

#INPURSUITOFSEXY

heart&soul

MIND, BODY & SOUL

**MISTY
COPELAND**
AIN'T I A DANCER?

EMPIRE'S
**GRACE
GEALEY**

TANTRA YOGA

WORKOUT
HAIR

SELF CARE SELFIES

SEXY 7-MINUTE
ABS

S. EPATHA
MERKERSON
America's
Diabetes
Challenge

FITNESS AND
SELF-DEFENSE

SUMMER
**TIME
FINE**

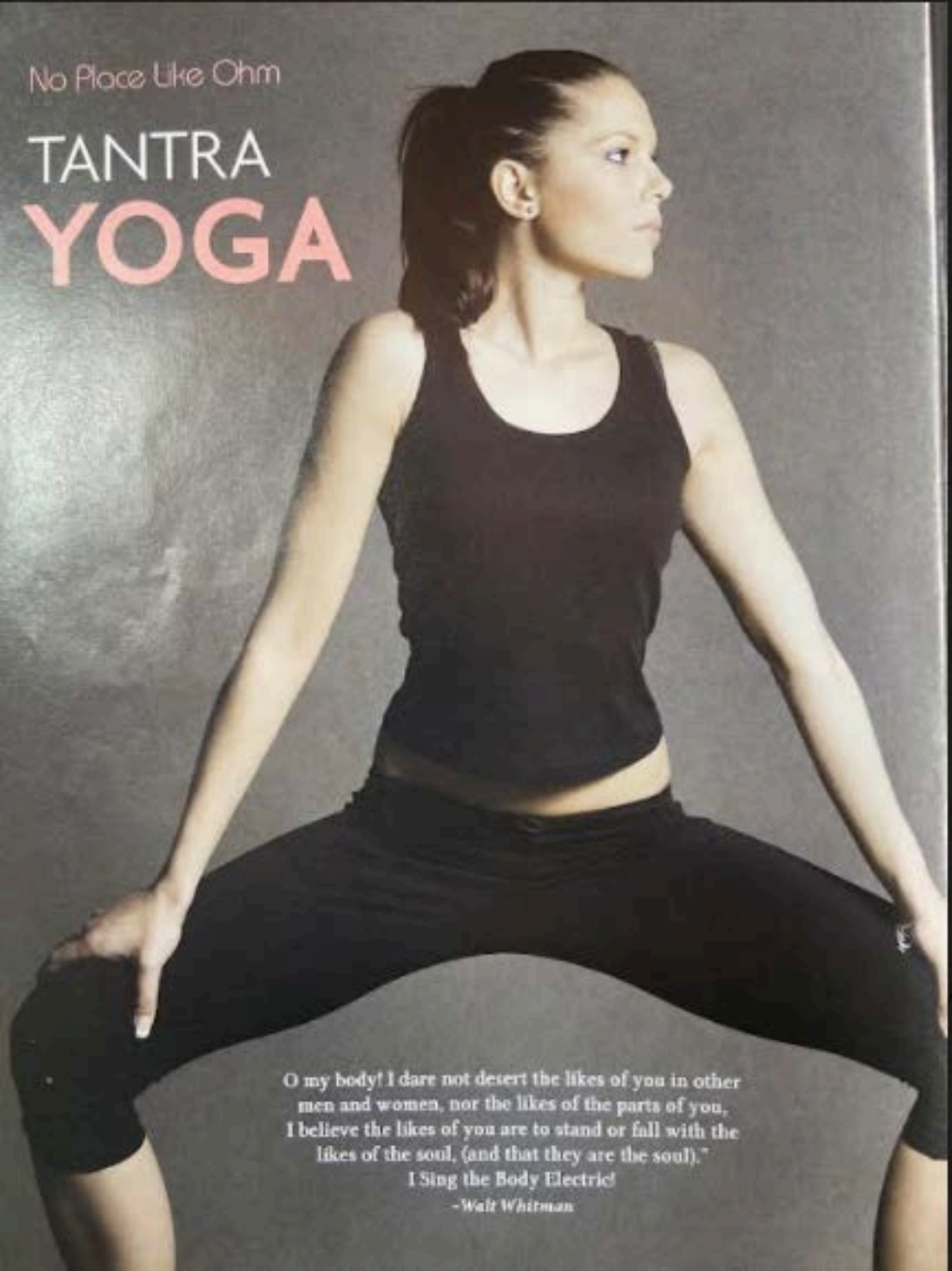
**THE SEXY
SECRET TO
THE FOUNTAIN
OF YOUTH**

EMOTIONAL INTELLIGENCE



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No Place Like Ohm

TANTRA YOGA

O my body! I dare not desert the likes of you in other
men and women, nor the likes of the parts of you,
I believe the likes of you are to stand or fall with the
likes of the soul, (and that they are the soul)."

I Sing the Body Electric!

