

BELLA YOGA

Yoga: The Art of Transformation

Since yoga, as Kramer describes, is not really about attaining certain postures, practicing the breath is often advised for at least 20 minutes before practice. (T/F)?

When we look at the body as an end in itself, we tend to get hooked into wanting certain accomplishments which can at times be helpful. (T/F)?

“The proper use of _____ gets you out of your mind and into your body.”

What is the commonality between control and surrender when working with the posture?

What are “edges”? How does feedback sensitivity work with our edges?

One of the main ways Kramer recommends opening the body is to focus on the _____ in the body.

Lines of energy are considered _____.

There are five ways that lines of energy affect our practice. Name three:

- 1.
- 2.
- 3.

What is the difference and relationship between attention and focus? (Note that one of these refers to “zooming out”.)

By looking or working with the body, we can hopefully balance the _____.

At times, yoga can cause us to lose touch with ourselves in discovering our newness and interest. (T/F)?

“Transformation is an endless process to be lived, that cannot be captured or possessed – you can only participate in it.” (T/F)

What precautions should be taken when approaching the “maximum edge” with regard to how quickly it is achieved?

Discuss the significance of the “minimum edge”.

“Most of the stretching done in postures primarily involves muscles and tendons. But there is another kind of stretching that I call ‘_____’.”

What is meant by this kind of stretching?

Please name the three basic kinds of “levers” and match them with the appropriate description:

1. “floor, wall and other objects”
2. “where one part of the body moves another”
3. “where the muscles learn to lever themselves without external aid”

Yoga is usually presented as being non-competitive. At its heart, this is true, but that doesn't mean yoga is free from competition at all times. (T/F)?

Please discuss how Kramer relates comparison to competition. Name 3 examples in your life where competition has actually impeded your process and how you used yoga or self-acceptance to turn things around.
(can use the side or back of this paper)

It's important to understand that the fear of giving up or losing certain pleasures (whatever they may be) can bring the reaction of holding on more tightly, which limits your yoga and growth. (T/F)