



101 INNOVASANAS

innovative asanas
by

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NOTE: The author and publisher advocate caution to yoga beginners. It is important to understand and respect your body's limits. Every effort has been made to explain the poses clearly in order to gain the maximum benefits. We encourage readers to observe their body and to make their own choices to avoid overstraining or injury. Please use an exercise mat to provide cushioning for support, clear out plenty of space to avoid tripping or bumping into furniture, and lastly it is best not to wear socks, slippers, flip flops or moccasins as these increase your risk of slipping and falling. We advise not eating a heavy meal immediately before your practice as this may be uncomfortable, and to stay hydrated, e.g. drink plenty of water. If possible, choose a quiet, well-ventilated location.

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ANTI-ANXIETY INNOVASANAS



Prism

Prism *Start from seated ankle to knee, tip on one side of your hip, drop into your forearm and draw the top knee to the chest*



Ka Twine

Ka Twine *Sit on one buttock; anchor through palm; clasp knee with elbow crease, point forearm up; bend other knee, point foot up into the opposite shin*



Dreamer

Dreamer *Sit on one buttock, bend the other knee in; hook the top of the foot with the elbow crease, grab the upper elbow with the opposite hand, rest your elbow on your knee and prop head into your hand.*



Push & Pull

Push & Pull Sit. *Cross your legs. Tip on one side, pressing thigh, shin and outside edge of the foot into the floor. Splay knees open, clasp the outside of the knee as you drop the shoulder, torso and gaze down to the other side*



Glimpse

Glimpse *Sit up, place ankle to knee; chest to shin, insert folded knee into elbow crease; clasp hands behind the head; twist gaze up*



Compression

Compression *Sit up, cross legs, bend knees; bring thigh to chest; twist torso against raised knee; press palms and break the wrists into turtle mudra*



Meridians

Meridians *Recline on the side; bend both knees; open front shin in a right angle, flex and grab onto foot; clasp the back foot as you press it into your buttocks; gaze up*



Panda

Panda *Tip on our side, anchoring through the elbow; clasp outside edge of foot with the opposite elbow crease; extend other leg up and point foot*



Swordfish

Swordfish *Recline on one side, anchor into the forearm, cross the tops of the feet, bend your knees, thread your arm under the knee crease to clasp the opposite foot.*



Peek

Peek *Balance on one buttock, bend the knee, bring the foot into the groin, slide the other leg with the folded knee up the shoulder, wrap the hand around the top of the foot, and slide the other hand down the lower back.*



Now peek inside... if you're feeling less anxious but still somewhat out of balance, here are some poses to promote stability and restore your BALANCE. Finding balance requires a strong focus and a steady center. It also involves mental concentration, physical stability, and emotional calm. So you can anchor down in the flow... Let's float!

BALANCING INNOVASANAS

FINDING BALANCE REQUIRES A strong focus and a steady center. It, too involves mental concentration, physical stability and emotional calm. So you can anchor down in the flow... Let's float!



Sailboat

Sailboat *Balance on both sit bones; bend knees and hook tops of the feet; thread arms under and clasp*



Snowflake

Snowflake *Balance on one leg, bend other knee and bring ankle to knee; thread arms under and clasp; bring chest to shin*



Point Break

Point Break *Balance on one leg, sit into chair; extend other leg forward, clasp hands; open shoulders; point index fingers up; bring chin to shin*



Flirt

Flirt *Stand on one leg; bend other knee and press it into the opposite knee crease; clasp opposite elbow from behind*



Hooked

Hooked *Balance on both sit bones; bend knees; cross and flex feet; bind around one knee; draw knees into chest*



Stork

Stork *Balance on one leg; bring folded knee into opposite calf; hook foot with opposite elbow crease, flatten spine; bend elbows; micro bend both knees*



Click

Click *Balance on your buttocks; cross legs and bend knees; grab bottom of heel with opposite hand; twine other forearm to clasp opposite hip*



Wrap

Wrap Balance on both sit bones; bring one leg up the shoulder; stretch spine; stretch other leg forward and up. Clasp outside edge of the foot with opposite hand



Window

Window *Sit up tall; bend one knee at a right angle; plant opposite hand into the floor; clasp the outer edge of the other foot; lift the hips to align with the right angle thigh; straighten knee out and bend through the side*

The window of opportunity is now open. You are focused, but want to stay sharp? Remember, the mental body registers and navigates your sensory and motor activities. It makes you aware, responsive, perceptive and more conscious.

