



## Thomas Arta: The Power of Polarity in Yoga



Thomas is a facilitator, coach, and teacher working at the intersection of leadership, yoga, and adult development. As the founder of Body of Wisdom he trains yoga and mindfulness teachers and as the founder of Rise, he works with individuals and organisations to cultivate leadership that can respond effectively to a complex and fast-changing world. Discover the "both/and" wisdom of polarity - two seemingly opposing qualities, both sides of which we need if we want to live and practice fully.

**TOP EMBODIMENT TIP:** Listen, listen to others, listen to yourself, find that polarity.

### Introduction: Importance of Polarities.

- Understanding polarities helps us move from either/or thinking to both/and thinking. Increases our range of choices at any time.
- Polarities are about exploring and expanding our practice and who and how we are in the world.
- Defined: **A pair of qualities that seem to oppose each other, both of which are needed over time. Not opposites.**

### USP Polarity Practice: U > Upright, S > Softness, P > Play.

- **An exploration of polarity in the body.** Playing with interplay of upright and softness. Full permission to play.

### Polarities in Teaching and Practicing Yoga: Silence/Instruction and Structure/Freedom.

- Whether you're teaching or practicing yoga, there are always these polarities of structure/freedom and silence/instruction. Example: Ashtanga or just come to the mat and see what happens.
- **Part of the wisdom of polarities is that on either side there are gifts, but if we get stuck at the ends there are dangers.**

### Polarity in Asana and Life: Adjusting/Allowing.

- Polarity of allowing and accepting versus constantly adjusting and improving. **There is no right way for all times.**
- Look at where does my tendency lay? Both sides, they're like traps. A trap in the need for constant improvement and a trap in the simple acceptance without exploration. Same with our life. **Inquire into the tendencies.**

### Essence of Session- Polarity in Practice: Inclusion /Renunciation.

- **Inclusion:** Inviting one thing into your asana; something in your life that is enriching and nourishing.
- **Renunciation:** Something that you need to distance from. Exploration into bringing in one aspect and saying no to one aspect.
- What does it feel like to move, sit, breathe from that place?

### Closing Ideas: Understanding the Wisdom of Polarities

- **Moving away from the idea that there is a right way and there's a wrong way.**
- Leads to deeper acceptance of yourself and those in relation with, and deeper capacity to respond to life.
- More than just effective yoga. A key key to who we are as humans and how to move in the complexity of this modern human life.

### Resources

- ❖ **Website:** [Body Of Wisdom](#); [Thomas Arta](#); [Leadership Coaching](#).
- ❖ **Social:** Instagram: [@bodyofwisdom](#), Facebook: [Body Of Wisdom](#).



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