



**TriYoga® Center of Philadelphia
at Mind-Body Services**

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**FULL PERMISSION
BY CHRISTINE (CITRINĪ) WARE, Ph.D., E-RYT**

You may have heard your TriYoga teachers say things like, "When ready, release to Child" or "When you feel complete (with Cat Bows, for example), release (to Extended Child)" or "Listening to your own command..." or "Following your breath..." or "Only going as far as is comfortable..." or "As emotions arise, allow them to flow through" or "Coming to your edge or your best stretch, sustain. There should be no pushing, strain, or pain." We mean this. Yoga is a practice involving self-inquiry and self-awareness. Part of the journey involves acknowledging, honoring, and listening to our own wisdom - whether this is body wisdom, cognitive-emotional wisdom, energetic attunement, or intuition.

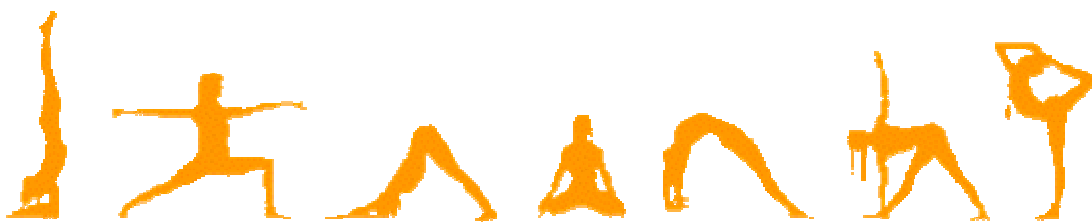
A student was recently recounting to me the experience of going to a yoga class in a different style - one that is more oriented toward exercise and the physical. She was telling me that the teacher was encouraging students to modify and do what felt right, however, repeatedly, as this student took rest postures or modified the postures due to a previously sustained injury, the teacher came over to her and told her not to do this, questioning the modification and asking her to do what everyone else was doing.

It is certainly a challenge for teachers when students dramatically deviate from what is being taught (as it is much harder to teach a room full of students doing their own independent flows or postures), yet it is possible to support this, especially if it is what is needed by those students at that time. Much more commonly, however, students can modify postures with props, alternative postures, or by taking additional rest postures, while remaining in the flow of the class. Since TriYoga encourages us

to move from a place of "effort to effortless effort to effortlessness" (Kaliji, personal communication), it is each of our responsibilities, as yoga practitioners, to consider how to move in this direction. While TriYoga does involve strengthening and flexibility-building flows and postures which take us to the "edge" in terms of our current strength-level, flexibility-level, breath capacity, and ability to maintain focus, the practice is also meant to be an expression of "relaxation in action." Pushing, striving, and forcing tend to be obstacles toward such relaxation. Effort - when made with a continued commitment on remaining as relaxed as possible, maintaining a rhythmical breath, and sustaining as calm a mind as possible - supports the transformation toward effortlessness. In TriYoga, you have full permission to modify, rest, and ask for more information or assistance to support such effortless effort. If you are in a class where a Flow is being taught that isn't right for you (for whatever reason), take an alternative. TriYoga is so elegantly systematized that there are always other Flows and postures that prepare for other ones or that challenge similar areas in different ways. And sometimes it isn't about the physical body at all. I have been known to encourage students at time to remain in Child for the majority of class, simply to honor where they find themselves psychoemotionally or energetically.

As teachers, we support students through our knowledge of natural alignment, postural alignment, prop use, and - probably most importantly - experience of our own body-minds and of witnessing those of others. Each of you, however, has the experience of your own body-mind in the present. With full permission, combine self-awareness and the other resources at your disposal to embody and experience effort moving toward effortless effort and into the expansiveness of effortlessness.

~ Jaya Guru Devi ~



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