MENTAL FITNESS INNOVASANAS

MENTAL OVERLOAD LEADS TO emotional indigestion and physical fatigue. Tired of being tired? Here are some Innovasanas to train your mind:



Rooster Bind

Rooster Bind *Sit up tall; cross the legs, dropping the bottom knee down and pointing the top knee towards the chest; wrap elbows, forearms and hands; fist one hand and pull the thumb as you press in into the third eye*



Sagittarius

Sagittarius *Balance on one leg; yogi toe lock other leg and extend to the side; point thumb up; take other hand to the opposite hips crease*



Pinpoint

Pinpoint *Recline on one side; anchor into elbow; hook foot into opposite elbow crease; clasp both hands; bend other knee as an extension of the elbow and forearm; bring shin to chest*



End Gun Violence

End Gun Violence *Sit up; fold one leg in front, the other back with feet resting on the floor and touching the groin and buttock; hook elbow with opposite elbow crease; straighten other elbow; point thumb and trigger up; gaze in the opposite direction*



Compass

Compass *Balance on both sit bones; bend knees; draw feet into chest and press soles up into prayer; wrap forearms under calves and point fingers down into prayer*



Torch

Torch *Balance on one thigh, shin and buttock; bind around other leg as you extend it out and reach the pointed foot up*



Origami Bind

Origami Bind Sit up tall; cross legs; bring knee into chest and elbow into opposite knee; wrap hands at the back on neck; point elbow up



Butterfly Monk/Nun

Butterfly Nun/Monk *Balance on both sit bones; bend knees; bring soles into a prayer; thread forearms around ankles; point hands up into prayer at the center of the heart*



Solidarity

Solidarity *Balance on both sit bones; bend knees; cross & flex tops of feet; thread one arm under elbow crease; bend both elbows and clasp into a handshake*



You're probably cracking up. A pose called "solidarity"? I know I actually saw the prototype on a UN poster. I lived at the corner of United Nations Plaza for more than ten years. As I was walking home one day, I saw a funny looking cube with hands from different skin tone wrapping around it. I rolled the mat out, and "solidarity" came to be.

When we consolidate our body parts in a coherent, synergistic pattern we promote circulation and open the joints in multiple ways. The joints are the markers of our emotional anatomy. Unresolved emotions latch onto the energetic body and etch mental grooves – translating into subconscious patterns that sabotage our emotional freedom.

MOBILITY & JOINT HEALTH INNOVASANAS

USUALLY, JOINT PAIN OR discomfort is a spiritual alert signaling the need for change. As the ancient Chinese masters advise:

“If your knees ache, it is time for re-orientation. If your hips feel blocked, clear away stagnant karmic debris. If your shoulders feel tight, you need to boost your confidence. If your wrists feel weak, you should work on getting your message across. If your ankles are wobbly, you need to ground and trust more. If your elbows feel stuck, you should open your heart and give amply.”

Great advice and all good reasons to promote your joint health.



Slide

Slide *Lower into a straddle with the one knee bend and the other leg extended out to the side with the foot flexed; stretch one arm to cup opposite knee; bend other elbow to cup opposite shoulder*



Seashell

Seashell *Recline on one side of waist and buttock; fold both knees in; rest shin and outside edge of foot into the floor; clasp top of other foot into opposite elbow crease; lower elbow to heel and chest to shin and thigh*



Double Grip

Double grip *Lie on stomach; extend leg out to side and wrap forearm under knee crease and into opposite shoulder; bend back knee; clasp foot with opposite hand; bring heel to sit bones*



Rear View

Rear View *Balance on one buttock, side of hip; bend knee and flex foot; place outside of forearm into sole of foot; bend other knee and circle foot to the back lifting hip off the floor; bind from behind clasping hands into calf*



Grasp

Grasp *Anchor into one buttock and side of hip; bend knees to cross the groin and press into the side of other hip you grip both feet and press them into the side of waist*



