

an illustrated version of Anusara Yoga's principles of alignment

I developed these charts as teaching tools to help explain John Friend's brilliant alignment principles that characterize Anusara Yoga to my classes.

Please note that any mistakes in interpretation are wholly my own.

To read about his alignment principles in detail, see John Friend's *Anusara Yoga: Teacher Training Manual, 8th Edition*

-Lisa Holtby

Anusara Yoga's...

THREE "A's"

and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with

- ankle loop
- shin loop
- thigh loop
- pelvic loop
- kidney loop
- shoulder loop
- skull loop

5. ORGANIC ENERGY

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

three A's

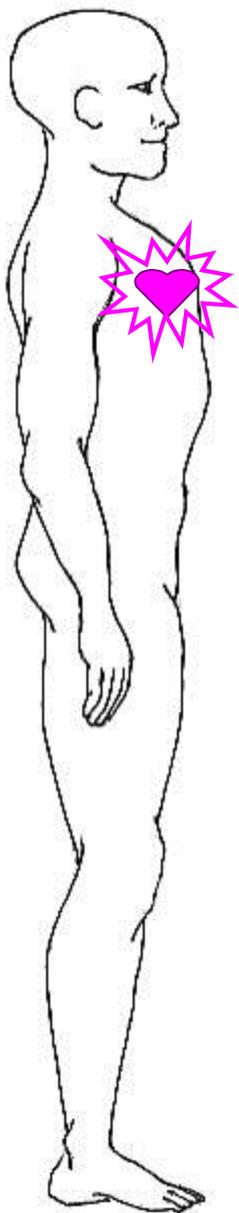
THREE "A's" and . . .	FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...	TRANSFORM YOGA INTO A MOVING MEDITATION
ATTITUDE open to grace; soften to an energy larger than ourselves; "align with the divine" ALIGNMENT align our efforts to embody and express our heart's intentions	1. OPEN TO GRACE and: rest your focus on a steady ujjayi breath and: set the foundation of the pose	As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.
ACTION From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat	2. MUSCLE ENERGY 3. EXPANDING SPIRALS 4. CONTRACTING SPIRALS and: refine with ankle loop shin loop thigh loop pelvic loop kidney loop shoulder loop skull loop	Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet. By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.
	5. ORGANIC ENERGY	We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

five universal principles of alignment

THREE "A's" and . . .	FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...	TRANSFORM YOGA INTO A MOVING MEDITATION
ATTITUDE open to grace; soften to an energy larger than ourselves; "align with the divine" ALIGNMENT align our efforts to embody and express our heart's intentions	1. OPEN TO GRACE and: rest your focus on a steady ujjayi breath and: set the foundation of the pose	As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.
ACTION From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat	2. MUSCLE ENERGY 3. EXPANDING SPIRALS 4. CONTRACTING SPIRALS and: refine with ankle loop shin loop thigh loop pelvic loop kidney loop shoulder loop skull loop	Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet. By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.
	5. ORGANIC ENERGY	We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

moving meditation

THREE "A's" and . . .	FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...	TRANSFORM YOGA INTO A MOVING MEDITATION
ATTITUDE open to grace; soften to an energy larger than ourselves; "align with the divine" ALIGNMENT align our efforts to embody and express our heart's intentions	1. OPEN TO GRACE and: rest your focus on a steady ujjayi breath and: set the foundation of the pose	As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.
ACTION From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat	2. MUSCLE ENERGY 3. EXPANDING SPIRALS 4. CONTRACTING SPIRALS and: refine with ankle loop shin loop thigh loop pelvic loop kidney loop shoulder loop skull loop	Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet. By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.
	5. ORGANIC ENERGY	We cultivate openness to whole-hearted participation in the gift of this brief lifetime.



open to grace

THREE "A's"

and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with

- ankle loop
- shin loop
- thigh loop
- pelvic loop
- kidney loop
- shoulder loop
- skull loop

