

Yoga Path News

Ardha Chandrasana

Feeling your two feet on the earth and in the sky



Ardha Chandrasana is the Half-moon pose. *Arda* is half while *chandra* implies a brilliant hue like the night moonlight (as is said of the gods). But one teacher jokingly called it “bug-on-the windshield”. The pose is accessed from **Triko-**
nasana coming up from the

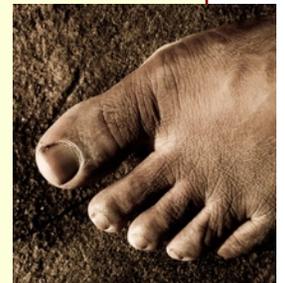
triangle poses by lifting the back straight leg. Notice the contrast of one foot on the earth with the other lifted to the sky. Experiencing how we can feel grounded in the feet, even when they don't touch the earth. The emphasis is to lift with the (page 2)

Foot to Earth

This session at the Path we are working on the foot. This apparatus is in touch with the earth more than any other part of our body.

One assignment has been to walk outside barefoot. Even though this goes against the my grandmother's rule, (never go barefoot outside when there is an R in the month) this practice is very worthwhile. Having the feet touch the earth in the crisp Autumn weather, makes one aware of the quality of one's feet as well as the earth in which we tread.

Walk out in controlled conditions, close to your home or car, and don't do it if you're feeling unwell. But don't shutdown for this experience; rather notice your reactions. Maybe smile!



OMYOGAPATH NEWSLETTER

This newsletter is an attempt to reach out to all those who are part of the Yoga Path community. It's intent is to educate and enhance our own personal practice, while evoking transformation in our health, our outlook, and our relationships. Perhaps it'll also make you smile.



Since this is a work in progress, any and all comments and suggestions are welcome. This is your newsletter to read a share or unsubscribe as you see fit . Any feedback can be sent to info@omahayogapath.net and we may even respond.

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straight back leg. Keep that leg as extended as you can and feel out through the “doom” of the foot.

In the beginning or when practicing on your own, put the lower arm on whatever you need (tables, chairs, kitchen counter) to support the upper torso and maintain balance, but always lift into from the side Triangle pose. Avoid lifting up on one leg and turning the hip on top of the other. This will tend to wear on the hips. Once the leg is lifted, carefully look down the torso to see the leg is in line with the body. Many students tend to overextend the leg behind the hip.

Stability is increased by the straightness of the leg, so practice that with support at first, learn where you body is in space, then gradual leave the upper body support when you feel where you feet are in space. After a little practice you’ll come to enjoy the nature of one foot on the earth for you foundation and one in the air for stability. Then you can feel the pose from the inside out.

Benefits: Improves backache/osteoporosis/ sciatica/fatigue/constipation/gastritis/indigestion/ menstrual pain. Strengthens abdomen, thighs, buttocks, groins, hamstrings. Improves coordination & balance; relieves stress.



PHILOSOPHY: FOUR IMMEASURABLE MINDS



This month we are studying the **Four Immeasurable Minds**, *Brahmavihara*. They are the four attitudes mentioned on the Yoga

Path bookmarks “How to Practice Yoga w/o Even Bending.” They are *maitri* (loving-kindness), *karuna* (compassion), *mudita*

(joy), and *upekkha* (equanimity). *Vihara* is an abode or dwelling place

The Four Brahmaviharas are called “immeasurable”, because if you practice them, they will grow in you every day until they embrace the whole world. You will become happier and everyone around you will also

Calendar

November 24th Thanksgiving

Drop-in Class from 7:15 to 9:15 with an optional one meditation from 6 -7 a.m. Free will donations will be given to Hike to Help Refugees. Put in the turkey & come practice.

December 21st, Winter Solstice

Second annual party at 7 p.m. Wednesday. Yogi Tea and Drunken Fruit will be on sale. Along with dancing and great food.

New Year Intensive

December 29 - Jan 1st. Details will be coming soon.



MORNING GATHA

Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with eyes of compassion.