

Yoga and feet

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The video **Yoga/feet** teaches how to become a finer yoga teacher, because:

every standing asana is supported by the feet.

Developing one's feet is not taught in yoga class, because Yoga comes from the Hindu religion..

The Hindu religion comes from India, where people have gone either barefoot or in sandals for thousands of years.

Their feet are strong, and their relationship with the earth is profound.

You cannot do this as an American, where people fear germs, fear dirt, and wear shoes that distort their feet, in the name of style.

But, we can undo this!

There is no second best.

One either has strong flexible feet that support a strong, healthy body, or one suffers.

You are the most strategically able group of teachers in this country. You are the ones who are teaching health, and vigor, and ultimately spirituality.

You wanted to become yoga teachers for the right reasons,
You invested in your learning.
You struggled to create a following.
Yours is hard work.

With this methodology, your job can be more satisfying, more successful, more lucrative, and easier.

Your students are trying—
but without a proper foundation,
they cannot fully succeed.
They have worked hard,
but without taking the first step.

Ultimately it is the teacher's presence and her demonstrations that teach and inspire.
If the teacher has a more solid foundation,
that teacher's presence improves. That teacher demonstrates finer yoga—and inspires her students.

When you stand in front of the class, on strong, dynamic feet, it inspires the student, who wants that—even though they do not know what "that" is.
They arrive saying "I want to lose weight or I need exercise".

Inside they long for far more.

The fine yoga teacher has strong, well-aligned, flexible feet to support fine yoga.

There is no other way.

I think many of us are oblivious to this need.
As we have no other experience with which to compare,
Because we live in this culture that does not fully
acknowledge the earth beneath our feet.

Many sense restriction in their practice, but cannot name it.

This change is easy. Feet improve quickly—in exchange for a bit of exercise.

Yoga teachers bring to others the means to health and spirituality. This is fine work. With these methods your job can be more satisfying, and more remunerative.