5. ORGANIC ENERGY

TRANSFORM YOGA INTO A MOVING MEDITATION

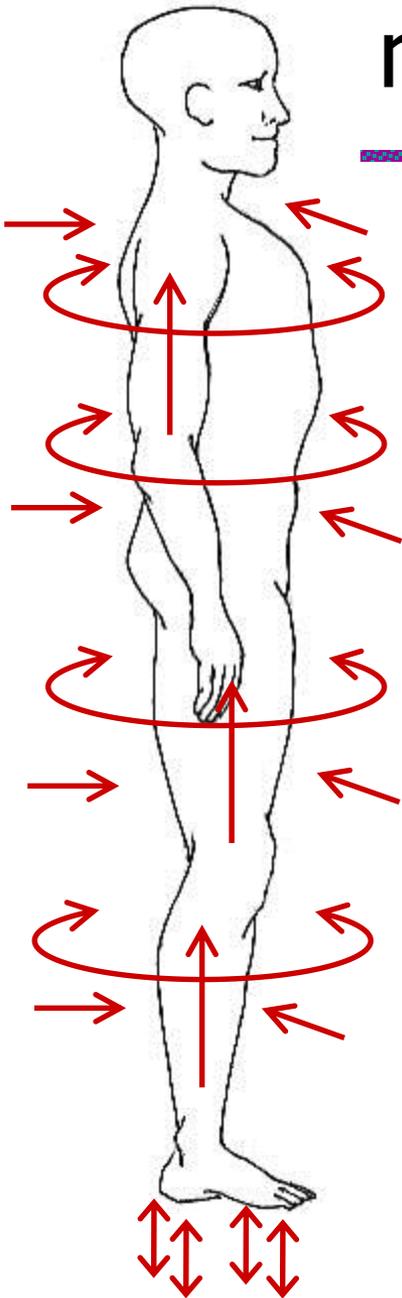
As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

muscle energy



THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with

- ankle loop
- shin loop
- thigh loop
- pelvic loop
- kidney loop
- shoulder loop
- skull loop

5. ORGANIC ENERGY

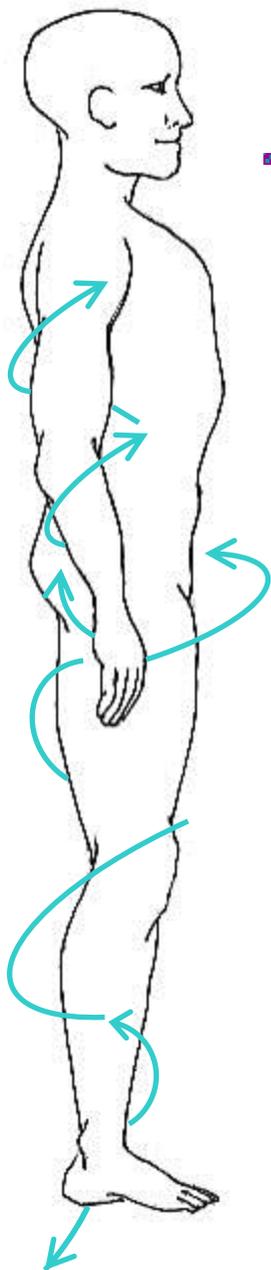
TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.



expanding spirals

THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

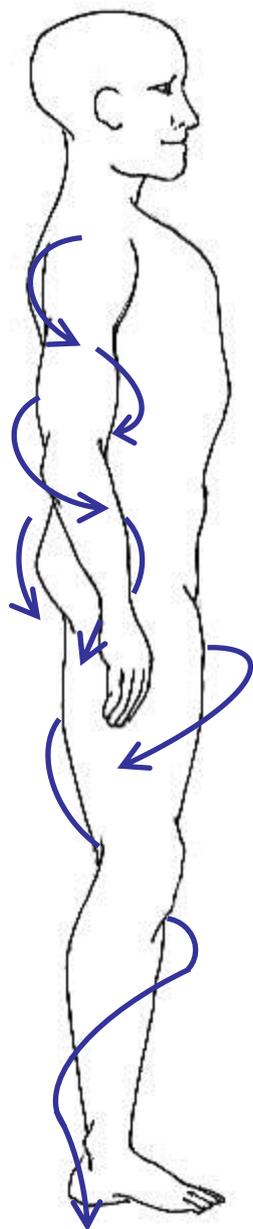
As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.



