Tuning the tension on the body to disperse compressive loads

Figure 1–9–9

In Figure 1-9-9, a yogi is trying to bend
To the right as far as possible, but because there is no tension on the left side of her body, there is compression (pinching) in the lower right spine.

Figure 1–9–10

In Figure 1-9-10, the yogi is like a bow with a line of tension on the left side so she feels more stretch in the side body and no pinching compression.

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A guitar player uses their sense of hearing to know the desired pitch. A yogi uses their awareness of sensations to guide them. Yogis are attuning to the right amount of stretch or tension on the targeted myofascia in a pose, the quality of the breath, and the space and stability in their joints.

The most suitable word to fit what I now focus on in my poses is attunement, not alignment. Attunement aims to integrate the body parts into one cohesive unit so that we feel expanded, light, and stable.

> *Are we practicing for the camera or ourselves?*

Yes, we want to develop awareness of the amount of stretch in the tissue, but remember that this is "joint first" yoga. The stretch is less important than how the load is distributed over the bones. The applied tension helps any load applied on our skeleton to be dispersed optimally and not concentrated on the knees, back, neck, or any other joint of the body.

The breath works harmoniously with the joints, expanding each skeletal juncture like miniature inflatable balls between each joint.

Increasing or decreasing this tension sometimes aligns bones; sometimes, it doesn't. The critical point is that as we lengthen out of the endpoints of each DUO Line, the bones often form a kinetic chain. Any alignment is a byproduct of creating a press at both ends of the DUO Line.

Attuning Wth Presence & Kindness

Lastly, when I chose the word attunement, the double meaning was the intention. It refers to the physical tension in the muscles created by DUO. But I also mean to be receptive, aware, and in tune with someone or something. Using wisdom and kindness as a guide, we need to pay attention and be in tune with the body's language: sensations.

Our first goal is to develop the skill of tuning into our bodily sensations in our practice to harmonize how we feel with our optimal state. The next step is taking this skill of attunement throughout our day so we can have better mastery over the energy we are broadcasting to others.

This is Sensation-Guided Attunement.