

## Juggling in Yoga Postures

## JOJGA

## Jonglieren in Yogapositionen

I enjoy the combined practice of two of my favourite activities - juggling and yoga. Although more difficult in terms of reliability or performance, Joga has many advantages compared to using only the ordinary standing pose.

- ◆ Holistic exercise, rather than only the upper body and arms
- ◆ Improved suppleness, reach

and fitness

- ◆ Postures are disciplined and performed evenly both sides, as are tricks
- ◆ Focus on symmetry, balance and breathing
- ◆ Harmony between changing body and juggling shapes
- ◆ Increases in personally invented tricks that suit your own body

Have a go at this 3 ball workshop of four representative Joga postures. Get steady in the pose before juggling. Figures show both the yoga and Joga version. Focus is crucial, as juggling in this way is a form of moving meditation - "an unbroken flow of thought toward the object(s) of concentration" (Patanjali).

**Precautions**

Do not stay longer in a posture than you feel comfortable. Breathe through your nose and exhale to help relax and softer muscles. Practice both sides for evenness. Have a few spare balls close so that you don't over-stretch to pick up.

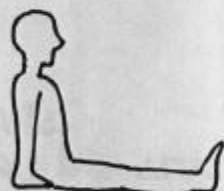
**Staff Pose**

Sit up straight with legs out stretched together in front, toes pointing to the ceiling. Experiment with your reliable juggling tricks. Try under each leg with each hand.

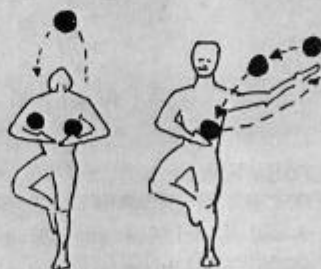
**Warrior Pose**

A vigorous posture for strength. Not for those with heart problems or high blood pressure. Stand with feet wide apart. Turn the right foot 90 degrees so that the heel lines up with the arch of the back foot. Twis

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Staff ■ Der Stock

Warrior ■ Der Held

Tree ■ Der Baum

Boat ■ Das Boot



the pelvis and line shoulders up with the right foot. Exhale and lunge down, checking that the front knee is directly over the ankle (and no further). Keep the back leg straight. As it is a fighting pose, juggle your reliable tricks and perhaps chops/reverse chops. Inhale to come up or throw overhead to swap sides

**Tree Pose**

Balance on one leg and try juggling. Then, bend the other leg up, hold that foot and press the sole into the straight leg's knee or top of its firm inner thigh. Angle the raised knee back in line with the hips. Juggle and practise both sides. I have been trying Giraffe patterns which really test balance.

**Boat Pose**

Sit in staff pose above. Inhale and raise the legs 60 degrees and lower the trunk by 30 degrees. The feet are then level with the head and you balance on the buttock bones. Throw a ball between the ankles. It rolls down the valley between the legs at a speed related to the slope. Catch at the pelvis. This pose works well with cascade or shower juggling patterns and tones the abdomen.

Lots of other yoga postures are suited to jugglers - just look in a yoga book at a library or bookshop and see which ones leave the hands free.

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Student teacher with the  
British Wheel of Yoga  
Reference. How to Know  
God: The Yoga Sutras of  
Patanjali, Vedanta Press.

*From more workshops like this get the book:*

**Modern Club Swinging  
and Pole Spinning**

Butterfingers 1994. ISBN 0 9513240 8 X. © Anna Jillings

Download the entire book for free from:

**[www.cosmosjugglers.co.uk](http://www.cosmosjugglers.co.uk)**

See the *Holidays* pages for Anna's annual May and August UK events for club swingers, poi & pole spinners, jugglers, fire enthusiasts and glow-in-the dark/UV performers.