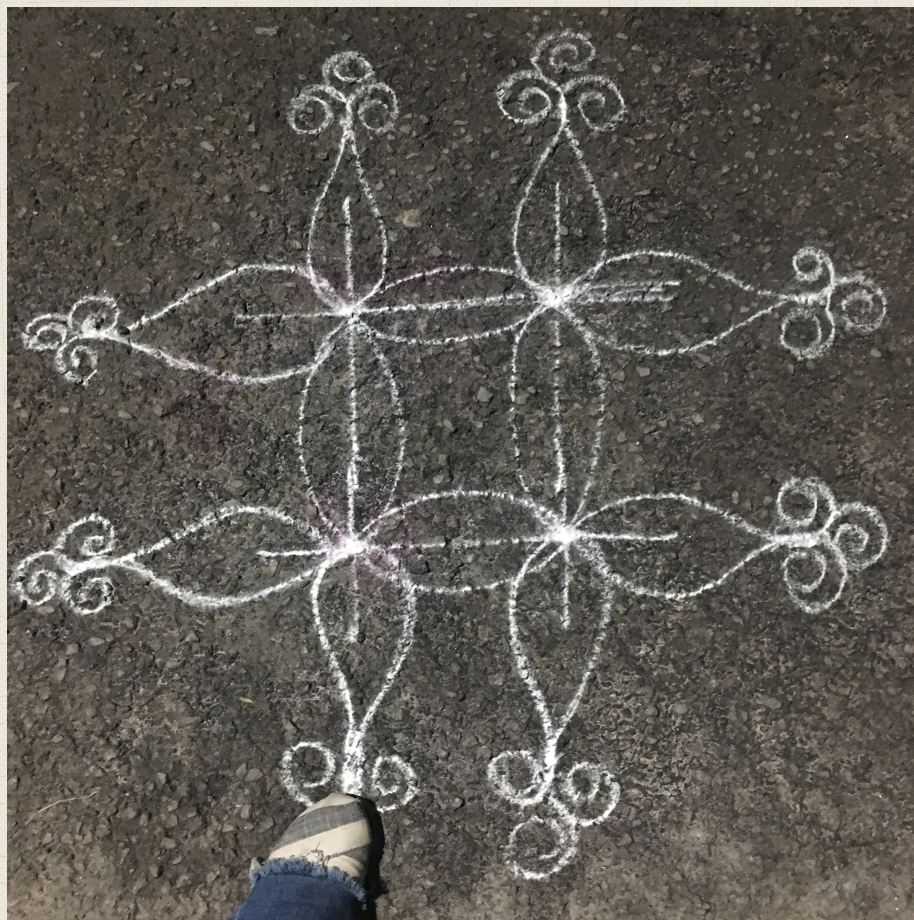


2019.

DO YOUR PRACTICE...ALL IS COMING

INDIA NO. 1



Friday, February 1, 2019 . . . heading to Mysore from Berkeley, CA.



HONG KONG
AIRPORT



BANGALORE AIRPORT



SOUTH INDIAN BREAKFAST:
IDLI MUDU VADA & CHUTNEY

Do Your Practice February 1, 2019 continued ...

This trip has been a long time coming. I am thrilled to have my feet landed at the source, where Ashtanga Vinyasa Yoga began as Krishnamacharya taught Pattabhi Jois. Where Pattabhi Jois is still known by all and his daughter and grandson now continue. There is also another living teacher in Mysore who teaches Ashtanga and was taught by Krishnamacharya. He has never traveled to the West and is unknown by most of the world. His name is BNS Iyengar (not the well-known BKS Iyengar who gave us Iyengar Yoga).

On the three-hour drive from Bangalore to Mysore, we saw it all: cows roaming, cars zooming, garbage overflowing, roads ending in a rubble pile, all while the driver dodged cars and a man walking across the highway carrying a ladder over his head. About two hours into the drive, the driver pulled over. He said, "Taking break. Drinking tea. You sit here. No problem." He then got out of the car and locked all of the doors. Welcome to India.

We arrived in Mysore around 5 am and settled in for a

two hour nap. After traveling, door to door for over thirty hours, from Berkeley, CA to Mysore, Karnataka, I rose to do my practice. With a travel worn body and open heart, I took my arms over my head and began. This is the same way I begin every time. Inhale. Exhale. Unfolding, slowly, methodically, and without fail. It does not matter for how long, or under what circumstances, or in what location - the practice is available.

The adventure has begun. I feel no expectations and am open to the experience as it comes.

Om Shanti (peace to all)