

Samskara: Bodywork

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Kinship Collective



Samskaras are marks that are imprinted in the mind and body.

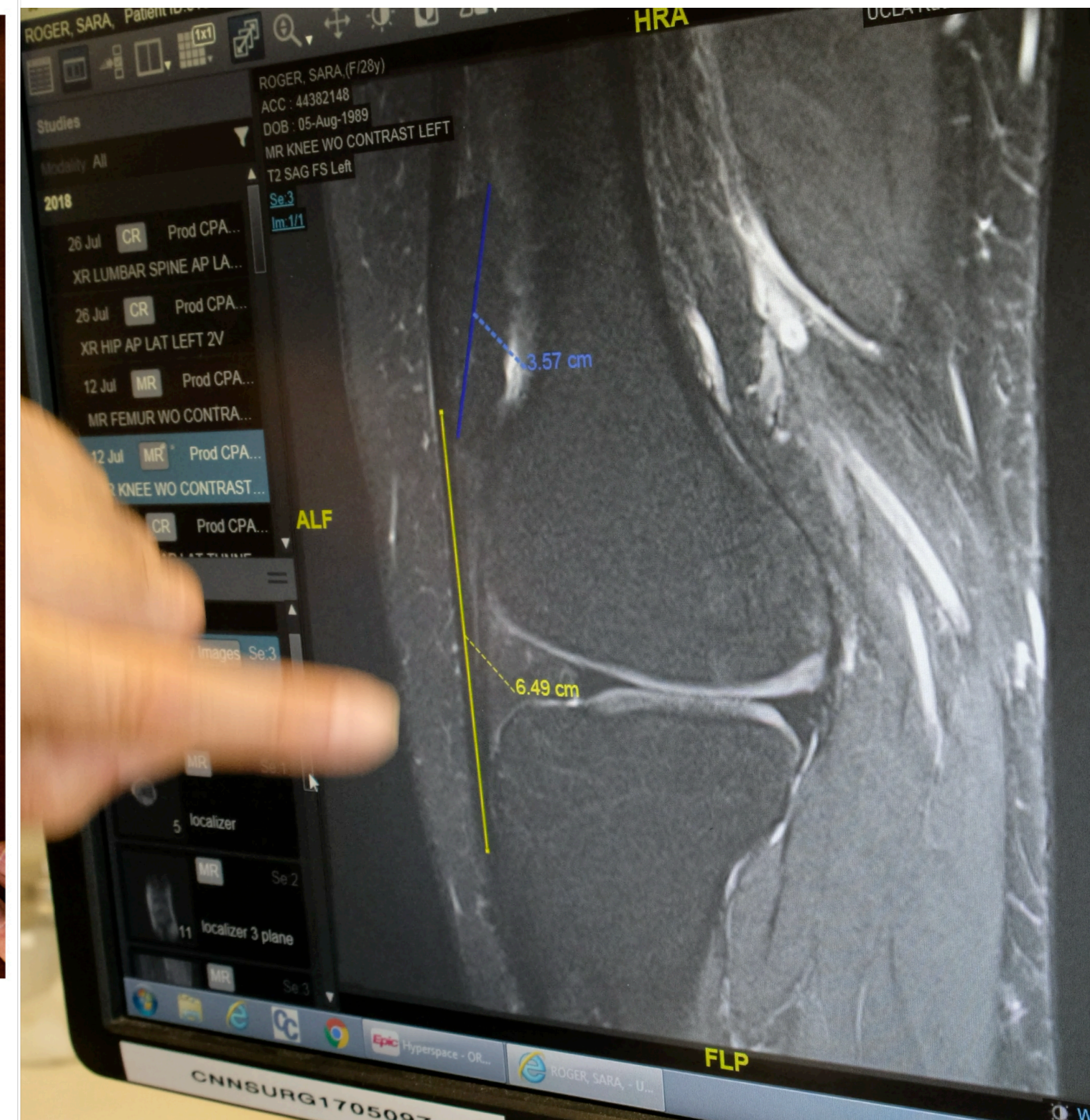
Muscles retain their own memories until the power of consciousness is able to override them.

One can either be victim to their own samskaras or embrace life's challenges.

