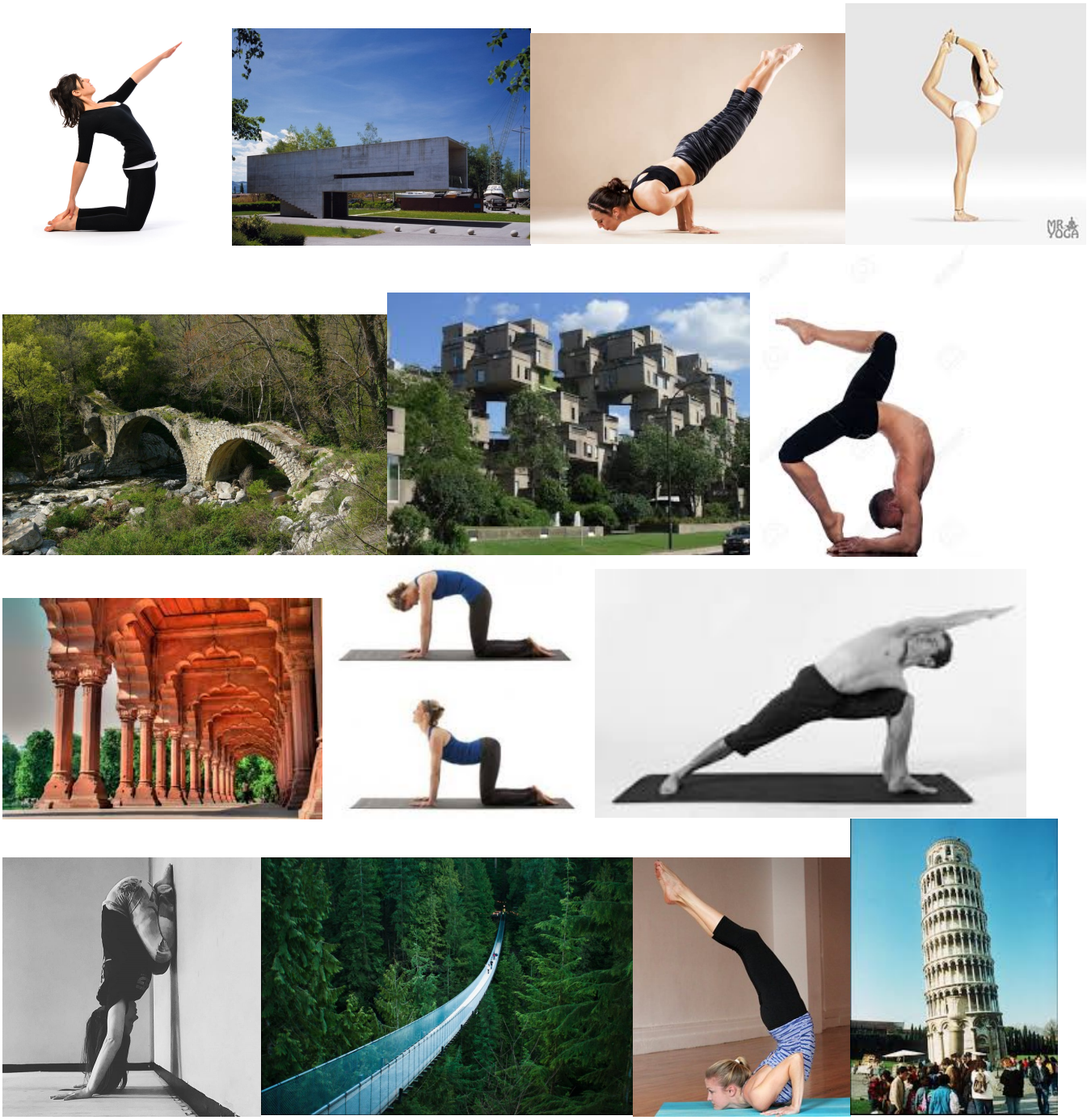

Gravity and Space is our Context for Living

We contend with the constant pull of gravity and exist in our bodily form in three dimensional space. Our body moves in and through space due to its anatomical structures. We activate a series of supports and bridges. Y*ogasana* and *vinyasa* can refine our skill in doing so.