

The Portland Metro Yoga Meetup Group. 940 members. Organizer, Steve Davis

<http://www.meetup.com/yogapdx/>

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We have real people in this group, and this group is about yoga. This meetup group's purpose is to bring together Portland Metro yogis and yoginis who share the love of practicing yoga together, and sharing their experiences in yoga.

Seva (selfless sacrifice - Karma Yoga) is encouraged, and also to help each other prosper always, to live in abundance and absolute freedom - Kaivalya.

Raja Yoga is Bhakti Yoga, Karma Yoga, and Jnana Yoga. Hatha Yoga is a progression towards Raja Yoga. All yoga is one.

Yoga is all about your personal conduct on and off the mat. To progress in yoga, you must be aware of your thoughts, words, and actions, and how these affect others around you, and yourself. There are 8 limbs in yoga. Asana is one of the 8 limbs.

There are seven more limbs of yoga to understand and follow as a way of life. There is a natural progression of the 8 limbs, starting with the first one, Yamas.

First limb of yoga: Yamas - Restraints.

Ahimsa - non-violence.

Satya - tell the truth - do not lie.

Asteya - do not steal, do not covet.

Brahmacharya - non-lusting – show respect to all.

Aparigraha - non-attachment.

Second limb of yoga: Niyamas – Observances.

Saucha – cleanliness.

Santosha – contentment.

Tapasya – duty.

Swadhyaya – self-study.

Ishwara Pranidhana – devotion to the Supreme, to all.

Third limb of yoga: Asana – to be seated comfortably in the body.

Asana literally means seat. The poses in yoga are designed to help the body to be healthy and free of discomfort so you are free to focus the mind and heart, work with the natural path of yoga.

Fourth limb of yoga: Pranayama – natural path of the breath.

Heart and Lungs are one. The heart literally rides on top of the diaphragm. When you are breathing properly, you are taking in life energy, Prana, and there is also a pause in the top and bottom of the breath. This is yama, the pause. Love informs all, and this is the key to lifting the veil of maya, and being in the present. Wisdom is then present, and the mind is operating properly. Heartbeat and breathing are one. Mind and heart are one. Body, mind, and heart are one.

Fifth limb of yoga: Pratyahara - preparation for meditation by bringing the senses inward, while also maintaining attention outward.

This focuses the mind. Ajna – command wheel - is the sixth chakra. Being free of distractions makes it possible to be in the present, to stop living in the past.

Next:

Sixth, Seventh, Eighth limbs of yoga: Samyama, garland of limbs. These have to do with higher states of awareness. I will elaborate on these in a later post.

Sixth limb of yoga: Dharana

Seventh limb of yoga: Dhyana

Eighth limb of yoga: Samadhi.

The 8-limbed path of yoga as written in the Yoga Sutras of Patanjali is well-worth studying and applying always in your life. This is how you will progress in yoga.

Here is a link to a free translation of the [Yoga Sutras](#).

Our group is for all people who love yoga, including yoga teachers, yoga students, and people who are new to yoga.

Yoga is a natural way of life, and our group vision is to encourage and support each other in living yoga on and off the mat.

It is important to respect each other, equally. That is the meaning of Namaste, to respect everyone equally. We are all equal. We are real people, who are living honestly and truthfully on the path of yoga.

Please post a photo showing yourself clearly, including your face and eyes. Thanks!

Make sure and spend time investigating what we have on our website. In addition to Meetups, we have Pages with information, Discussions, and Files that are available for download.

Please contribute to the Discussions and share your thoughts and experiences in yoga.

Post to the Message Board if you want to organize a yoga adventure, social or potluck.

Check the Calendar and suggest classes and events!

Let me know how I can help you on your path in yoga.

Namaste,
Steve Davis, RYT, LMT, NCTMB

Organizer, [The Portland Metro Yoga Meetup Group](#)

Owner, [Healing Light and Massage](#)

YA #29243, OBMT #13099, NCTMB #512195-6