-Walt Whitman

Derived from the root "spandi", which means "to move a little", the word Spanda is one of my favorite Sanskrit words and is a teaching that I bring into my own personal practice and my sharing of yoga with others. Spanda means a "throb" or impulse that brings joy, and is inspired by spontaneous movement of the body. It's a practice of connecting to our own rhythm in order to tap our "juice". Our vibrancy. Our mojo. Our sensuality.

There's nothing sexier than confidence. And it has to be crafted from the inside out.

Spanda comes from the ancient practice of Tantra Yoga. It is known to be the very essence of who we are, and thus there for us to access at all times.

According to the teachings of Tantra, we are by our very birthright, sensual and creative beings born in a physical body with many ways to experience life through this body. Unlike the Vedanta traditions, where the practice of yoga helps us transcend the body for spiritual awakening, Tantra asks that we lean deeper into our life on the physical plane, as a way of connecting to Spirit. Thus, we use experiences that we have in life, through emotions and the senses: touch, taste, sound, smell, and sight, to connect to what excites us, what gives us pleasure, what stirs us, and what challenges us. And through this self-study we learn to connect to the essence of ourselves, and the ALL ONE.

So, we give ourselves permission to explore our sensual and physical selves as a gateway to the Divine. By experiencing this freedom, without repression and shame, we can connect to a larger vibration of the Universe. Then, we no longer have to seek outside of ourselves for security, self-image and the love we all crave deep down inside. We remember who we are: moving, breathing, essence-filled spirits having the human experience through body. This connection gives us a deep sense of Self, or as we feel it: Confidence. Sex-appeal.

What better way to get us there than to lose ourselves with spontaneous movement?

Picture yourself in your room as you prepare to go out for the night-- your favorite groove on the stereo, hips rocking as you belt out the song as loud as you can. That one moment, when you forget about who you are supposed to be or what face to put on for the night; when your insecurities are sleeping (instead of staring at you like hungry cats waiting for dinner), and you get to experience that pure utter joy to be you in your body, as YOU and no one else. Carefree. On Fire. Creative. Spanda-tastic!

BEAUTY PLAYLIST

Everybody's Daylight
BRIGHTBACK MORNING LIGHT
I'm Not Afraid
JILL SCOTT
Malena
FEDERICO AUBELE
Kali Durge
GIRISH
I Am I Be
DE LA SOUL
Spirits in a Material World
GO-RAY & DUKE
Expansion Retraction
NEEL DHORAJIWALA
Sensuality
DAWN AVERY

How can we allow more of these spontaneous experiences to fill our lives instead of looking to others to fulfill our desires? How can we climb deeper inward to the free-form of Spanda to connect to the essence of who we are and how we can enjoy our lives, boost confidence and feel more fulfilled?

Below is a simple Spanda-awakening yoga sequence. Suggestion: invite all the senses into this yoga practice: light candles, burn your favorite smelling incense, have a sip of warm tea, play your most favorite get-in-the-mood song. In-JOY!

MALASANA (squat) with Hip Rocking

Place your feet a little wider than hip distance apart, toes turned outward.

You may want to place a blanket or towel under your heels. Bend knees and drop your seat towards the earth, hands in prayer in front of the heart or on the floor for added support. Feel for keeping spine tall and face relaxed. Breathe. Lift off heels and rock your knees side to side, letting your seat sway as you do this. Let all your insides be loose and relaxed.

SCANDASANA (deep lunge) Side to Side

Widen legs far apart and bend knees to get hands to the floor. Gently move side to side, stretching out the groin and inner thighs. Bend the right knee deeply, allowing the toes of that foot to move out to the right. Left toes turn upwards towards the sky to bring the bones of your seat closer to the ground. Right arm on the inside of the right leg, hand on the floor. Left arm stretches towards the left toes. Look to the left. Stay for several breaths and switch sides.

GODDESS POSE (wide legged standing) with Hip Circles and Figure Eights.

Stand with feet wide apart. Hands on hips, chest and shoulders wide, spine tall. Let the floor of the pelvis and jaw be loose. Use the tip of your tongue to moisten the lips. Connect to your breathing and allow your hips to roll around in one direction, bending knees to bring in a softness, riding the full wave of a breath with each circle. Allow your body to move at the rhythm and grandeur that it wants to in this moment. Begin to draw figure eights with the hips, moving in both directions.

Now, allow your body to begin to move spontaneously, taking on any shapes that feel natural and connect you to your own inner rhythm. Breathe and enjoy your Spanda, baby.

Sherry Sidoti

The Director and Lead teacher of FLY Yoga School on Martha's Vineyard, a Yoga Alliance Teacher Training Program. Through the fierce and loving devotion of the yoga teachings, Sherry urges us to walk into the fire for our own healing, and then openly share it with others. Already Whole and Everyone the Guru. To learn more: www.flyyogamv.com