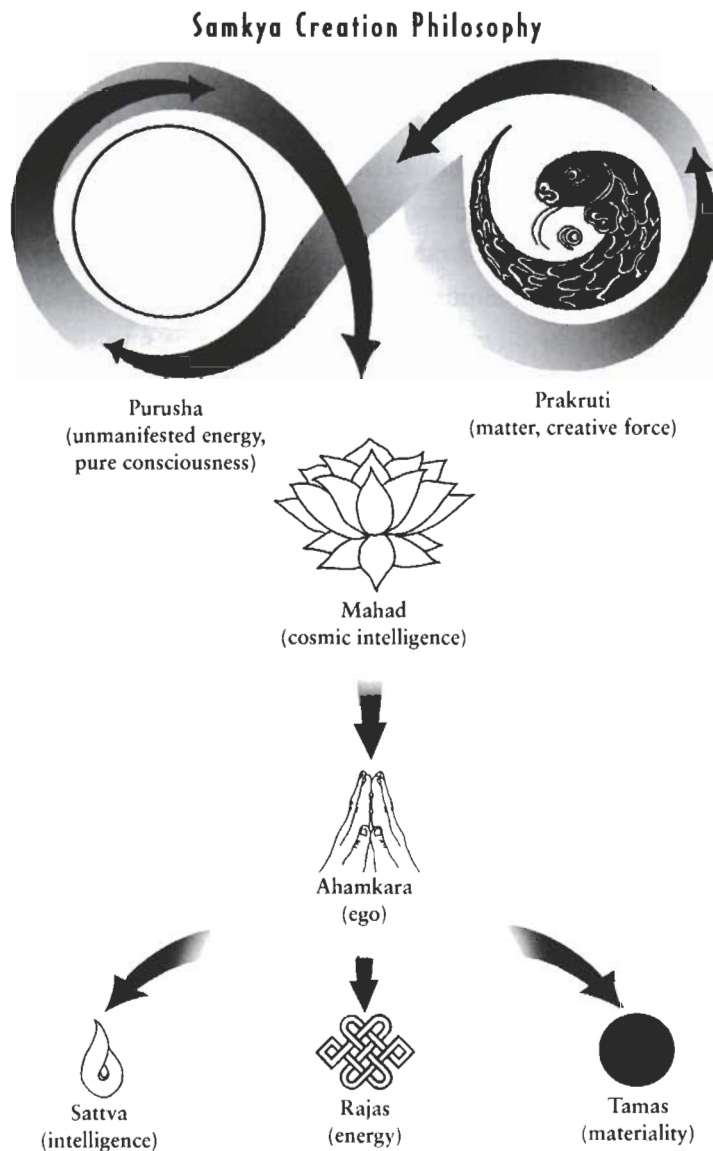


sages of ancient India. From these insights came a profound theory of creation known as Samkhya philosophy, which is the base of Ayurveda, yoga, and Thai Yoga Massage.

According to this theory, the universe is created through a cause-and-effect exchange between two primary forces: Purusha, or unmanifested energy, and Prakruti, or matter. Purusha is pure consciousness that witnesses the act of creation, while Prakruti is the feminine energy that makes all creation possible.

Out of the celestial dance between these forces comes the collective form of cosmic intelligence known as Mahad. The moment the understanding of self is differentiated from the collective intelligence of Mahad, the ego of Ahamkara is born. The concept of "I" emerges as the individual self becomes the center of consciousness.



Samkhya philosophy, the theoretical foundation of Ayurveda, yoga, and Thai Yoga Massage, contemplates the journey of consciousness into matter.

Archer Stance

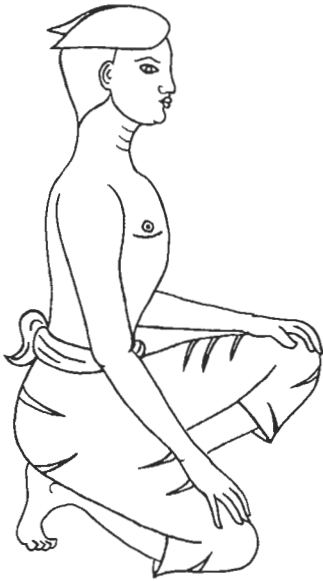
In a squatting stance, the toes of both feet are tucked under. Place one knee on the ground. Keep your back straight. This is a tricky pose, requiring strength and balance. Practice, practice, practice.

Open Archer Stance

From Archer stance, maintain a straight back and spread your knees apart.