contracting spirals

THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

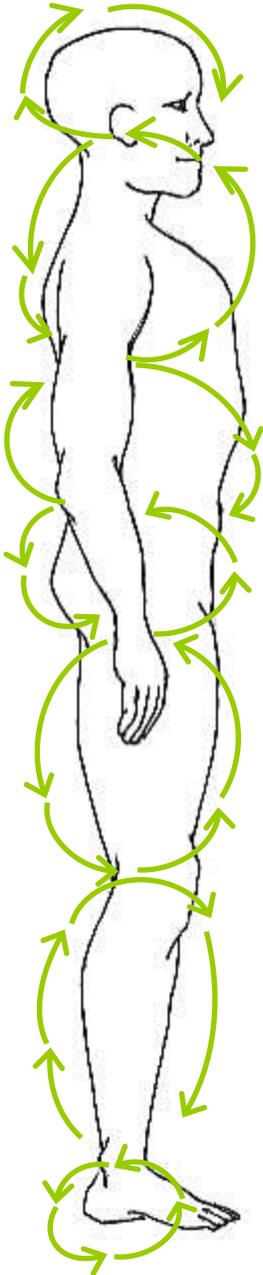
As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.



the seven loops

THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

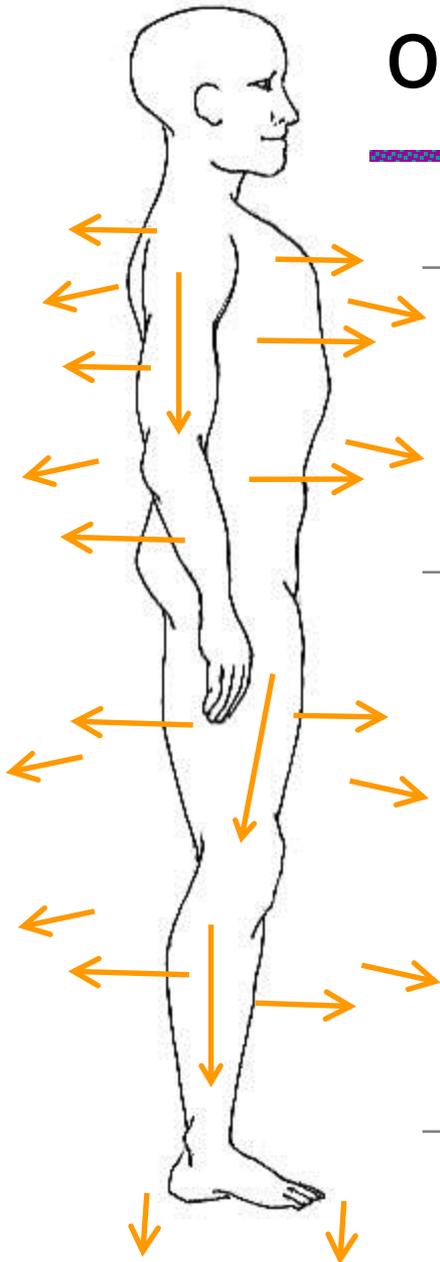
Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

organic energy



THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

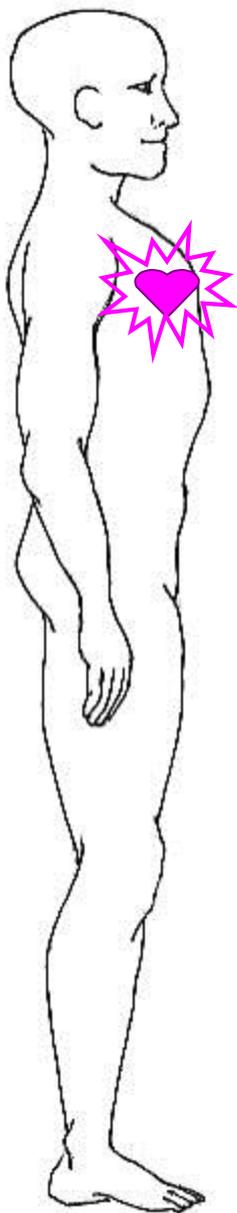
As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.



