

# 4<sup>TH</sup> WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

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## **My Yoga- working with gravity**

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Yoga has been in my life for over 25 years. Being a dancer, I thought it would come easy for me, but it did not. My first yoga class was in NYC at the well-known Jivamukti studio in the 1990's when it was downtown on 2<sup>nd</sup> Ave. I remember how challenging I thought it was. I was letting gravity win as I practically gave in and fell down. I was holding my breath. In Trikonasana (Triangle Pose) when we were all lined up by the wall, I remember my floating ribs sticking way out, as I tried to execute a side bend trying to duplicate the shape of a triangle. At the end of class we were told to go into shoulder stand for 2 minutes but I could not get my hips in an upward position. I couldn't support my body weight in that shape (salamba sarvangasana- supported all body), or in a downward dog. My body was shrinking and sinking, as I was not allowing myself to work with gravity.

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