Hammock

Hammock (advanced level) *Balance on both sit bones; bends knees in; bring one shin over the shoulder; hook other foot with opposite elbow crease; clasp hands behind the neck and stretch the spine*



Origami Pose

Origami *Balance on one buttock, side of hip; bend knee and flex foot; place outside of forearm into sole of foot; bend other knee and circle foot to the back lifting hip off the floor; bind around one ear and down the front of the neck*



Suspension

Suspension *Balance on both sit bones; bend one knee with foot to the groin and other knee out as you open hip and hook the top of the foot into the elbow crease and clasp the hands by the ear*



Squirrel

Squirrel *Sit up tall, balance on one sit bone; lift other leg shoulder level and bend knee; bind under the knee crease and around the back of the head; pull the thigh into the side of the waist*



Sharky Bind

Sharky Bind *Stand on both legs; pivot the back foot in and lower chest into front thigh; wrap one arm around front of neck, bend back elbow and clasp hands at upper back*



You just tried Sharky bind for the first time. This bind has a funny history. It was conceived by my dear friend and yoga teacher Lisa who intuitively responded to my cue in class one day: “Now take bull’s seat and bind.” She did, in her own way.

But something was off. I almost wanted to correct her mistake, then looked closely and said:

“Oh wow, you have just created a lavish new bind, the finest shoulder opener ever. And it looks exactly like the jaws of a shark.” Her name was Lisa Sharkey.

There was no class without our favorite Sharky bind thereafter. It felt safe and soothing. Our body speaks only when we think from the gut. But before we access that well of inner knowing we first need to clean up the gut.

GUT HEALTH INNOVASANAS

ARE YOU UP FOR a brisk **DETOX**? Detox also happens on a physical, emotional and mental level. We flush out the toxins, purify the organs, bathe the brain in oxygen and clear the mind to bring emotional release. Here are some great new poses to promote **digestion**.



Fox

Fox Lie on your side; cross legs; bend knees; hook foot into opposite elbow crease; point free leg and foot up, bring hands in prayer at the collar bone



Gear

Gear *Start from a kneeling lunge, twist, interlace and anchor elbows to the floor, lift back leg off floor and flex foot*



Perspective

Perspective *Lie on one side through thigh shin and foot; bind around thigh and back; lower torso into thigh and stretch the other leg sideways parallel to the floor; twist gaze over opposite shoulder*



Submarine

Submarine *Lower onto shoulder and knee, cross top knee over bottom foot; bring hands into prayer at the heart*



Duck

Duck *Lie on your side; cross legs; bend knees; hook foot into opposite elbow crease; point free leg and foot up; press elbow down and clasp hand at the heart*



Ibis

Ibis *Stand on one foot; bring other foot onto knee and bind, pressing top shoulder into opposite knee*



Caterpillar

Caterpillar *Step and flex one foot front; pivot back foot in and bend knee; bind around the straight leg and twist torso in the opposite direction*



Twig

Twig *Recline on one side; stretch arm out and place other palm on forehead and bend elbow; extend opposite leg across; step other leg over as you bend knee and press heel to the outer thigh of bottom leg; twist opposite the legs*



LinkedIn

LinkedIn *Low on the side; anchor through the elbow; bring one leg on top of upper arm; clasp feet with opposite hands and twist*



I chose not to be on LinkedIn or Alignable, but I do love to explore such new possibilities of connection and relationship within my body mind. Imagination has always been my anchor, and critical thinking – my rudder. When an idea arises, my scalp goes on fire and starts to tingle. But my brain has to approve the invention before it takes hold.

So, my best friend, the hypothalamus sends a signal to the prefrontal cortex and the pineal gland lights up. But sometimes hypo is asleep. That's when I start to second-guess myself. Then, I really need some oxygen shots, inversions and poses to massage all my glands and promote hormonal balance throughout. Try out these HORMONAL candies in the next section – I swear by them!

HORMONAL HEALTH INNOVASANAS

WE'RE GOING DEEP WITHIN. My hormonal candies: Innovasana to massage all your glands and promote hormonal balance throughout your body.



