



ART *of* ATTENTION

A YOGA PRACTICE WORKBOOK

for movement as meditation

ELENA
BROWER

and

ERICA
JAGO



sounds true
BOULDER, COLORADO

TABLE OF CONTENTS

WELCOME	III
<hr/>	
FOREWORD	IV
<hr/>	
<i>by</i> LINDA SPARROWE	
CHAPTER ONE	1-38
<hr/>	
REDUCE TENSION & FIND FORGIVENESS	
<i>preface by</i> MC YOGI // <i>photography by</i> MICHAEL CHICHI	
CHAPTER TWO	39-80
<hr/>	
LET GO OF BLAME	
<i>preface by</i> GABRIELLE BERNSTEIN // <i>photography by</i> CHLOE CRESPI	
CHAPTER THREE	81-104
<hr/>	
BREATHE AND FIND STILLNESS	
<i>preface by</i> DONNA KARAN // <i>photography by</i> ALICE MARSHALL // <i>mandala artwork by</i> SOFIA ESCOBAR	
CHAPTER FOUR	105-152
<hr/>	
EXPLORE YOUR HIGHEST POSSIBILITIES	
<i>preface by</i> GWYNETH PALTROW // <i>photography by</i> MICHAEL CHICHI <i>and</i> DOMINIC NEITZ // <i>portals by</i> HARLAN EMIL	
CHAPTER FIVE	153-210
<hr/>	
LET YOUR LIFE REFLECT YOUR PRACTICE	
<i>preface by</i> CHRISTY TURLINGTON BURNS // <i>photography by</i> DOMINIC NEITZ	
ACKNOWLEDGEMENTS	211
<hr/>	
APPENDIX	213-218
<hr/>	
POSE SEQUENCES	

PREFACE

by

MC YOGI

FORGIVENESS DOESN'T ALWAYS HAPPEN RIGHT AWAY, BUT THE PROCESS CAN BEGIN IMMEDIATELY. Actively engaging in the forgiveness process begins our journey toward deeper understanding, and the remembrance that everything happens for a reason. When we're able to extract wisdom from our past dramas and traumas, we're able to gain direct knowledge. Looking back, we can become grateful for the things that happened to us in the past, for helping us to grow and become more aware.

The art of attention and the cultivation of compassion can often take a great deal of work, but it's important to remember that this work is extremely rewarding. When we forgive, we feel ten times lighter. We're able to think and see more clearly, and we can gain greater access to the storehouse of energy that's inside us (and all around us). Energy that was once being consumed by the past can now become an open resource (re-Source) for living more fully in the present.

When we forgive ourselves and others, the entire orchestrated universe conspires to help support our healing process.

The forgiveness process can also be very humbling; we know that there's most likely someone out there who needs to forgive us as well.

