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# Ahimsa

Non-harming, compassion, non-judgment

## **Balāsana: Child's Pose**

*Our head bows to the earth as we fold to withdraw inside. As in life, we put forth effort to expand and grow. To achieve balance, we take time to receive and refresh.*

Beginning yogis may feel disappointment if they can't touch their toes or stand on one foot. They look around and notice what they can't do. In softening the expectation and acknowledging our learning patterns, we come to discover something other than failure, and begin to notice what is special. Feel the subtle differences. Be gentle with yourself.

As our true nature unfolds, we begin to see all sides of ourselves. It is in accepting all the things that make us human that we can look upon others with compassion and love.

Ahimsa is the first step in the eight-fold path of yoga, and it is woven through every movement and breath. It begins with one person, and its effects ripple to people and places unseen.

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*Yamas*