Target

Target *Sit up tall; extend front leg out and flex foot; bend other knee and clasp top of foot with elbow crease as you hold the back on the neck and the front of the elbow with the other hand*



Enigma

Enigma Lower on shoulder and knee with the hips lifted, cross legs, clasp top of the foot with opposite hand; wrap other hand around the opposite shoulder



Oyster

Oyster *Lie on your side; bend knee; lower torso onto shin and thigh; bend other knee and place foot into opposite calf; hook the foot into the opposite elbow crease; clasp the hands behind your neck; twist torso and open chest*



Underground

Underground *Start seated, cross the legs; lower chest down; extend the bottom leg and bend knee at a right angle; slide shoulder down the shin of the leg on top and clasp the outside edge of the foot with the opposite hand; grab onto the inner thigh with the top hand*



Summit

Summit *Start from down dog; bring head down to the floor; grab into the knee creases and pull knees firmly to the chest*



Nail

Nail *Start from Down Dog; step from foot into a mountain climber lunge curling both feet under; lower onto crown of head & bind around the opposite knee clasping the hands firmly to glue the chest into the thigh*



Halo Bind

Halo Bind *Sit up tall; fold knee in; hook the top of the other leg into the elbow crease, bind behind the head and straighten spine*



Octopus

Octopus *Start from plow; swing one leg over the head and opposite ear; extend the other leg to the side in a fan pose; pressing the sole of the foot into the ground; stress the free arm out and press through the palm for support*



Octopus pose does not actually have eight tentacles, but is an unusual inversion that works on the eight major glands to sustain our growth, metabolism, reproduction and mood. Once we trigger those happy hormones, we are halfway on our immunity hike. Let's get healthy through preventative measures in the next section.

IMMUNITY-BOOSTING INNOVASANAS

WHEN FLU OR ALLERGY season hits... you might want to stimulate your thymus gland. Good immunity is also a product of emotional stability, mental repose and physical vitality. Here are some invaluable poses to bolster your Immunity.



Lacework

Lacework *Lower on your side and cross legs; clasp feet with opposite hands; bend elbows and arch up and back*



Fitting Bind

Fitting Bind *Start in a kneeling lunge with the front knee tracking over the ankle and the back foot lifted and flexed. Thread arm under knee crease to clap opposite wrist and open palm up*



Snug

Snug Start from a runner's pose; plant front foot into the floor; curl back foot under; lower shoulder to the front foot; clasp opposite elbows around the thigh; gaze up



Cube

Cube *Sit up, tip to one buttock and plant foot down; clasp the other foot with elbow crease and bind around the side of the waist; twist chest to opposite knee and gaze down*



Pirate

Pirate Start in a kneeling lunge; plant front hand down and anchor through the back knee; open front hip out and clasp the outside edge of the foot with the opposite elbow as you grab onto the elbow of the straight hand



Teeter-Totter

Teeter-Totter *Start from plow; anchor one leg to the side with the foot curled under; extend arm perpendicular to the leg as you bring other arm over the head and open top leg out to the other side as you point the foot*



Spider

Spider *Start from a kneeling lunge; step front foot into the floor with the knee tracking over the ankle; bring and grab shoulder to opposite thigh; clasp back foot with opposite hand*



Crystal

Crystal *Balance on one leg and bend knee; cross other ankle to knee; twist and lower forearm opposite of front thigh, press palms and break wrists into turtle mudra*



Z-Pose (Zorro)

Z Pose – Z for Zorro! *Lie on your tummy; cross legs as you scissor them out in opposite directions; bend front knee at a right angle; bend back knee and bring heel to the side of hip; clasp both feet with opposite hands*



Zorro, my most delectable Innovasana came from the lateral Z that my body drew across the floor, while I was back bending, inverting, twisting and binding all the at the same time. I know there's too much going on there. But if you give it a shot, your body will perfectly fit into it. Zorro happened to be one of my favorite characters as a child. I related to him not only because I was a tomboy and a bandit myself, but because he always defended the poor against the forces of injustice. He was bold, daring, flexible and strong. Who doesn't want to be like Zorro!

STAMINA-BOOSTING INOVASANAS

HERE ARE SOME EMPOWERING poses to arm you with courage, boost your confidence and promote your **endurance**.



