



The Essence of Yoga is Equanimity of Mind

SEPTEMBER 26, 2010 BY JULIE LUSK

What is Yoga? The essence of yoga is equanimity of mind. Equanimity is when your mind is undisturbed. Losing balance causes numerous problems. The purpose of Yoga is to bring our balance back and then to maintain it. When the body is balanced, the mind is balanced. When the body/mind is balanced, stress fades away, energy returns, and equanimity is established. Equanimity gives us the strength of calmness, level-headedness, and composure. The mind and emotions are like a liquid. To hold liquid we need a solid cup. Otherwise, our minds are distracted and our emotions run wild. We can create a healthy container for the mind and emotions through the body. Since it is easier to work with the body, we start with the yoga of the body instead of the yoga of the mind. One of the easiest ways to balance the body is by putting it in all the different positions or asanas, making it more relaxed, freeing it from all the accumulated toxins. Doing so improves our health in remarkable ways and causes the mind to become more balanced and have more equanimity.

BASIC YOGA ASANAS



Mountain
Tadasana



Half Moon
Ardha Chandrasana



Standing Back Bend
Anuvrittasana



Standing Forward Bend
Uttanasana



Triangle
Trikonasana



Warrior 1
Virabhadrasana 1



Warrior 2
Virabhadrasana 2



Dancer
Natarajasana



Standing Spinal Twist
Sama Matsyendrasana



Boat
Navasana



Child
Garbhasana



Half Locust
Ardha Shalabhasana



Locust
Shalabhasana



Cobra
Bhujangasana



Downward Dog
Adho Mukha Shvnanasana



Symbol of Yoga
Yoga Mudra



Bound Angle
Baddha Konasana



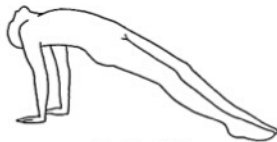
Head to Knee
Janu Shirshasana



Seated Spinal Twist
Matsyendrasana



Posterior Stretch
Pashchimottanasana



Inclined Plane
Purvottanasana



Bridge
Setu Bandhasana



Half Knee-to-Chest Pose
Ardha Pavana Muktasana



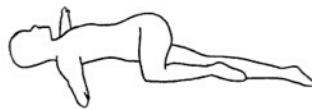
Knee to Chest Pose
Pavana Muktasana



Half Shoulderstand
Ardha Sarvangasana



Fish
Matsyasana



Supine Spinal Twist
Supta Matsyendrasana



Corpse
Shavasana