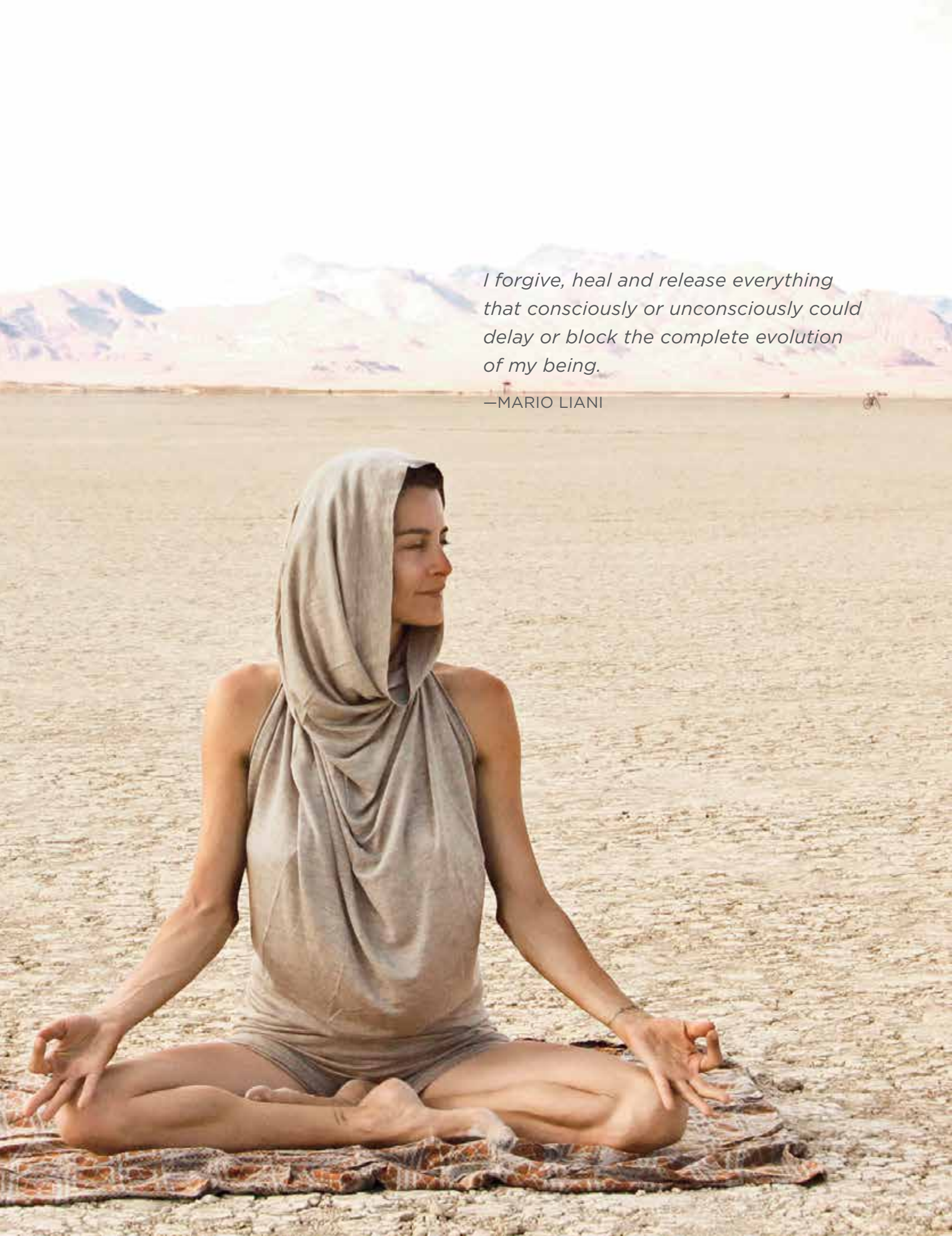
*Forgiveness is the
attribute of the strong.*

CHAPTER ONE

REDUCE TENSION & FIND FORGIVENESS

photography by **MICHAEL CHICHI**

Fast-paced flow sequence; focus on increasing speed and stability while decreasing tension in your body. Applicable to your poses, interactions, and relationships, this sequence will make you feel more porous, lighter, stronger, softer, and more forgiving of yourself and others.



*I forgive, heal and release everything
that consciously or unconsciously could
delay or block the complete evolution
of my being.*

—MARIO LIANI

SANKALPA

WELCOME, TAKE A NICE SEAT.

Close your eyes, rest your hands on your thighs, and bring your chin to your chest. This is a sequence of flowing, delicious, increasing speed. We are practicing how to increase speed while decreasing tension in the body.

Once there was a man who described painting houses during his teens with his father, who was an expert house painter. His father was in his 60s, more than three times his son's age, yet was able to work twice as fast. The son asked his father how he was able to work so quickly and efficiently; his father replied that he had learned to increase his speed while decreasing tension in his body.

There are definitive turning points in our days, in our poses, in our thoughts, when we can choose to turn the tension level down, even amidst an increase in velocity.

Practice this: feel sharp, more awake, more porous, more lit up; be spacious enough to stay forgiving, no matter the context.

Fold your hands in front of your heart.
Call to your heart, connect to your heart, and slow it down.

If at any time you feel disconnected,
that is your sign that you are longing for more connection.

Inhale deeply.