Insider

Insider Start in Warrior II with the front knee bent, tracking over the ankle and the back foot turned in and pressing through the outside edge of foot; bend both elbows; clasp opposite hand under the armpit; bend and twist through the side of the waist



Parallel

Parallel *Balance on one leg; plant opposite hand on floor; lower chest to thigh; extend other leg to side and stretch opposite arm in parallel*



Chain

Chain *Balance on foot and opposite hand; bend bearing leg knee at a right angle; place opposite ankle into the knee; flex foot; twist and bring elbow into opposite knees you clasp the back elbow crease with the opposite hand*



Tree Snake

Tree Snake *Balance on one leg, lift the other leg shoulder level and hook knee crease into wrist; snake other hand to the other side*



Weather Vane

Weather Vane *Stand one leg, lift the other leg shoulder height, bend knee at a straight angle, wrap the hand around the outer ankle and flex foot; bend the other hand in the elbow at a right angle and point the fingers down*



Arrow Bind Scale

Arrow Bind Scale *Balance on one leg like a scale in a Warrior 3 pose; flex the back foot, clasp elbows under the arm pit; point front elbow forward; stretch top elbow forward and other elbow at chest level*



Knit Bind

Knit Bind *Take a kneeling lunge; lift and flex back foot up; plant opposite hand into the floor parallel to the foot; thread the other arm under the knee crease to bind the opposite elbow*



Bagpipe

Bagpipe *Balance on one foot; cross legs and bend front knee over the opposite thigh; clasp the top of the foot with the opposite hand and grab elbow with the free hand*



Flying Dragon

Flying Dragon *Balance on the knee and elbow on your side; bend bottom leg knee and clasp foot into the sit bone; extend upper leg over the shoulder and point foot*



Do you like dragons? I do, too. It is our archetypal, mythical memory shouting from the strands of our DNA. There's been a lot of talk lately at the forefront of genetic science about our ability to rewire the brain in a new way, re-clustering our chromosomal stranding to defy our bad genes. And funny enough daily core work has resulted in enhanced focus and improved neuroplasticity. A great reason to try out these next Innovasanas.

CORE-BUILDING INNOVASANAS

IT'S OFFICIAL, YOU CAN actually target your DNA strands and change the coding in their extremities, thus promoting overall health and wellbeing, just by accessing your core. These ABDOMINAL teasers will not only awaken your telomeres, the “end notes” of your DNA, but also bring your six pack back.



Net

Net Sit up tall, lift legs and bend knees as you balance on both sit bones, bring ankle to knee, weave opposite hands under the calf and into the sternum as you yogic toe lock both big toes and pull the shin to the chest. Sit up tall, lift legs and bend



Meet Point

Meet Point *Sit up tall, lift legs, bend knees and place ankle to knee as you balance on both sit bones; thread arm under knee crease to clasp outer edge of front foot; hook the outside edge of the other foot into the elbow crease and slip hand under calf*



Triple Grip

Triple Grip *Sit up tall, cross legs and bend knees; slide opposite hand into inside edge of front leg bend at a right ankle; grab onto the elbow with the other hand and draw the leg to the chest*



Rope

Rope Balance on sit bones; bend one knee and bring foot into opposite groin; extend other leg forward and up; yogic toe locking the foot as you wrap the forearms into a knot



Eavesdropping Fairy

Eavesdropping Fairy Balance on both sit bones; extend one leg out, place the other ankle to the knee. Yogic toe lock the front leg big toe with the pointer and middle finger, and extend arm; wrap the other as you bend the elbow and press into the opposite ear; twist in the direction of the extended leg



Free Flight

Free Flight *Balance on both sit bones; cross legs as you extend one leg out and up and flex that foot, and wrap the other over the knee; clasp the foot with the opposite hand; thread the other arm through the knee crease loop to grab onto the forearm*



Chimp

Chimp *Lower on one side; bend front and back knee and at a right angle; lower back foot down; hook front foot into the opposite elbow crease; bind at your throat as you anchor the elbow down*



Envision

Envision *Balance on your sit bones; draw legs in and straighten up; clasp hands at third eye and sit up tall*



