

YOUR HEALTH MATTERS/ JANUARY'09 NEWSLETTER

POSTURE IN PRACTICE

SHAVASANA Svaroopaa Style! by Mary Stracensky

Shavasana is a pose that helps to settle your body down and in the process settle into yourself. By using a few props to support your body, you will get a deeper release of tension. Lying on the floor with your legs propped and a small pillow under the head allows you to experience deep rest. And, more importantly, Shavasana helps to remove the obstacles to your own inner peace that is already within you at all times. Shavasana cleans your inner window of the accumulated grit and grind of life, so you can clearly experience the peace you are looking for is already inside you!

Try Shavasana as your yoga practice every day for 7 days. Start at 5 or 10 minutes and build up to 20 minutes every day. Experience the deep effects of Shavasana... Svaroopaa style!

- Before you come into Shavasana, make sure you will not be disturbed. Turn off the phone. Have soft music playing or play quiet chants in the background.
- Lying on your back, put your legs over a chair or a couple of rolled blankets.
- Slide your hand under your waist. If there is room to wiggle your fingers up and down behind your waist, prop your legs up a little higher by adding another blanket under your thighs.
- Make sure your ankles do not land higher than your knees. It is ok to have your ankles level with your knees or lower, but not higher.
- Slide your legs together so your knees touch. Now let your legs and feet relax completely.
- Bring your arms out to the side in a big "A" shape with palms towards the ceiling. Your hands will be about a footprint away from your hips.
- Put a blanket or small pillow under your head so your chin is not pointing up to the ceiling.
- Feel the weight of your body leaning into the floor. Let your breath be easy, finding its own soft rhythm.
- Stay in Shavasana as long as you like. Twenty minutes is ideal.
- When you are ready to come up, bring your knees to your chest and roll to one side slowly curling up on your side resting. Pause and notice the effects of your Shavasana practice. Come up slow letting these effects continue on into your day.

Mary Stracensky, BSN, MA, RYT is a Certified Svaroopaa Teacher with a Masters in Holistic Counseling. She teaches Svaroopaa Yoga in Wakefield and Exeter and has a private Yoga Therapy practice incorporating the techniques and philosophy of yoga with the counseling theories of holism.