

Kaya Sthairyam

Kaya Sthairyam, in Sanskrit, kaya means “body” and sthairyam means “steadiness”. So, this is a practice that induces body steadiness.

It's often thought of meditation, that one should blank the mind and have no thoughts, but this is not the case. Meditation is in fact the practice of becoming one pointed – of focussing the mind on one object. In this case the object of concentration is the body – that is our focus. We don't try to ignore any physical sensations or discomforts but instead we make them our focus.

This practice can be done as a settling into stillness before further meditation techniques or as a meditation in its own right.

I have always found this an extremely powerful practice on its own and is still one of my go to practices. It has a beautiful simplicity yet profound depth.

Our worldly life can be fast paced and ever moving and this practice offers us the opportunity to become deeply still, because of the interrelation between the body and the mind, when the body becomes steady and still, the mind follows suit.

One of the gifts of yoga and its sister science, ayurveda, is their ability to help us learn to move through our lives with steadiness (sthira) and ease (sukha). These two Sanskrit terms are familiar to many yoga students from The Yoga Sutras of Patanjali – Sutra 2. 42: sthira-sukham asanam.

This sutra is most commonly translated as , “posture (asana) [should be] stable (sthira) and comfortable (sukha),”

Kaya sthairyam offers us the opportunity to find, steadiness, stillness and ease in both the body and the mind.