putting it all together

THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

5. ORGANIC ENERGY

TRANSFORM YOGA INTO A MOVING MEDITATION

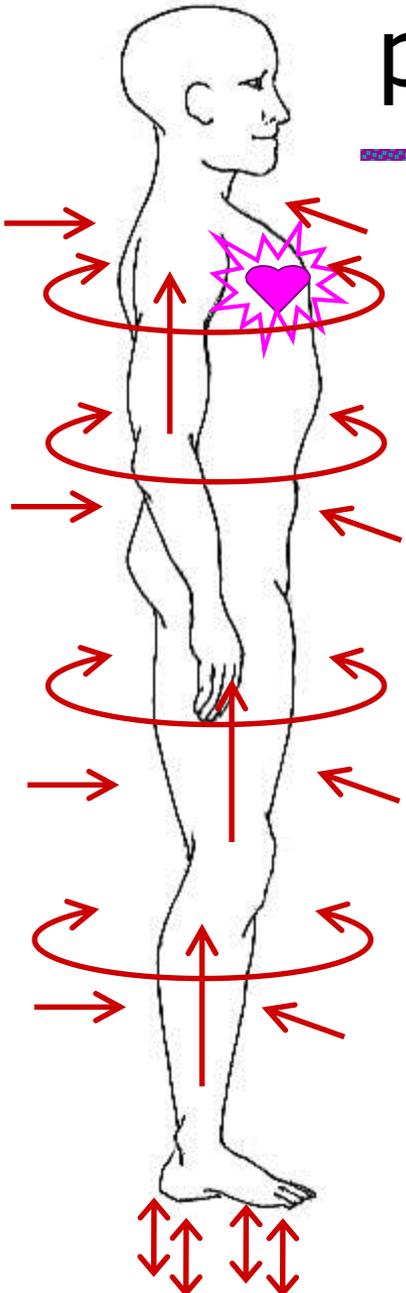
As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

putting it all together



THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

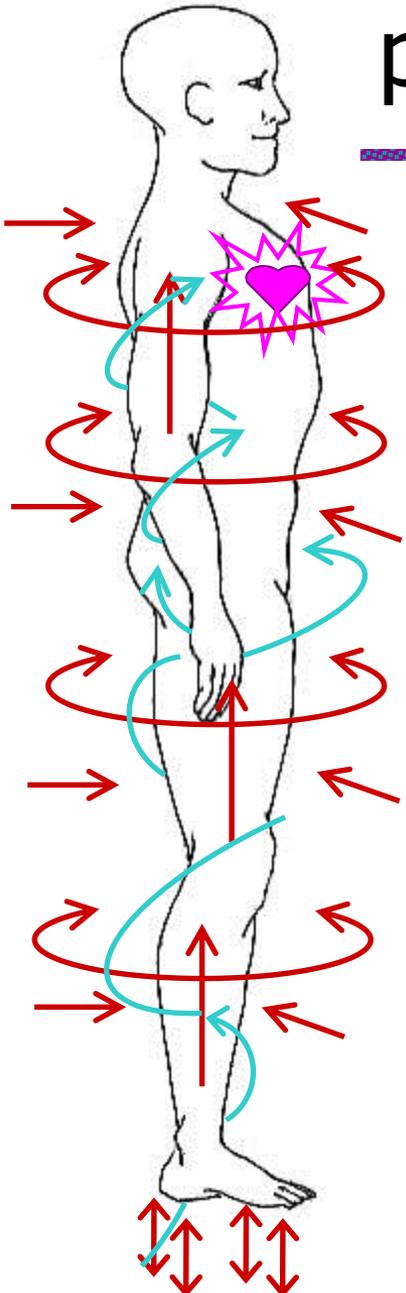
Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

putting it all together



THREE "A's"
and . . .

ATTITUDE
open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT
align our efforts to embody and express our heart's intentions

ACTION
From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE
and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

