

Inner Golf & Inner Yoga

Context: *Inner Golf*, W. Timothy Gallwey - Technical formulas or Feel?

Yoga helps us become aware and through awareness we come to trust our inner knowing, both physically, emotionally, and mentally.

Law of Awareness (p.68): if you want to change something, first increase your awareness of the way it is. Attention is the faculty of focusing awareness and is the principle means of increasing awareness. An awareness instruction tells you to focus on a particular area to become aware of what is there. We are used to receiving *Do-instructions* that usually carry a judgement as in you *should do this or should not do that*. When instructions are not easy to understand or to accomplish, they tend to evoke a fear of being judged that threatens the natural learning environment.

In yoga, a student may understand an instruction intellectually, but her body doesn't. Unless the body can associate the instruction with an already familiar action, it can't perform it. The student requires *muscle knowledge*. See if you can *see, feel, or hear* what is happening right now and here. You will naturally begin to adjust your movements. As you begin this practice you may notice how often you are unaware! This is normal. Just bring your mind back, again and again...

*To be a student takes a lot of trust,
but not in the teacher.*

*To be a student takes a lot of trust
in you.*

Maharaji

Inner Golf & Inner Awareness

Pranayama: Bramari (Bee) Breath - Do you notice vibration in different places when you hum at a higher or lower pitch? Louder or softer?

Meditation and Massage:

Seated - Raise and lower arms progressively with breath while we chant: (Silence) OM, HAM , YAM, RAM , VAM, LAM
Then raise hands in slow motion to face.
End with a face massage.

Warm-Ups: Seed to Tree > Modern Dance Arm Circles

Asanas: Mountain (Private "I"), p.26 of Rachel Schaeffer's *Y for SM*
Sun Salutation

(Make sounding OMs in swan dive and horse breaths in lunge)

1/2 Moon, Star Gazer, Star

Are you shining yet?

Supine: Fish

Pranayama: Natural Breath in Corpse pose with knees bent and feet flat on the floor. Place hands on the belly. Relax, breathe, and feel. Allow the belly to expand like a balloon on the inhalation and deflate, sinking back toward the spine, on the exhalation.

Relaxation: Scan your body, noticing the weight of your hands, clothes, and body relaxing on the mat. Compare the right and left side of your body (Tight, open? Heavy, light?) as well as the front and back sides of your body. Don't change a thing. Then make any adjustments that make you more comfortable and relax deeply while observing your breath. Spend time observing those areas that feel safe, open, comfortable, and relaxed.

Closure: Breathing In, I calm my body.

Breathing out, I smile.

Dwelling in the present moment,

I know this is a wonderful moment. - Thich Nhat Han