

**The following is a suggestion in how to work with individual Asana as described by Heinz Grill in his book *The Soul Dimension of Yoga*.**

1. Draw a first picture of the exercise by looking at the image of the pose.
  - Describe the image, where are the hands, the legs etc?
  - What part of the image interests you? Any questions about the pose?



2. Practice the exercise with the steps given from the description by Heinz Grill with the title 'To practice'
  - What do you notice, do you have any questions about the pose?
3. Practice again, and as many times as you need to get familiar with the exercise. Remember to stay actively observing the pose, and notice what arises within.
4. Read the imagination from Heinz Grill.
  - What is the central thought being described?
5. Then practice the Asana with attention to the central thought.
  - Repeat as many times as you need, keep looking, what arise within?
6. To finish, find a suitable relaxation pose
  - close your eyes and reflect back on the Asana, how did you build it up? What did you notice? What interested you?

The next time you practice follow the steps above, and notice do you come to a different understanding?