5. ORGANIC ENERGY

TRANSFORM YOGA INTO A MOVING MEDITATION

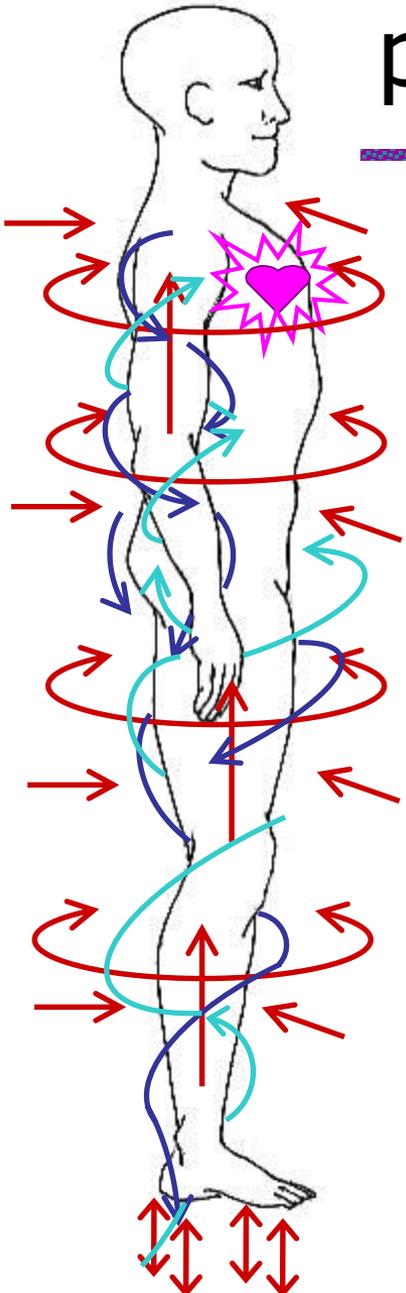
As there are pulsations in every cell in our bodies, in our breath and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

putting it all together



THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

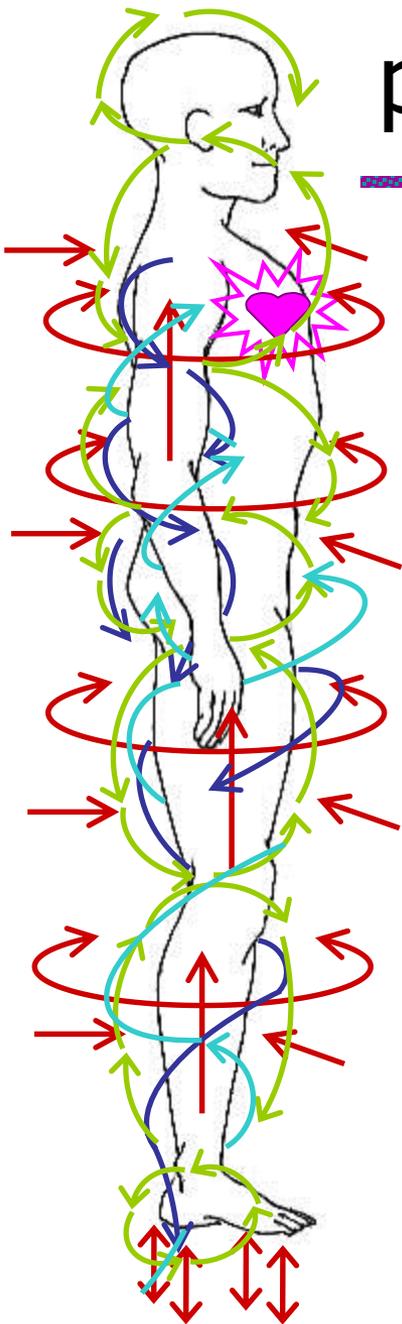
Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

putting it all together



THREE "A's"
and . . .

ATTITUDE
open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT
align our efforts to embody and express our heart's intentions

ACTION
From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE
and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and the seasons, so too do we experience pulsations within our asana practices.

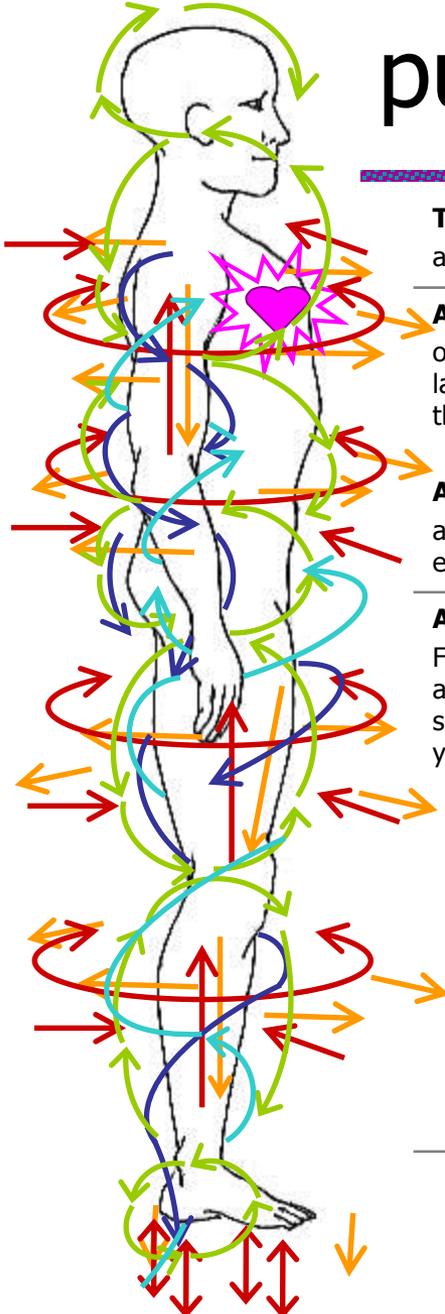
Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

