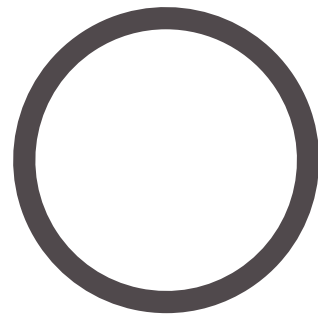


YOGA TEACHER FUNDAMENTALS

THE JOURNEY...  
**metamorphosis**

FINDING YOUR TRUE PURPOSE IN LIFE

CREATED BY L. FARRAH FURTADO



THE GLOBAL  
YOGA MIRACLE  
WILL RESHAPE  
THE WORLD

and change  
**YOUR LIFE**

&  
the lives  
of those  
around you

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# HALASANA

## plow posture

*hala* = plow



### method

*Exhale* lower the feet toward the floor over your head with the feet together. Legs straight and interlace the fingers. Straighten the arms and pull the hands to the floor behind the back (A). If you feel uncomfortable with your feet all of the way to the floor you can try using a block or a chair behind you (B) or lower them only halfway to the floor, bent knees and support the hips with the hands (C). Relax and take five deep breaths.

DRISHTI: Nose

### notes

If you find Halasana and its variations to be too extreme, then you may exit after *Salamba Sarvangasana* and enter *Matsyasana* (fish posture). This is a common sequence you will notice in a western yoga studio. If you are continuing into *Halasana* keep the spine lifting as in *Salamba Sarvangasana*. The greater spinal length you achieve the more freely the breath will flow. If your breath becomes short or if you feel pain in your neck then come out of the asana carefully.

# SIRSASANA

## headstand

It is time to enter the headstand, one of my favorite postures. I would like to give some preparatory options and suggestions as to this asana's unique dynamics. Headstand tends to be a bit scarier than shoulder stand. We must learn the art of supporting ourselves with confidence. The key to practicing headstand with the least amount of energy and the greatest amount of stability is to build a solid foundation. Please remember that it is important to give clear and methodical cues to your students which minimize risk. *Sirsasana* is one of the most beneficial postures in all of the series. When I find the sweet spot of least resistance there is an exhilaration which accompanies it. This zone of balance is located within our central core. There is an imaginary vertical line around which we may build the headstand. Even though it is called a headstand, *Sirsasana* may truly be considered an arm balance.

# AYURVEDA

## a chat on vegetarianism and ahimsa

According to Ayurveda and Yogic thought, one must eat Sattvic food to keep the chakras clean and balanced.

### WHAT IS THE DIET RECOMMENDED IN YOGA?

According to Yoga, there are three types of food: tamasik or static. (meat, fish, eggs, onions, garlic and mushrooms), which may not only be harmful for the body, but which gradually make the mind lazy and lethargic. These foods should be avoided. The second type of foods are rajasik or mutative, which are stimulants and should be taken only in moderation to keep the mind calm and balanced: for example, coffee, black tea, chocolate, alcohol, colas and strong medicines. The third type of foods are sattvik or clean such as fruits, almost all vegetables, beans and nuts, grains, milk and milk products, and moderate amounts of herbs and spices. This is the best diet for mental clarity and tranquility- foods which are conducive to the elevation of consciousness.

### I STILL LIKE THE TASTE OF MEAT- WHAT SHOULD I DO?

Become a vegetarian gradually. Eat a vegetarian diet one or two times week and observe how full of energy you feel, and how light and clear your minds is. Or, diminish the amount of meat you eat gradually, eliminating first red meat, then chicken, fish and then eggs. Experiment with some soy based meat subcultures which can take the place of meat in your recipes. Learn to make some vegetarian dishes- you will discover that they are more delicious ( and economical ) compared to meat.

Try a vegetarian diet! The natural diet for human beings.

### WHAT'S WRONG WITH EATING MEAT? DIDN'T HUMAN BEINGS ALWAYS EAT MEAT?

Not in reality, scientific research has shown that our early ancestors were vegetarians who ate no meat except during periods of extreme crisis. It was only during the last Ice Age, when their normal diet of fruits, nuts and vegetable was unavailable, that the early humans had to start eating animal flesh in order to survive. Unfortunately, the custom of eating meat continued due to habit, conditioning, or lack of proper knowledge.

However, throughout history there have been many vegetarians who have realized the importance of a pure diet for health, mental clarity, or spiritual enlightenment and have become vegetarians: Socrates, Pythagoras, Shakespeare, Leonardo da Vinci, sir Isaac Newton, Mother Theresa, Einstein and many others.

### BUT ISN'T IT NATURAL FOR HUMANS TO EAT MEAT?

The human digestive system is completely different from that of carnivorous animals. Meat eating animals have sharp teeth to tear flesh from bones. And they have short intestines- only three times the length of their bodies- to rapidly expel the putrefacient remains of meat from their digestive systems.

Human beings, however like all animals which eat fruits, legumes, vegetables and grains, do not have canine teeth, but have flat molars in the back of their mouths to grind the grains which must be pre-digested in the mouth. In addition, like all vegetarian animals,