Tai Chi Stance

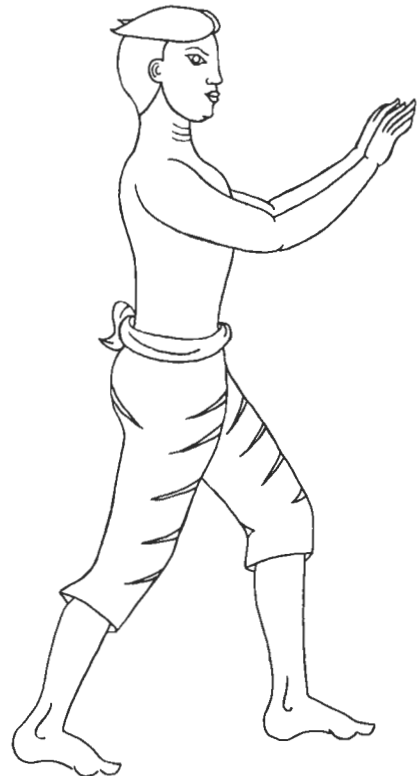
Stand with feet shoulder-width apart; legs are straight but knees are soft. Step forward a comfortable distance, straightening your back leg and bending your front knee slightly. Do not let your bent knee extend past your toes. The front foot is pointing directly ahead and the back foot is naturally turned outward. Maintain a stable center, with 70 percent of your weight on the front leg and 30 percent on the back leg.



