

# LE GURU IS YOU! HATHA YOGA AND BEYOND

BY PAUL REYNOLDS

## BEGINNINGS

*"When the student is ready the teacher appears – when the teacher is ready the student appears."* UNKNOWN SOURCE

So you've decided that a yoga practice is on your agenda. Your mind is flooded with thoughts like "I'm not getting any younger," "I'm out of shape," "I'm stiff," "My life is this big bowl of stress that I'm floundering in," "I have no energy," and, last but not least, "I have let myself go for way too long and enough is enough!" You've read articles in a recent holistic journal or two, and you see that the local health club now has yoga classes and somewhere, in the deep recesses of your memory, an exotic picture of a serene, flawlessly featured, satin-skinned yogin sitting in a lotus position appears and you come to the conclusion that yoga is the next stage on your journey to health and wellness. "Yoga will pull me out this deep hole I have gotten myself into."

You pick up one of those holistic journals and go through the yoga listings. "Gotta get a mat, and those yoga leotards are cute. But what kind of yoga to do? Where to go? How many times a week?"

Indeed, Hatha Yoga in the West has recently exploded, making available various forms, styles, interpretations and expressions. There is everything from Ashtanga to Svaroop, from Bikram to Iyengar to Anusara to Kundalini to Vinyasa and more, each claiming benefits derived from an ancient wellspring that was somehow lost and has now been resurrected. Some schools claim they are the only "true" yoga and that they are scientifically constructed, spiritually inspired, or handed down by a lineage that is pure and unsullied by the passage of time and is just what the "guru ordered."

Now you are really confused ....

So as you are walking the dog you pass a studio just around the corner, or perhaps you see a business card tacked up on the health food store bulletin board, or a friend recommends a class. You recognize this as a "sign" and you bravely pick up your mat and enter the world of Hatha Yoga for perhaps the first time.

Even aside from the seemingly serendipitous events that have led you here – this is no accident. (But you already knew that didn't you?) You have embarked on a language lesson, a dialogue of body, mind and spirit. The 'dialect' you choose will fit your temperament perfectly and will most likely be the one that is shared, facilitated or taught by a teacher that you resonate with. Like any relationship in life you are drawn to a teacher who is in possession of that lesson you are eagerly searching for.

Whatever scenario has brought you on this path (and there are countless explanations for why you are taking this particular route) rest assured that all these brand names

are pigments from the same palette. The masterpiece (you) can only be painted by you and Hatha Yoga is a very classic, expandable and 'flexible' medium (forgive the pun).

In future issues of Inspiration this column will join you on your journey into the worlds of Hatha (the physical practice) Yoga and beyond. We will gather information from all schools of the practice and their practitioners and teachers to guide us through history, philosophy, asana form, and the ever-present 'inspirations' on our way to...why another column about yoga – of course!

In our next offering we ask many of the teachers around the islands the seemingly simple question...What is Yoga? 🙏

*"May we realize a peace that depends on ...  
...Nothing"*

## NAMASTE

A STUDENT OF YOGA FOR THE PAST 13 YEARS AND A TEACHER FOR 10, PAUL NOW TEACHES ON THE ISLAND OF KAUAI, SHARING AN ECLECTIC VINYASA VERSION OF HATHA YOGA. HE IS ALSO A CARTOONIST, GRAPHIC ARTIST, WRITER AND FATHER OF A 17 YEAR OLD (HIS GREATEST YOGIC FEAT TO-DATE). HIS CURRENT YOGA TEACHING SCHEDULE CAN BE SEEN ON [WWW.UNLIMITED-IDEAS.COM](http://WWW.UNLIMITED-IDEAS.COM), OR CALL HIM AT (808)823-8051 WITH QUESTIONS, CONCERNS OR REQUESTS FOR PRIVATE INSTRUCTION AND GROUP FACILITATION. LE GURU IS A NEW SECTION FOR YOGA ENTHUSIAST. A GREAT PLACE FOR YOGA INSTRUCTORS AND BUSINESSES TO HIGHLIGHT THEIR SERVICES AND SHARE KNOWLEDGE. FOR MARKETING AND EDITORIAL INFORMATION CONTACT PAUL REYNOLDS.

