

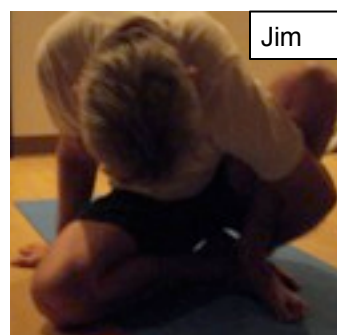
POSE OF THE MONTH

December 2006

Marichyasana B – This pose takes Marichyasana A a step further—you now go from working externally to open and prepare the body to working internally on the organs of the body. Marichyasana B requires the half lotus position which can be difficult to attain if you have knee instabilities, tightness in your hips, or are athletic. Patience must reign as you wait for your hip joint to slowly open up to allow the deep inner work of this posture.

Method:

- ॐ From Downward dog hop through to Dandasana.
- ॐ Inhaling place your LEFT leg in half lotus, turning the sole of your foot upward and if your hip allows, moving your heel in line with the inner lip of your hip bone aiming your heel up under your ribs toward the “corners” of the colon where matter is more likely to get trapped (see pictures on next page). If you are unable to get your leg safely in half lotus you can drop the foot out of the lotus position and place it by your right buttock (see picture of Jim). If your leg is not in half lotus you will miss some of the benefit to the colon, however you can use your mind power by placing your thoughts to cleansing your colon to reap more benefit.
- ॐ With your left leg in half lotus or under your thigh, bend your right knee sliding your foot back toward your hip, allow your right hip to lift off the floor as you roll forward on your sitting bones and ground your left thigh, lean forward sliding your right arm inside your leg and forward (see picture of Abby). You can stay here if you are unable to complete the final step.



- ॐ Leaning forward to lengthen the right waist, keep your right knee in tight to your ribs, get your body as low as possible—ideally hooking your shoulder half way down between your knee and ankle, if your shoulder is close to your shin turn



your right palm upward internally rotating the shoulder and reach your right arm behind you, wrap your left arm around your waist and see if your right hand can clasp your left wrist or hook fingers (keeping your right palm turned upward). When bound take an inhale and extend your spine, exhale forward eventually touching your forehead or your nose to the floor by your right foot (see picture of Misty). (As an interim position you can touch your head to your left knee.)

- ॐ Drishti is toward the nose. Stay here for 5 deep breaths, releasing the posture with an inhale, take vinyasa or switch sides.

Benefits:

The half-lotus-forward-bending position of Marichyasana B has direct influence on the colon. The left leg is placed into half lotus first to stimulate the ascending colon, the right foot in half lotus stimulates the descending colon, this process aids our body in removal of waste and toxins. The entire Marichyasana series cures gaseous movements in the stomach and intestines, with that flatulence, indigestion, and constipation are eliminated and digestive power is restored. These asana also directly benefit the kidneys. These poses relieve pain from menstruation and strengthen

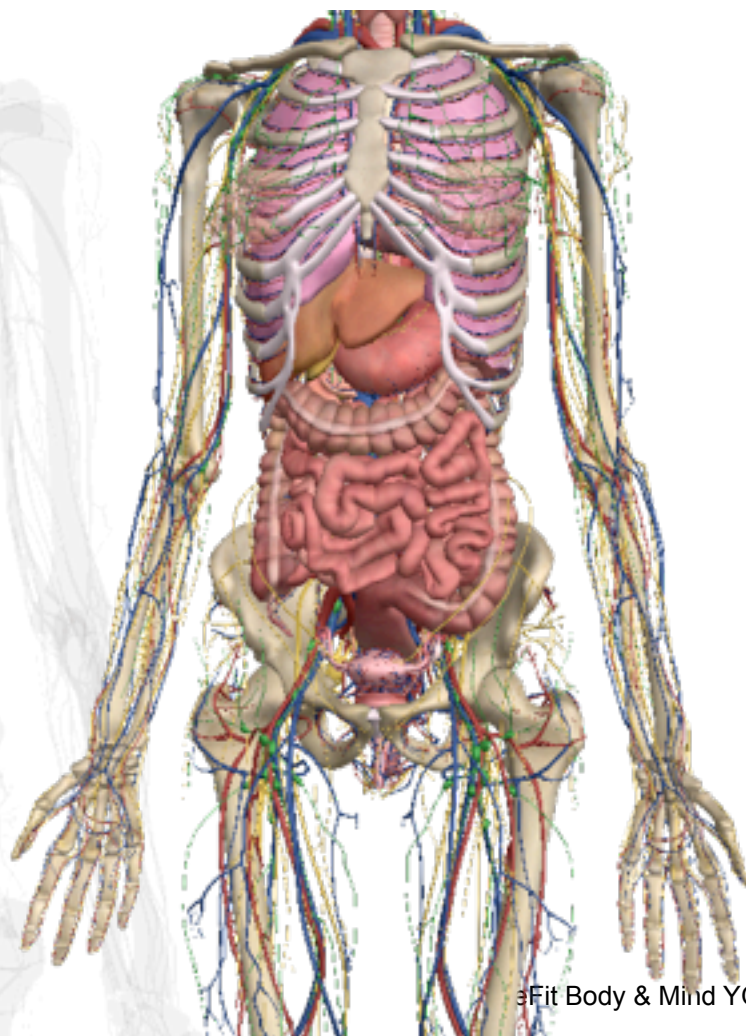
the womb allowing a woman to carry a child strongly; miscarriage due to weakness is cured, although pregnant women should not practice these asana after the second month of pregnancy. The Manipura chakra (third chakra) is purified and strengthened with these asana.

