



A Space to Be

# Yoga and the Environment

BWY North Festival 3 July 2022

## Mundaka Upanisad 2.2

"Everything in the cosmos, great and small, lives in the Self."  
(Easwaran 2007)

## Shiva Swarodaya verse 374

"Ida nadi is known as Ganga, pingala as Yamuna, and the central nadi (sushumna) as Saraswati, and the place of their confluence is known as Prayag."  
(Swara Yoga, Swami Muktibhodananda, Bihar School 1984)

## Yoga Sūtra Chapter Two verse 30

*ahiṃsā-satya-asteya-brahmacarya-aparigrahāḥ yamāḥ ||30||*

Non-harming, truthfulness, non-stealing, conservation  
and non-grasping are the restraints.

ahiṃsā - non-harming; less harming

satya - truthful; honesty; sincere; genuine; actual

asteya - not practicing stealing; non-stealing; less stealing

brahmacarya - continence; conservation; a life stage

aparigraha - non-grasping; less grasping; not grasping all around; non-possessiveness; non-covetousness

yama – restraints

"Yama - How we relate, how we face the society we are part of. How we link ourselves to others in speech, action, confidence."

– TKV Desikachar on Yoga Sūtra Chapter Two verse 30  
(<https://yogastudies.org/>)

## Contact / Questions

*This workshop will be repeated later in the year as an online home retreat.  
Please get in touch by email if you are interested.*

Email: [lucy@aspacetobe.co.uk](mailto:lucy@aspacetobe.co.uk)

Instagram: [@lucymaresh](https://www.instagram.com/lucymaresh) / [@aspacetobeyogaretreat](https://www.instagram.com/aspacetobeyogaretreat)

# Session 1: Being in the Cycles

To practice yoga is to journey in the inner landscape and pay attention to its seasons. Our aim in this session is to establish a connection with our prāṇa, or life force.

**PALMING**  
Use 10 fingers to count 10 breaths.

i) even feet  
ii) toes tucked  
iii) feet crossed (option)

i) hip circles  
ii) lunge  
iii) rotation

alternate cross of wrists

TUNE IN

SPRING palms down    SUMMER palms up    AUTUMN palms down    WINTER palms together

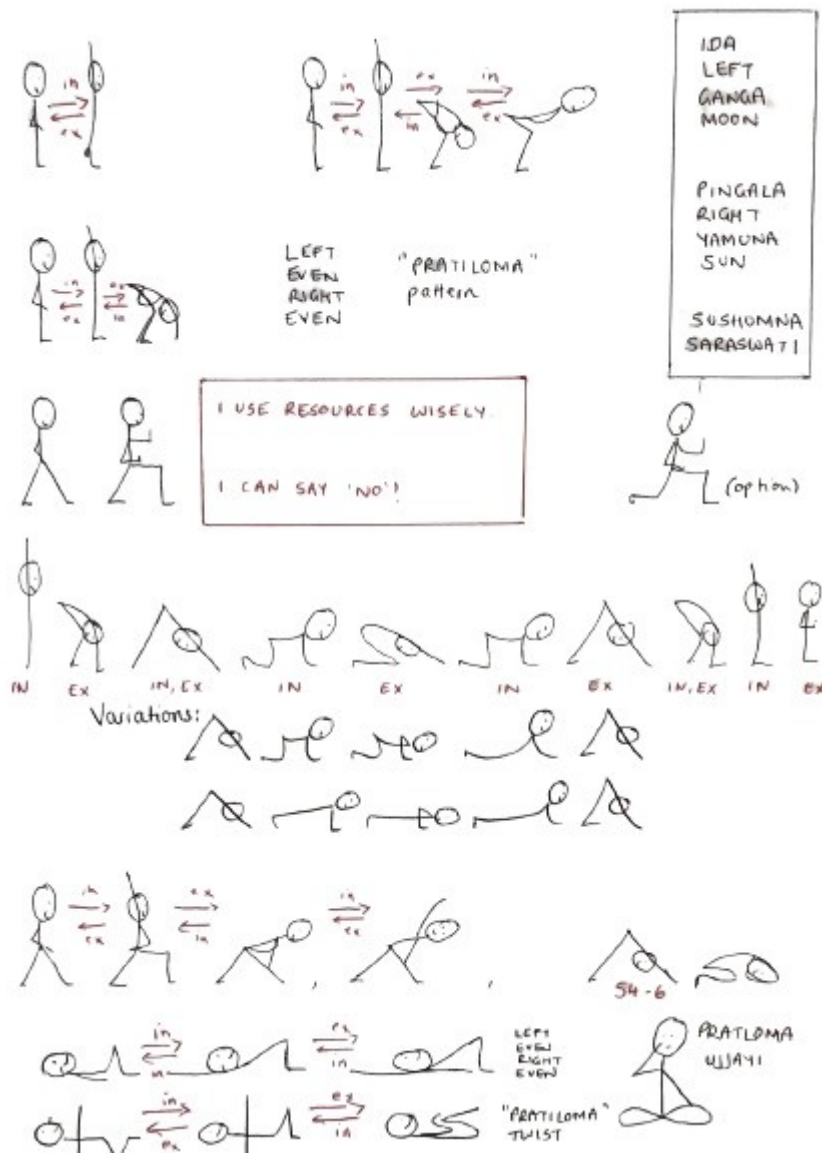
I AM AT EASE  
I AM ALIGNED WITH MY OWN TRUTH

REST  
pilgrimage in the landscape of the body

"pebble"  
nādi  
sadhana

# Session 2: Rivers of Prāna

Ida and pingala represent the terrestrial rivers, Ganga and Yamuna. Sushumna lying deep within the spinal cord represents the subterranean Saraswati. Our aim in this session is to clear those rivers of debris, blockages or obstructions so that our prāṇa can flow unhindered.



# Session 3: Mother Earth Has Got Your Back

The climate crisis is a source of much fear and anxiety. Our aim in this session is to find sanctuary within ourselves and contain our prāṇa through a practice of stillness.



## Have You Got Hers?

Five practice affirmations based on Yama:

- I am at ease and cause no harm to myself or others.
- I am aligned with and able to express my own truth.
- I use resources wisely, and do not take more than I need.
- I can say 'no', and not give more than I have.
- I can let go and allow life to find me.

*Mahā-vratam* – great vow (YS 2.31)