

Yoga Journal

- 2-3-00 After doing the seated twist stretch my lower back felt relieved and less sore. Also, it helped to do some other exercises, like the knee swing pg 22 of US Yoga book) before doing the twist. This helped prepare my back for the bigger stretch. The other prep stretch was the back stretch from Hittleman's book, I found when I did this one first & then the twist, there was a small popping sound in my lower back. With these, I feel a more thorough stretch and a relief in my back. When I do the complete breath sitting in half lotus, it calms me down fairly quickly. When I started practicing Hatha Yoga, at around Sum 196, my back felt a little less sore. My mom and my friend also observed that I lost a little weight. I was not entirely aware that I had become a little "plump" as my mom put it. Doing Hittleman's concentration with my hands on my face (for a minute after staring at something) (and holding the image in my mind), helped me come away from the routine more focused. Some of the exercises, like the shoulder stand makes my head hurt, especially when my sinuses are acting up. I come away without throbbing & piercing pains in my forehead and top of my head. I may write to Alice Christiansen and tell her this and see if she replies with anything interesting, this is suggested in her book.
- 2-4-00 My back felt relieved and I felt a sense of subtle calmness. It seems I can handle whatever happens that day after stretching. Also there is a more focused feeling. Especially when I am in a seated posture after stretching, I feel calmer. Before stretching I have learned to just feel what parts of me need stretching. →