INTERNAL CLEANSING

One of the main benefits of the entire Marichyasana series is to the colon. We use our heel in our gut to stimulate movement of matter through our colon to help our body rid itself of toxins in a more timely manner. Knowing where your ascending colon and descending colon are can help you know where to place your heel as your body allows. Sometimes we get a bit carried away and as our body gets more flexible we think we need to keep moving our heel or foot up higher, as you can see this is not in our best interest when we keep in mind the internal workings of a posture.



As your body allows the most effective position for your heel will be in line with the inner lip of your hip bone aiming your heel up under your ribs toward the “corners” of the colon where matter is more likely to get trapped. For most of us this will require us to bring our lotus knee closer to the midline of our body to get our heel further across our torso to where our colon is located. Then as we bend the 2nd leg into position, it further presses our heel in deeper and up toward the “corners” of our colon. Notice the pictures and the placement of the colon in our bodies.





Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

The colon is the last part of the digestive system. It extracts water and salt and some fat soluble vitamins from solid wastes before they are eliminated from the body and is the site in which good bacteria -- flora-aided fermentation -- of unabsorbed material occurs. Unlike the small intestine, the colon does not play a major role in absorption of foods and nutrients.

The colons main function is removing waste from our body, the 2nd important function is the body hydrates itself through the colon.

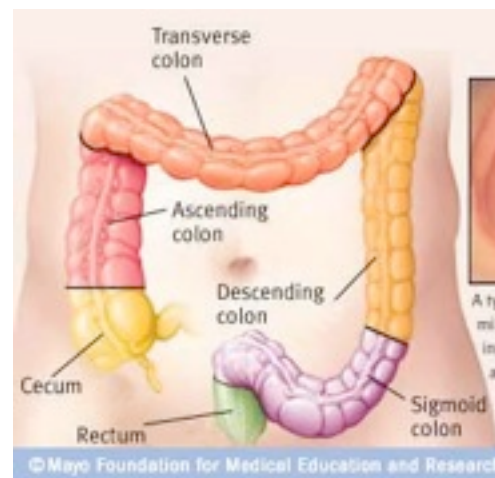
Some fun colon facts:

- ☪ Our colon is as long as we are tall
- ☪ The diameter of the colon is equal to that of our wrist . . .
- ☪ For every foot of our colon we can store approx. 5-10 lbs. of fecal matter.
- ☪ In extreme cases the colon can back up into the small intestines . . . in this case you could be holding as much as 45# of fecal matter in your body! When the fecal matter backs up to the small intestine you will reabsorb the toxins into your system. The colon does NOT absorb many nutrients except for water and fat soluble vitamins, it is in the small intestine where we absorb our nutrients so when fecal matter gets into the intestine there is a higher likelihood of putting toxins back into our system. Ever heard of the saying "someone is full of shit"?

Regardless of how healthy you live, if you have sluggish bowels your body builds up toxins. Fecal matter builds up along your colon walls (and may not leave for months or years!), this build up interferes with nutrient absorption at a low level and on a major level leads to issues such as diverticulosis and colon cancer. The feces that remain in one's system begin to decay, releasing toxins and poisonous gases that seep out into the bloodstream and poison the organs and tissues. The blood stream itself gets polluted, preventing it from removing the cells' wastes. So our whole system gets poisoned. The colon controls the aging process in our body, toxins in the body lead to pre-mature aging. **Going to the bathroom regularly is important. If you have a build up of matter in your colon you generally feel heavy, bloated, and full of wind.**

You can help your colon do its job Massage (ex. with our heel or hand -- your own or by a therapist), inversions (using gravity), and jumping (as on a rebounder or in an ashtanga class ;) can shift the matter and re-strengthen the bowel. One of the natural prescriptions for constipation is jumping on a rebounder. When massaging, spend a little extra time on the "corners" of the square our colon makes, in these corners is where matter is most easily trapped.

The colon consists of four sections: the ascending colon, the transverse colon, the descending colon, and the sigmoid colon (the part of the large intestine that is closest to the rectum and anus. It forms a loop that averages about 40 cm in length, and normally lies within the pelvis, but on account of its freedom of movement it is liable to be displaced into the abdominal cavity . . .) The **cecum**, colon, **rectum** and **anal canal** make up the **large intestine**."





Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

During your practice of the marichyasana series while you are putting your mind on breathing and bandhas you can also direct some of this energy toward your colon. Putting your mind energy to work for you :)

IN THE EMOTIONAL BODY

Our colon represents holding on to the past, or the fear of letting go (as in constipation!).

The small intestines play an essential role in the absorption of nutrients from our foods. The colon takes the waste and breaks it down, then reabsorbs water through the intestinal tract to provide the proper consistency for the waste to pass from our body. The colon stores the food waste until our body is ready to get rid of it.

Disorders of the small intestine are linked with an inability to absorb or retain information and/or habits that are beneficial to us and our homeostasis. You tend to get hung up on details missing the point of the situation.

Disorders of the colon are linked with our inability to let go of old ideas or belief systems that no longer serve us. In the case of diarrhea, you reject ideas too quickly. You may be easily perturbed and find it impossible to digest disagreeable concepts.

If you are experiencing symptoms such as constipation, irritable bowel syndrome, or other colon issues; your body is telling you to re-educate yourself about feeding and nourishment -- not just with food for our physical bodies -- but with our attitudes and ideas for our emotional, psychological, and spiritual bodies. There is no spiritual nutrition in fear and self-deprecating thoughts.