Garland

Garland *Sit up tall; cross leg; wrap top foot around bottom calf; thread opposite hand under the knee crease; bind at the collar bone; twist gaze in the opposite direction*



Dual Spin

Dual Spin Stand in Warrior II with the front knee bent and tracking over the ankle; pivot the back foot in; plant back hand into side of knee; bend elbow and clasp with the opposite hand twisting towards the rear

Dual Spin is a variation of the classical Warrior II. It emerged while cranking rounds of Sun Salutes and Vinyasas. As always, the body spoke. It needed a tweak, some kind of twirl. The equal bend and bind of opposite knee and elbow added an extra twist that stretched the shoulder, the side of the waist and the lower back. It was soothing and empowering. It was the ultimate “unity of opposites” that we all seek to attain in Yoga.

Dual Spin became my staple in the warm-up section of every class. It was a great little addition to Surya Namaskar and a good preparation for the deeper backbends that are to follow.

HEART-OPENING INNOVASANAS

BACKBENDS ARE HEALING IN so many ways. They lift up your mood, promote your digestion, raise your energy levels and open your heart to embrace change. As you ignite your passions, you nurture your compassion. This batch of varied backbends will surely heal your emotional body and pave your way to wiser choices. Clearing unresolved emotions that often get buried in the physical body opens the neural pathways to channel your creative energy for sustainable growth. As you arch out and up, you somehow dispel all negative energy. You curve your awareness inward to eventually expand outward, and leap forward. Let's arch!



Diamond Knit

Diamond Knit *From seated diamond pose push up to balance on knee, shin, top of the foot and hand; clasp the bearing arm elbow from the back*



Sea Lion

Sea Lion *Start from bound reclining twist; flip on your belly as you keep hands clasping the opposite feet; extend front leg forward in while sealing the back heel to your buttocks; lift the sternum off the floor*



Triple Hook

Triple Hook *Lie on your side; anchor into the elbow and upper arm; bend knees; bring one foot to the thigh and hook the other foot into the elbow crease; clasp the hands behind the ear*



Mirror Mirror

Mirror Mirror *Start from pigeon; fold back knee and hook foot into the elbow crease; point the hooked forearm and palm up as you look back and place the other hand on the shoulder*



Web

Web *Start from a pigeon; place foot on thigh bone; other foot into elbow crease and clasp behind the head as you balance*



Whale

Whale Start from bow pose, lying on your belly; bend one knee into the groin, lift other leg up and clasp inner ankle, as you bring hand to opposite elbow from behind and you arch up



Ski Slope

Ski Slope *Start from a bridge pose; lift hips up – knees over ankles; slide arm under the bridge to grab opposite ankle; reach other arm long overhead*



Kneeling Vault

Kneeling Vault *Balance on knee, foot and elbow; bring one knee to the groin, plant other foot into the floor, anchor through the elbow and forearm and clasp hands overhead as you lift hips up, arch back and pull shoulder open*



Tidal Wave

Tidal Wave *Lie on your back. Fold right knee in, bring toes to left thigh, fold left knee out, bring heel to side of hip; clasp both hands at shoulder level. Bend sideways as you bring right elbow overhead and touch toes with left elbow*



Tidal wave was my response to a student request. She approached me before class: “I feel like I am in a whirlwind, swept by a tidal wave, not knowing where to go.” I thought of addressing the Buddhist concept of impermanence and intuitively played Vivaldi’s Four Seasons. Vivaldi shook us out of our comfort zones and moved us into tears. In the wind-down while reclining in a quad stretch, I urged everyone to bind their hands over the head and bend sideways into “Tidal Wave” pose. We spoke about the need to ride these tidal waves. There is no way around tectonic shifts. We have to go through them. The urgency of the message is what makes the ancient practice up to date.

The class was a wakeup call. It sparked a heated Q&A in the cafeteria. How can we upgrade the ancient knowledge? How can we embody concepts like the koshas, karma and dharma in such turbulent times?

A teenager mom begged a poignant question: How do I explain the “causal body” to my 13-year-old son, when he asks me: “Mom, where do I know this from? I think it goes back centuries ago?” I smiled. The response was instant: “Tell him to put the “watch dog” to sleep and ask the “wise owl” before he goes to sleep.”

