

YOGASANS

At the retreat, there is an introduction to discovering your journey on the mat through asans. As one progresses in regular practice, one moves from working on the external alignment and mechanics of the asan, to refining the inner actions to finally just being the pose. Sage Patanjali says 'Sthira Sukham Asanam', which literally translates as the pose should be steady and comfortable. When an asan becomes so steady, one automatically is in the state of being.