Why Savasana "does not work"

Savasana is so stands out in all the variety of asanas that can fall out of our "painting exercises" up to the complete exclusion of her independent practice. In this possible situation:  

a) in the classroom under the instruction of a teacher practicing yogi does not capture the essence of what is happening in Savasana.

b) in the class Savasana possible, but alas. the With instructions from the outside (case)

Why group Savasana may seem a waste of valuable time: the Resistance. We do not trust the teacher enough to let behave. Mind in revolt "Again, this is poetry about inner space..", because a moment ago the teacher sprinkled anatomical terms and the astral plane was not going. "How will I feel the rib if there is no movement? For more than 10 minutes! It was better to go quietly". Is the opposition that offers teacher. This opposition was not, as he walked to work in the asanas and the mind remained clear, thanks to the retention of attention on the bodily work, and we allow the master to direct their actions. Once the movement is over, keep a mental silence from the interpretation and criticism was at times difficult. That is why the instructions Shavasana followed by almost continuous stream: it is a way to transfer our focus from the internal dialogue to the actions.
Of course, the difficulty is that now the required action is not so obvious. The Board is really very simple: continue to follow the instructions without missing a single word. Even when it is unclear what needs to be done, the mere direction of the attention in the body part in question, will give effect. Think of Savasana as the excess of long-held posture, full of many nuances. Trust the teacher and try to proceed from the first word to the point where he stops, leaving you in silence.

the **attention span.** "Well, finally you can not hear...". The situation when Savasana means a full fly thoughts from the audience (finally) to think about things. The most important reason - nedootsenennost, when the practice brought the mind to a state of calm. In the case of group classes, this means, sadly, that the practice was "past", chance to rectify the situation anymore. For the self-study is not lost on that below. The second type of inattention in Savasana - to fall asleep. And if in the initial stages it is easy to get to sleep can be a victory (albeit at the cost of ignoring the asanas), for advanced yogis this is a hint that Savasana requires a lot of effort. the  No instructions (case B)

Independent practice gives us invaluable opportunities: to lie in Shavasana at the time, to spend it the right time and reach.

So, going for pre-prepared or spontaneously generated sequence, we conclude the session with Savasana... and does not work: thoughts swirling, eyes running, breathing jerkily. There are several reasons: the **Defects.** Training is not enough to "promote" threads in the body, the tonus remained not aligned and Savasana happened too early. If you feel like the effects, don't be lazy to get up and continue to do, until Savasana will not become what is called inevitable. The task is not possible to exhaust yourself and collapse to rest! Need in the first seconds of Shavasana very honest track in the body of your flaws, admit them, and, if necessary, to correct. But it is much more efficient if this step is preceded by Savasana, because it must determine the point of her "going on stage". the **Rush.** We want instant relaxation, without waiting for restructuring in the body. Any waves subside gradually and for every transition process takes time, which we need to provide the body in full. If "not enough" quick trim results in irritation, what to do? Answer: use Shavasana as an exercise for the education of the patient. the **Inertia.** Physically in Savasana you are most inert, consciousness is as vigilant. Without the will to DO this asana, the mind is also slipping into the inertia (for what is often followed by falling asleep).

So, back to the beginning: if you do not separate from Shavasana training and to perform it with intent, honest and not afraid of this word, diligently, the understanding of the nature and the effect will come as they come and go into any other position.

The two pillars of the Shavasana is a Stillness and Observation. The most interesting pair to explore! :) Marina Kalasina, teacher of Universal yoga and the author of the blog [yogamarin.net](http://yogamarin.net). Photo: istockphoto.com ©2018 Copyright