

Thanksgiving Yoga 2009

Every year there is a time honored tradition that occurs the fourth Thursday of November...

It's called group over-eating.

Of course this is a holiday of **gratitude** and **togetherness** and **connection**, but for many of us, it is also a time of delicious fragrances from the kitchen, memories of warm and fuzzy times gone by, or even not so warm and fuzzy but harder times gone by. Either way, over-eating is as synonymous with Thanksgiving Day as Pumpkins are with Halloween for many of us.

But *WAIT*, yoga has an answer for us all:

There is **ONE** yoga pose that can be done on a full stomach and it helps with digestion so you will actually feel **BETTER** after the pose, even if you've over-indulged on the sweet potato pie. It's called hero pose, or *virasana*, and can be done by anyone and can be a group practice. So before everyone retires to the couch, grab some books (to sit on) or blocks (if you have them) and sit on the floor in hero pose. You can watch TV or discuss the many ways you are grateful to be here, now.

Here's a picture of the pose and below instructions:



While on your knees move your feet outside of your hips (not directly behind them) and sit between your heels,

- on many blocks or books like Wyatt on the right, or
- a smaller lift with a sandbag like Meta in the middle, or
- if you have enough flexibility lie down, with no block under the hips like Cypress on the left.

If your ankles or knees hurt stack more to sit on to get higher. Stay here for a few minutes breath and relaxing your mind. Not only are your spine and organs of digestion aligned but your front thigh muscles are opening and lengthening...Go on, make Thanksgiving a day of gratitude for your body as well as your many gifts of life.

The photograph is an excerpt from the soon to be delivered *Vital Yoga: A Sourcebook for Students and Teachers*. Order your pre-pub copy today at a discount at www.yogawoohoo.com and

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