spine and core to sit in meditation practice for long periods of time. While this may not resonate for some yoga practioners, what you can do is watch and observe how your yoga practice starts to transcend the muskoskeletal part and affects your energetic (pranic) system. This may not come over night but you may find yourself down that proverbial yogic 'rabbit hole' sooner or later. So, keep coming to class, even if you are only interested in touching your toes, but keep an open mind and see what unfolds. Namaste, Evelyn

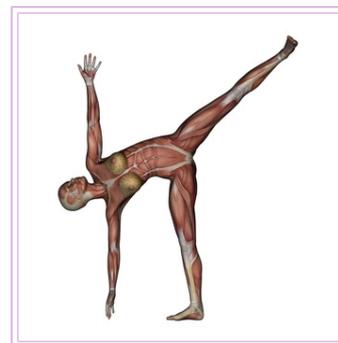
Drinking During Class?

Why it is good to avoid drinking during class.



There is a tendency these days to clutch a water bottle whenever we are going to exert ourselves. The reason to refrain (if possible) from drinking during yoga is that you are quenching the essential thing that you want to generate: heat! When heat is produced

Featured Asana:



Ardha Chandrasana (Half Moon Pose)

This is a standing balance posture, which can be done with a block and against a wall to assist in holding the pose. It opens the entire front body and because of the stretch crossing from one side to the other, the spine is conditioned

internally through asana and the breath (rather than externally, as in saunas), we are purifying and cleansing the body and the mind. Because yoga works through the pranic (energetic), not just the musculoskeletal system, water during class impedes the energy flow. Whenever you put a substance into your body, energy is drawn to either digest or to warm the substance to body temperature, taking the energy away from where we want it: in our muscles. So, hydrate well before and after class instead of during class.

and tension loosens. For more information on key muscle groups and benefits of Ardha Chandrasana, check out the [Featured Asana](#) page.

Yoga as Therapy - A Personal Story



Yoga can enhance your physical and emotional well-being, but Yoga can also be practiced with therapeutic intentions as a way of healing both the body and the mind.

Personally, yoga has helped me in various 'crisis' situations in my

life, many of them related to injuries or pain and the related depressed moods.

Breaking my hip in a bike accident and leaving me unable to continue my ashtanga yoga practice was my first wake-up call, realising that there must be a different way to practice apart from two hours of vigorous vinyasas. So I devised my own recovery program, crawling to my mat each morning and propping myself up with blocks and bolsters to maintain the mobility of my spine.

As with all broken bones, they heal and you tend to go back to your old life, forgetting the pain and stiffness that you were in.

Little did I know that healing a broken pelvis is nothing compared to a fractured heel and ankle, which happened last year during a rock-climbing fall. When my partner arrived at the hospital, he looked at me and said "You know what this means?" A long time without being able to walk, asana, let alone climbing!

Following on from the operation (and 11 screws and a plate later), I was in a cast for 6 weeks with no weight-bearing on the broken foot and then another 4 weeks in a moonboot. During the time in the cast, I still hobbled to my yoga mat every morning, stretching, breathing and because I couldn't stand, I decided to work on my arm balances. But the most important thing was to not "let the injury get to me":

Everybody who is physically active knows how debilitating and depressing an injury can be that leaves you physically impaired, sometimes causing grumpiness and not-so-nice reactions to the people that care for us. So I was determined to tackle the one part of my yoga practice that I always dreaded: Meditation! Sitting quietly for 20 or so minutes was usually hard for me, with my mind racing and my body fidgeting. While my leg was in a cast, however, meditation became my saving grace - it gave me a place to

go to where there was no pain, disability, doubt or sadness. And I started to look forward to it - and still am! This time, my memory is working better and I am still grateful every time I step on my yoga mat and feel how things are still improving. Needless to say, I also didn't stop climbing (as you can see in the video clip below) and the "time-out" gave me the opportunity to delve deeper into yoga philosophy. So, if you are faced with physical or mental pain, it pays to turn to yoga - you won't get a quick fix but it will help you develop an inner strength that you didn't know you had!



This is not a Yoga video but I hope you find it still inspiring: [Who said you can't climb with a broken foot?](#)

.....
.....

Copyright © 2013 Yogita Yoga, All rights reserved.
You are receiving this email because you opted in at our website YogitaYoga.com

Friend or  us on [Facebook](#)

Our mailing address is:
Yogita Yoga
1 / 435 Fullarton Road
Highgate, SA 5063
Australia

Add us to your address book

[unsubscribe from this list](#) | [update subscription preferences](#)