putting it all together



THREE "A's" and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

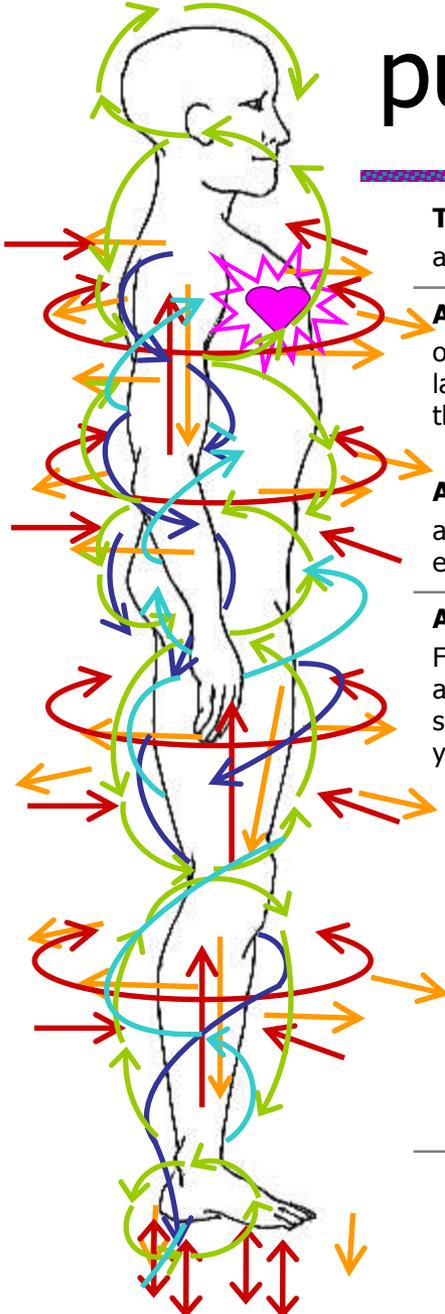
Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

5. ORGANIC ENERGY

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.

putting it all together



THREE "A's"
and . . .

ATTITUDE

open to grace; soften to an energy larger than ourselves; "align with the divine"

ALIGNMENT

align our efforts to embody and express our heart's intentions

ACTION

From a foundation of attitude and alignment, we then move into skillful actions, both on and off the yoga mat

FIVE 'UNIVERSAL PRINCIPLES OF ALIGNMENT' can ...

1. OPEN TO GRACE

and: rest your focus on a steady ujjayi breath

and: set the foundation of the pose

2. MUSCLE ENERGY

3. EXPANDING SPIRALS

4. CONTRACTING SPIRALS

and: refine with
ankle loop
shin loop
thigh loop
pelvic loop
kidney loop
shoulder loop
skull loop

5. ORGANIC ENERGY

TRANSFORM YOGA INTO A MOVING MEDITATION

As there are pulsations in every cell in our bodies, in our breath and heartbeat, in the tides and the seasons, so too do we experience pulsations within our asana practices.

Within each pose we balance softness with strength, receptivity with focus, reflection with effort, fiery passion with quiet.

By thoughtfully balancing opposite qualities and pulsations in our yoga practices, we strengthen our abilities to find balance off the mat as well, to stay aligned with our highest intentions in the face of challenges and distractions.

We cultivate openness to whole-hearted participation in the gift of this brief lifetime.