

DEFINITIONS

Articulation

The elements of an asana are expressed clearly and accurately

Attitude of an asana

The thought, feeling and state of consciousness cultivated by performing an asana

Bias

The predisposition set up in the physical body and prana by the form and alignment of the asana.

Integrity of the pose

The level of honesty and integration expressed in the performance of an asana

Structural alignment

The arrangement of the muscles and bones in an asana

Restorative asana

An asana performed in such a way that minimal or no muscular work is required. By so doing the body and mind can receive the benefits of an asana in the most restful and “restorative” way possible.

Yoga model

The template for the system of yoga