



## SAVASANA

*Dear Nicky,*

*I have been in Savasana sometimes as a student and thought, 'that is not Savasana'. And as a teacher, sometimes I wonder if I ever go off track. I'm wondering mainly about either having philosophy or meditative qualities dropped in. Speeches about life (for me speech = distraction from the task at hand). ... Noticing that thoughts emotions and sensations pass so Savasana is a preparation for life off the mat (ok in Savasana?), ...autumn leaves falling and trees in winter seemingly inactive but regenerating (I sometimes say it, is it ok?). In your Intermediate DVD you mention the difference between dharana and diyana and in Savasana we may still be dealing with pain. We start with judging, but move towards santosa and equanimity once tension has left and more in the state of relaxation?*

Dear Student,

Savasana is like a summary or précis of the practice and should be carefully taught. You will see the full print out in the Teacher Training Manuals. It is a time for pratyahara, dharana and dhyana, strong focus. No poems, philosophy no visualisation ....

I shall answer in the body of your email:

Namaste

Nicky Knoff  
ERYT 500  
Director & Master Teacher

Nicky:

Keep it simple, the task at hand, if there is pain we can go right into the pain, with the consciousness and the breath, it presents like a knot of tension and we can unravel the knot and let it go with the mind and the breath. This is how we heal ourselves. If people have back pain after a while get them to bend their knees and put their feet towards their sitting bones and you can put a bolster right under their tops of their legs.

*Once I was in a guided 'Yoga Nidra', at the end of asanas, but for me it was the same as Savasana. So it was nice but not sure if it's supposed to be different.*

Nicky: this depends on the particular teacher's interpretation.

*Sounds. Big obvious sounds like a fire truck or church bells, would you even acknowledge them when teaching? When the church bells go off and I'm lying in Savasana, I used each bell to sink deeper. Any other big noises I acknowledge and remind myself nicely to come back to breath and the task at hand.*

Nicky: Use the sounds like you might a wave in the sea to go deeper into Savasana, remember I started yoga in 1970 in Tokyo then the second noisiest city in the world!

*Music or chimes, some people like that and have asked for that in the classes, but I explain no, same as for the other asanas. But some teachers I know use music.*

Nicky: Like poetry, stories, visualisation, music is also a distraction. The best way to turn in to all the sounds in ourselves is in silence.

*I did have a super experience lying for a sound bath with crystal bowls and chimes, but it was meant to be a sound bath.*

Nicky: you are right, a different thing all together, not Savasana.