



## **Topic of the Month** **October 2017**

### **Ashtanga Yoga Inside Out**

These are a collection of previous topics of the month brought all together in one place so you can see how the ashtanga practice is about internal cleansing.

I use the primary series of ashtanga to teach you about your inner body, organs, and physiology. How they work and how easy it is to keep your organs healthy and prevent disease with lifestyle and vegetables ... and water ... and sleep ... and attitude ... and deep breathing.

It is not quite complete yet, I will get back to finishing this research over the next six months and will continue with baddha konasana where we learn about our stomach and ... uh hum rectum ... And then continue into inversions where we learn about the internal benefits of the inversions and their profound effect on our endocrine system, giving you a deeper understanding of our hormones and how they work together and in a rhythm.

Its starts off with a quick overview of the sun salutes and standing poses, then gets into our liver and spleen (ardha baddha padma paschimattanasana) and how they purify our blood (spleen) and detoxify everything we put in our mouth (liver) ... and their emotional attachments of a reason for being — or living as in liver — and feeling we are protected (our spleen).

<https://www.befityoga.com/wp-content/uploads/2013/06/focus-of-the-month-5.13-pdf-1.pdf>

As you read about the Janu Sirsasana series you learn about your pancreas and the deeper meaning of your mula bandha and perineum:

<https://www.befityoga.com/wp-content/uploads/2013/07/focus-of-the-month-6.13-pdf-2.pdf>

This one got quite complicated so after a few months of trying to explain it I was able to simplify it — here is a simplified version of the Janu Sirsasana series and their internal workings:

<https://www.befityoga.com/wp-content/uploads/2014/08/focus-of-the-month-7.14-pdf2.pdf>

Next we learn about the Marichyasana series and its effects on our colon. And we learn are we holding on to something with a fear of letting go? Or rejecting things too quickly? This is a fun one.

<https://www.befityoga.com/wp-content/uploads/2013/08/focus-of-the-month-8.13-pdf-1.pdf>



Navasana and digestion and the importance of core strength and how to do it correctly. Are you digesting your daily emotions and life? The inability to metabolize emotions produces just as much toxic residue as undigested food.

<https://www.befityoga.com/wp-content/uploads/2013/09/focus-of-the-month-9.13-pdf-1.pdf>

And a big important one; an inside look at the bandhas. How to connect with them and put together your breath and bandhas. Included in this topic is an in depth look at fats in our diet and body and how they impact our lymphatic system. And in this topic you learn how to use your practice to focus on the inner experience.

<https://www.befityoga.com/wp-content/uploads/2013/12/focus-of-the-month-11.13-pdf-1.pdf>

With bhujapidasana you learn about your esophagus and common ailments like heartburn that are widely mis-treated to much detriment by allopathic medicine models. You also learn how the esophagus is deeply connected to us as it passes behind our heart — and the trachea, and the thyroid cartilage wraps around it, the aorta wraps around it, it then fits through a hole in the diaphragm and becomes the broad holding sac of the stomach . . . any tension in any of these organs from your thyroid, to your heart, to your stomach can cause esophageal tension.

Are you speaking your truth?

<https://www.befityoga.com/wp-content/uploads/2014/01/focus-of-the-month-12.13-pdf-1.pdf>

And another big important one; Kurmasana and Supta kurmasana. Learn one of the reasons why our style of breathing is so important, the benefit of these postures to our heart and nervous system — including the latest ground breaking research on heart disease and why cholesterol is not the villain.

<https://www.befityoga.com/wp-content/uploads/2014/05/focus-of-the-month-4.14-pdf-2.pdf>

This was another complicated one so had to simplify it a few months later as well; here is kurmasana and supta kurmasana digested and applied:

<https://www.befityoga.com/wp-content/uploads/2014/06/focus-of-the-month-6.14-pdf1.pdf>

Garbha Pindasana; another big one as we learn about the organs on the back of our body and the importance of keeping our kidneys healthy. <https://www.befityoga.com/wp-content/uploads/2014/10/focus-of-the-month-9.14-pdf-1.pdf>

This one was long so had to split it over several months. In this issue we tiptoe into the endocrine system with a look at our adrenals and the stress response — and their impact on our brain and thoughts.

<https://www.befityoga.com/wp-content/uploads/2014/11/focus-of-the-month-10.14-pdf-1.pdf>



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It still goes on as we learn about why we thread our arms through our legs in Garbha Pindasana and we learn about kukkutasana and how to work toward it:

<https://www.befityoga.com/wp-content/uploads/2015/09/focus-of-the-month-7.15-pdf-1.pdf>

And it continues as we wrap up kukkutasana with how to raise your kundalini in laymen terms.

<https://www.befityoga.com/wp-content/uploads/2015/01/focus-of-the-month-11.14-pdf3.pdf>

As I continue and wrap up this research here with baddha konasana and into the inversions; here is a little blip on the sun salutes from the inside out:

<https://www.befityoga.com/wp-content/uploads/2011/08/pose-of-the-month-surya-namaskar-ab-pdf.pdf>

So there you have it; a little science behind the practice ... **The Purpose** of all this research . . . it is interesting and reassuring to see the yogic texts backed by science, not that I need to believe the science to believe the yogic texts, I can feel the goodness in my body. But even with all the research and tests to back up why we do this crazy practice there is still an element of magic. There are many energetics going on the body that we just cannot explain. So enjoy that fact, enjoy the science, and believe in magic ;)