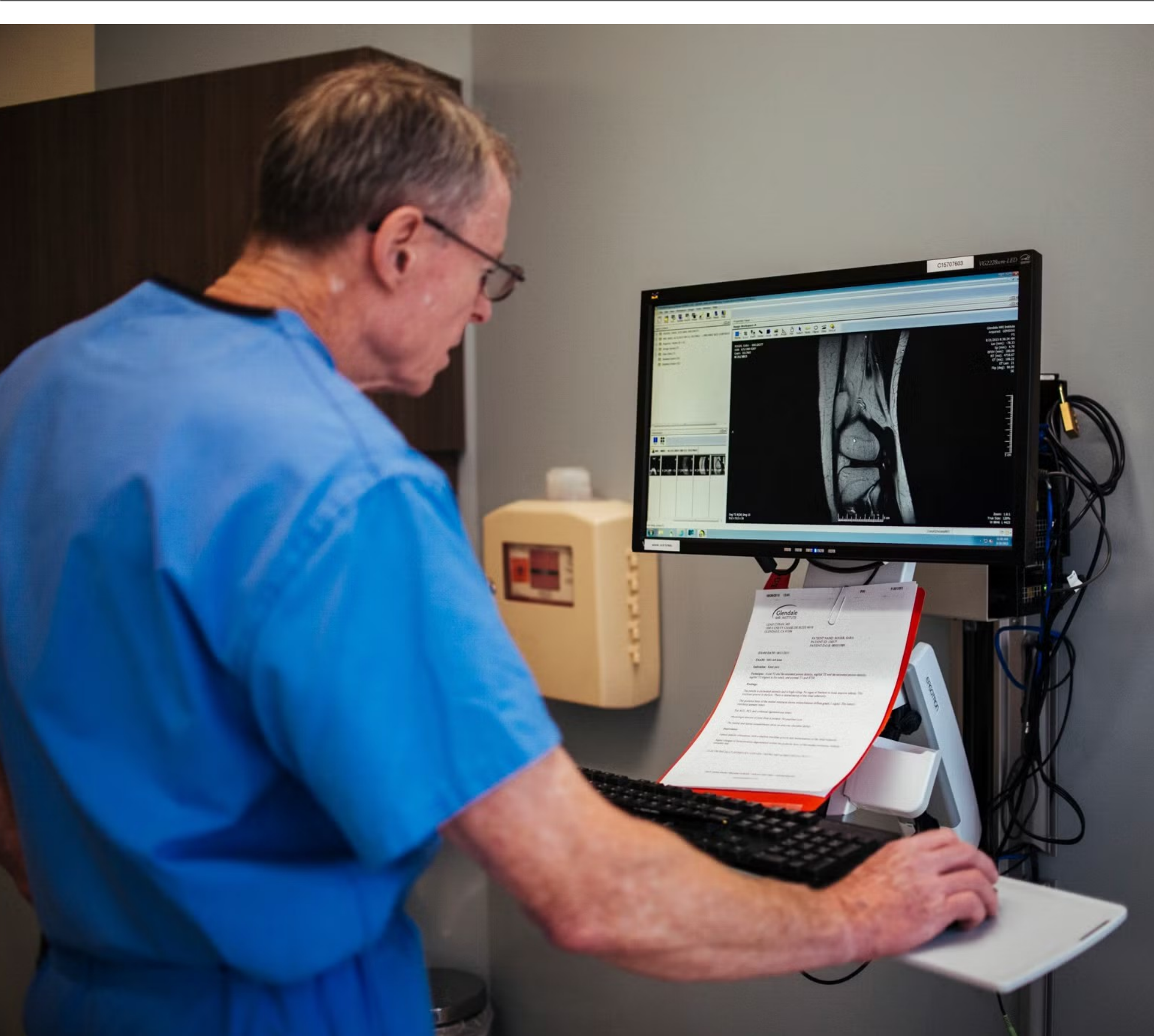


Yoga Photo Album of My Progress [Working with Papa] in 1998

The first photo in this album is from 1990. Since my birth, my father would conduct photo shoots of my yoga practice and therapeutic setups to send to his guru, BKS Iyengar, to ask for guidance and notes about what steps to take to increase my mobility.









Patella Study

"There is appearance consistent with chronic laterally dislocated and hypoplastic patella. The patella is also superiorly displaced relative to normal position. The patellar cartilage is poorly deformed/thin as well as exhibiting irregular contour and heterogeneous signal particularly at the zone of contact between the poorly defined medial portion of the patella and the anterolateral aspect of the lateral femoral condyle."

May 2016





