“The wise owl is the big picture guy in our brain. He urges us to think, reason and focus in. He operates from the prefrontal cortex and looks like a giant lens that filters experiences and regulates emotions. When the mind is calm, the lens distills all occurrences - replacing the immediate reaction of our primitive brain, with an organic response coming directly from the mindful brain. The smart body is the wise owl. It has the attributes of a smartphone – intelligent, efficient and intuitive.

When the wise owl is on guard, and the watch dog is asleep, your son will be able to solve his problems and manage his feelings more mindfully. Accessing his memory fund nestled in his causal body will allow him to store current information, retrieve emotional memory and restore his body mind equilibrium. When in balance, he will naturally experience his blissful Body (Ananda Maya Kosha). Simply put he will find JOY.”

RELAXING INNOVASANAS

PLEASURE BRINGS JOY AND elation, but it derives from deep RELAXATION. At this plane there is no pressure to do anything, and no urge to go anywhere... Just the inner need to wind down. Now put your head down on your pillow...



Pillow

Pillow *Sit up tall; fold knee and bring foot into the groin; bring leg to the opposite ear; wrap forearms and support foot*



Satellite Dish

Satellite Dish *Start seated, fold front leg, plant foot; fold back knee so foot touches the buttock; place hand on foot, raise other arm up in a straight line as you twist*



Band

Band *Sit up tall; cross legs and stack knees; place one hand into elbow and other hand into back of neck and pull; spiral gaze and torso back*



Plus One

Plus One *Start seated; extend one leg out and flex foot; bend other knee & bring foot into the opposite groin; thread one hand under armpit to clasp opposite hand; pull the elbow out and fold over the legs*



Frame

Frame *Sit up straight; stretch one leg long & flex foot; bend other knee and bring foot down and close to the sit bones; bend laterally over the extended leg as you clasp the hands over the head and lower the elbow down to the floor*



Crisscross

Crisscross *Lie on your side; anchor through thighbone; elbow and forearm; clasp both feet with opposite hands – extending leg up the head and bending the other knee to bring the foot into the groin*



Windmill

Windmill *Sit up tall; bend knee; hook arm under knee crease and point palm and fingers up as you bend other arm and point palm and fingers down*



Reclining Ivy

Reclining Ivy *Lie on your back; bend one knee and bring foot into the groin, binding the foot with the opposite hand; bend the other knee and bring foot to the side of the waist as you wrap elbow over foot and hand over elbow*



Mermaid Splash

Mermaid Splash *Start seated; tilt to one sit bone; cross legs and plant opposite hand; clasp the bearing arm elbow from behind*
 Splash! Swishes the tail of the mermaid. Like a brush stroke across the ocean it is our reminder to keep cool, to stay fresh.



Why Innovasanas?

I am one of those yogis who love to indulge daily in a varied asana menu. The variety comes from practicing all the different pose types and constantly upgrading the asana repertoire with new asana, mudra, binds, breathwork, and meditations. The bounty also comes from changing the pattern of the flow, exploring new transitions and rediscovering ways to inspire both newbies and seasoned yogis. Despite my passion for advanced asanas, I am always a newbie. Every day I try to start anew.

Innovasanas urge us to move in new and untried ways. They challenge our body into new forms of expression and rewire the circuits of our brain. They forge right and left-brain lobe integration through cross-lateral, often mismatched movements, creating new pathways that defy our expectations. We form new patterns of thinking, of acting, of behaving. We are able to deprogram deeply ingrained subconscious patterns that have set us back.

We are what we repeatedly do. Changing our reactions to things brings more awareness in how we do everything. We are no longer victims of habit. Brining new awareness to a habitual practice changes the nature of the experience. Simply, changing our response to the practice offers another perspective. And instead of letting life happen to us, we can re-direct the flow, so things happen from us.

For more than three decades, Innovasanas have reset my internal JPS. I have become much more accepting and tolerant, much more novel and creative in bending my reality. Why not bend yours, and contribute to this transformative artwork?

And next time you wonder about compound asana, ask your new upa guru: the DRAGONFLY.