ॐ

OM NAMAH SHIVAYA

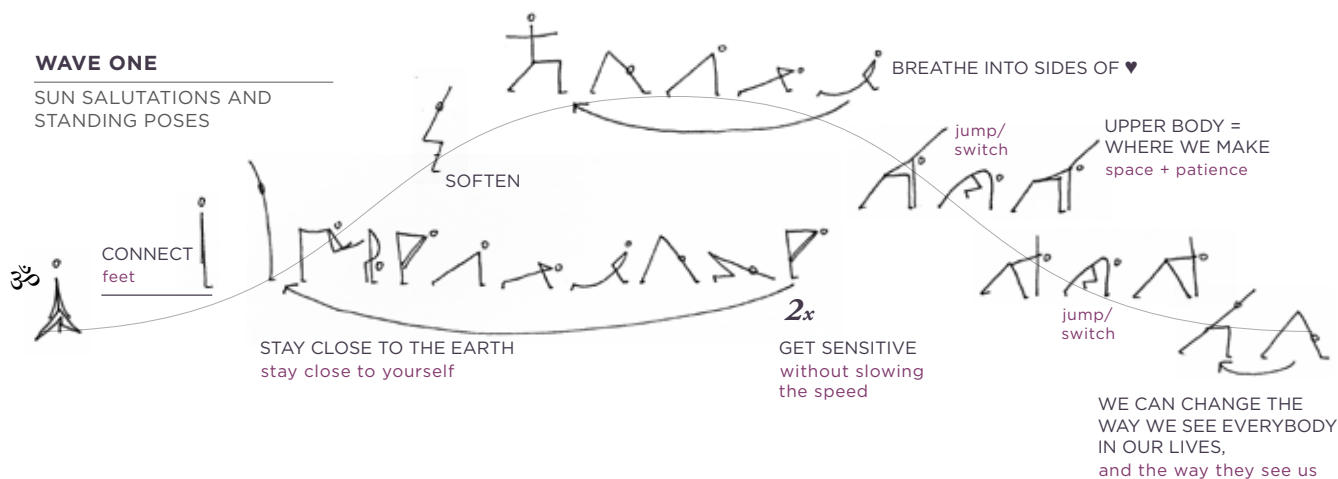
I bow to my deepest heart

Bring your chin to your chest. Stay close to yourself throughout the practice, no matter how quickly you move. The closer you stay to yourself, the less contraction you'll experience, and the more connected and forgiving you'll feel.