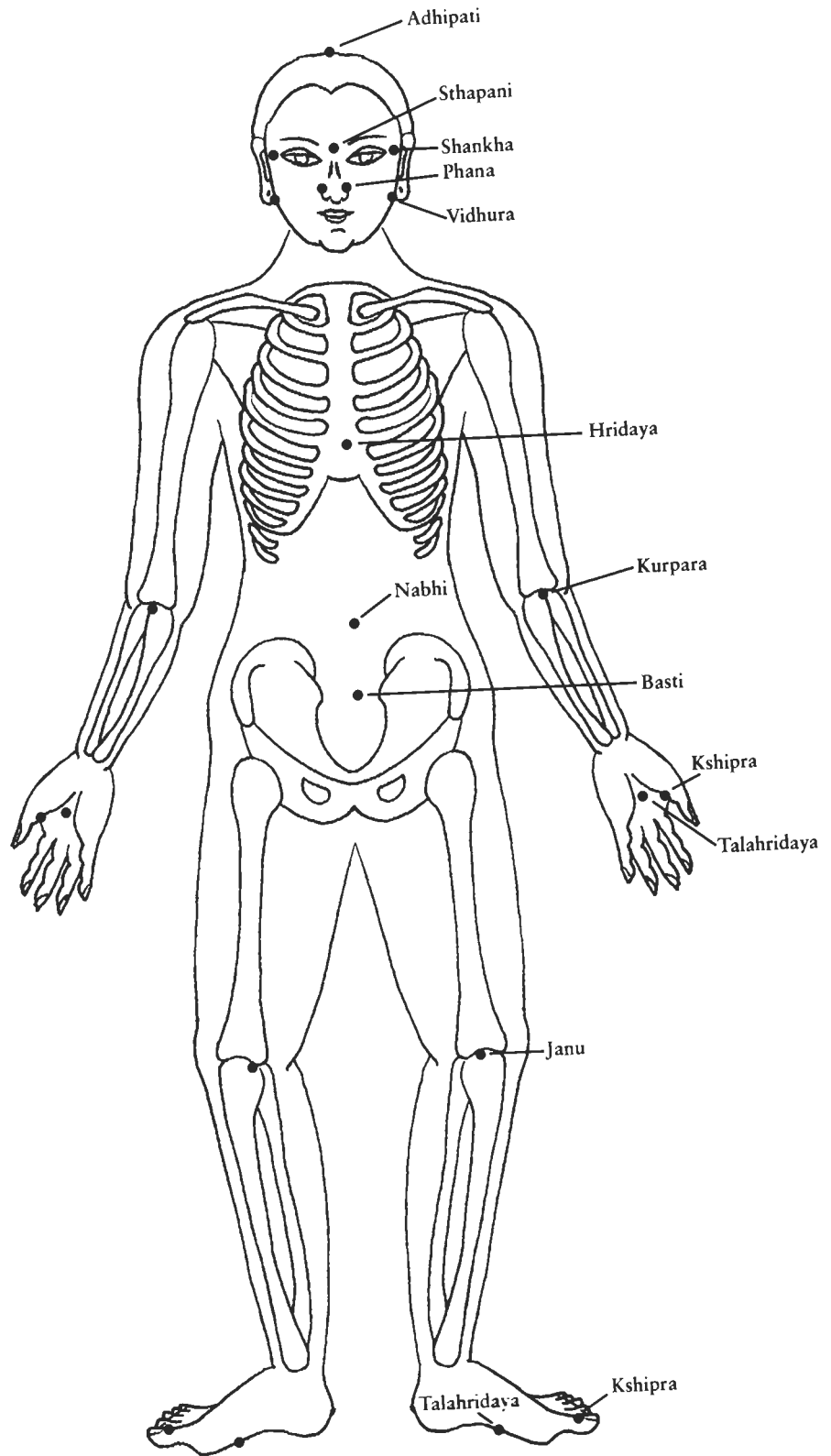
Archer stance



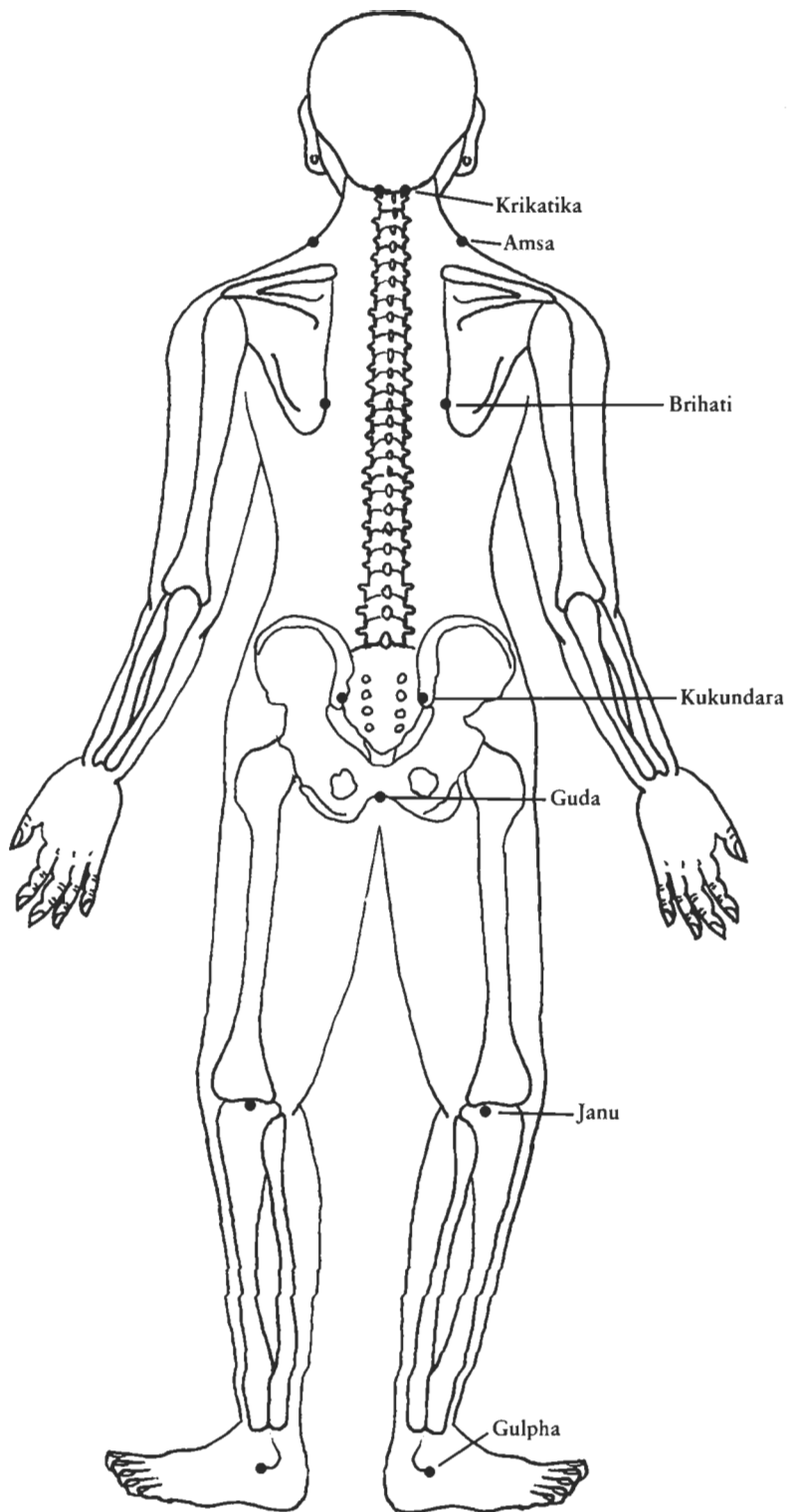
Open Archer



Tai Chi stance



Key marma points: Front view



Key marma points: Back view