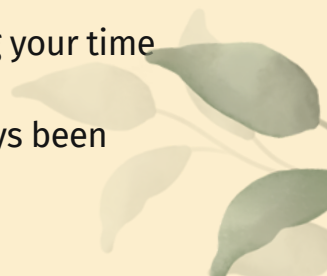




WILD ASANA:

GUIDE TO BECOMING ANIMAL ON YOUR YOGA MAT

- Practice outside. Feel the earth with your soles.
- When you practice inside, diffuse conifer essential oils to simulate the smell of the forest.
- Consider which of your yoga props are made from natural materials and cultivate gratitude for the plant materials and animal fibers that support your practice.
- Nature is rarely silent and yoga doesn't have to be. Play nature sounds. Make animal noises. Tell your housemates that sometimes, you just have to howl.
- Think about cobras while practicing cobra pose.
- Learn nature mudras such as bhu, padma, kurma, bhuja, and sarpashirsha.
- Kiss the earth during prone poses.
- Think about the sun/moon when you do sun/moon salutes. Consider the timing of the next solstice or equinox, and look up the current moon phase.
- Use oracle cards to inspire and focus your practice around a specific type of animal. My favorite decks are *The Illustrated Bestiary* by Maia Toll and the *Winterseer Animal Oracle* by Siolo Thompson.
- Read about and study the animals after which poses are named so you can evoke their qualities in your practice. Ask yourself: What does the world look and feel like to them? What is it like to be in their body? Consider how other animals move, play, and rest.
- Question harmful stereotypes or unproductive symbolism of certain animals in yoga discourse, especially those who are often feared, such as snakes.
- Support wildlife charities and animal welfare organizations by donating your time or money.
- Remember: You do not actually have to become animal. You have always been animal.



"When we go in search of connection with other beings, we forget that we are that which we seek. Identifying as human creates separation. Embodying animals through yoga teaches us that we are all the same."



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