REDUCE TENSION AND FIND FORGIVENESS

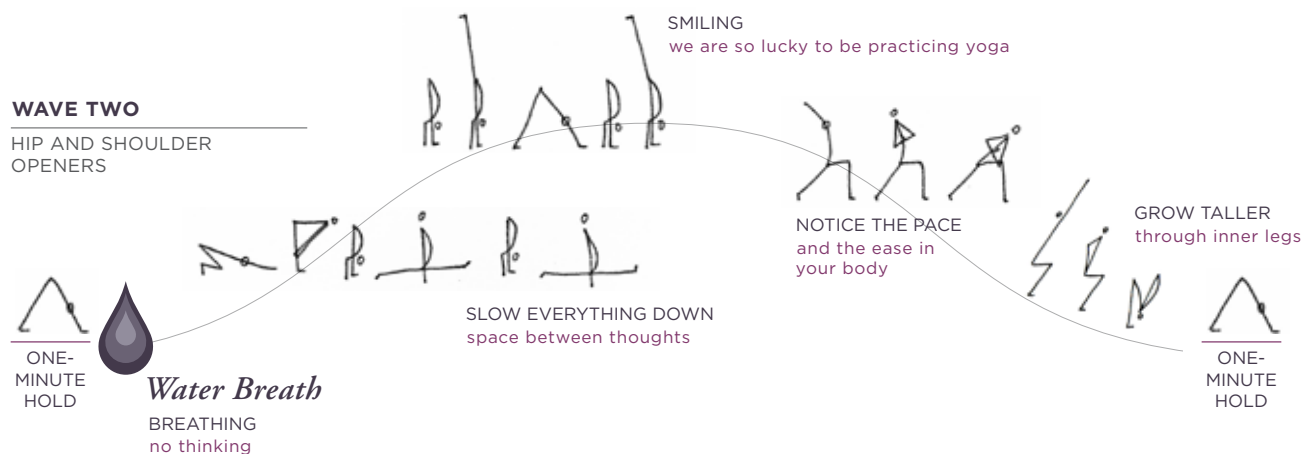
WAVE ONE

SUN SALUTATIONS AND
STANDING POSES



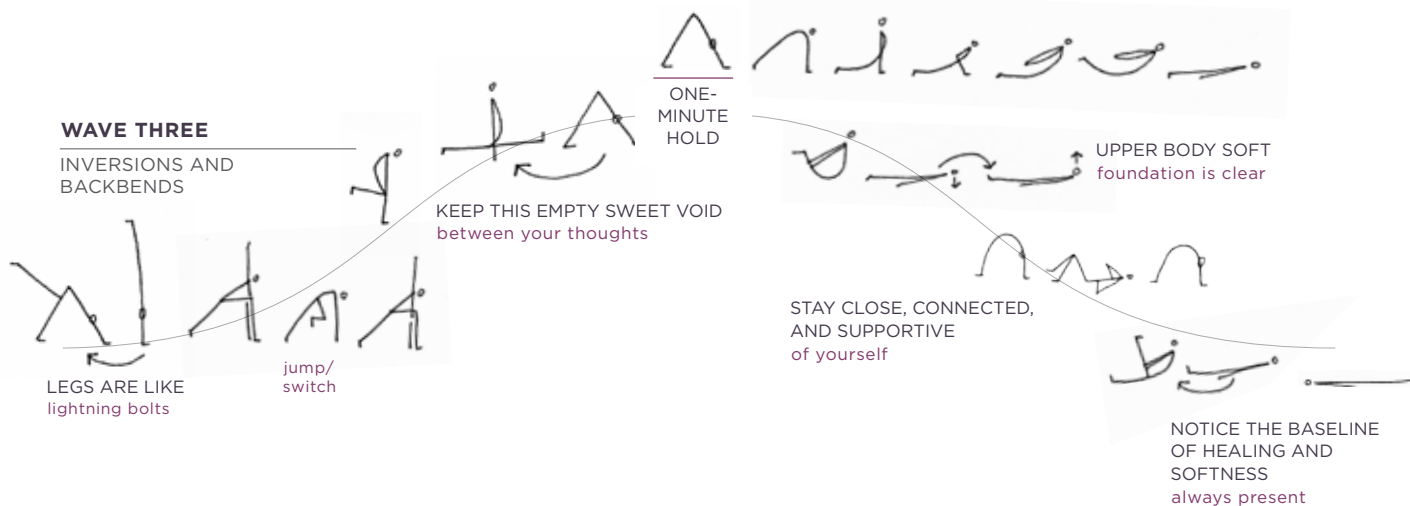
WAVE TWO

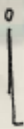
HIP AND SHOULDER
OPENERS



WAVE THREE

INVERSIONS AND
BACKBENDS



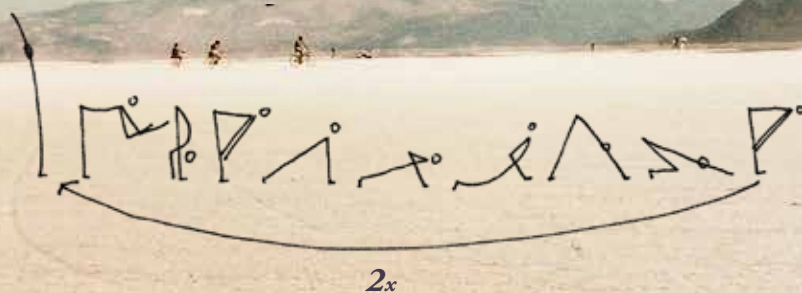


*Begin at the top
of your mat*

palms facing
forward

TADASANA | MOUNTAIN POSE

Close your eyes and feel where there is tension in your body.
Soften your toes; breathe into the back of your belly.



SURYA NAMASKARA A | SUN SALUTATION

Reduce the tension

without slowing
the speed

Become more sensitive to your own breathing. Send your breath to the spaces in your body that need your attention the most; this will have the effect of slowing down time. Our aim is to slow ourselves down enough to truly listen to what is going on—to the people around us, and to ourselves at the deepest level.

Be sensitive
without slowing
the speed



UTKATASANA | CHAIR

Soften your eyeballs, the sockets of your eyes, and the spaces behind your eyes. Soften your thighbones down into your groins; soften the back of your belly and lift it gently up toward your lungs. Spread your collarbones wide to the sides.

Stay

close to the earth

Stay

close to yourself





VIRABHADRASANA II | WARRIOR II

Practice reverence here. Even as you expand through every limb in every direction, close your eyes, soften your skin, and let there be reverence. Reverence is a form of respectful listening, a sensitivity to all that is. Your listening is what stops contractions of any kind in your body, in any way—cellularly, muscularly, in your nervous system—allowing you to stay in the flow of the present moment.

Reverence

is a form of
listening

Listening stops contractions

in the cells, in the
muscles, in the
nervous system

Your legs are, at all times, sturdy, steady, concentrated, and earthy. The rest of your body is open, sweet, soft, listening, and reverent.

Bend your front knee more deeply by bringing the middle of your front seat all the way beneath you. On your front leg, lift the inner thigh up and around to your outer thigh. Bend your front knee a little more deeply. Feel for any place in your body where there is tension. Soften; keep your legs strong.