

My Third Eye Itches

A Yogic Guide



YogaDawg

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The wise man has no need to journey forth; it is the fool who seeks the pot of gold at the rainbow's end. But the two are always fated to meet and unite. They meet at the heart of the world, which is the beginning and the end of the path. They meet in realization and unite in transcendence of their roles.

Henry Miller – Colossus of Maroussi

Caution

Please be aware that viewing the contents of *My Third Eye Itches – A Yogic Guide* has caused numerous strange reactions in Yogis. Though viewed as controversial by such mainstream Yoga organizations as The Organization for True Yoga, the Center for Yoga Seriousness and the Yoga Alliance against the Deformation of Yoga, others have found the site a welcomed rest in a jaded Yoga world.

My Third Eye Itches – A Yogic Guide has been known to cause spontaneous smiles, convulsive laughter, hysterical giggling and a sudden gasping of breath. It has also been known to cause guilty escapes, sighs of pleasure, unabashed amusement and even sudden enlightenment while brightening the Yogi's days (and nights) with a resulting general good will towards all.

In some rare cases (less than .58968% of the Yoga population), viewing this Yoga Guide may cause side effects such as anxiety, nose bleeds, heightened blood pressure, dry mouth, constipation, symptoms of temporal lobe epilepsy and sometimes the release of stream through the ears. These symptoms appear in cases where the Yogi takes themselves and/or their Yoga too serious. Be aware that famous American Yoga Stars reading *My Third Eye Itches – A Yogic Guide* have been known to experience a tingling sensation in certain parts of their bodies with occasional heart palpitations. Other than these side effects, the material in *My Third Eye Itches – A Yogic Guide* has been deemed safe for small animals, children and those innocent in the practice of Yoga. Consult your doctor if you have concerns about any adverse effects this Yoga Guide might have on you.

Added Note of Caution: Be advised that the Yoga knowledge contained in *My Third Eye Itches – A Yogic Guide* is incredibly powerful. Though there have been reported examples of miracle psychotropic cures, claims of rapture as well as feeling of transcendence and out of body experiences from the perusing of this Yoga Guide, it is nonetheless advisable that you read the Limit of Liability statement contained in Appendix 1. Be advised that if you to happen to "blow your mind" in the process of absorbing any or all the Yoga Truths contained in this Yoga Guide, YogaDawg's lawyer wants to make it clear that the author of this site assumes no liabilities or responsibilities for the resulting blown mental state.



MY THIRD EYE ITCHES



Sri Sri Swami Baba Guru YogaDawg

Yoga Om

So you want to be a Yogi. Well, you are in luck as YogaDawg will enlighten you in all ways Yogic. In no time at all, you will become one of those mat packing Yogis you see in their cool Yoga clothes. You too will soon be floating blissfully between your SUV and your Yoga class.

YogaDawg knows how inspired you are to start your Yoga practice especially after you have leafed through the latest issue of a celebrity magazine while waiting in line at the checkout counter in the supermarket. Seeing those pictures of your favorite movie or rock star, in those fabulous Yoga poses with their toothy smiles, almost made you cry with envy. How great it would be, you think, to become a Yogi just like those you see in the ads in *EternallyBlissfulYoga Super Magazine*. Not only will you get to wear groovy Yoga clothes, have a groovy Yoga mat, but will also have you looking forward to buying all those trendy Yoga cosmetics, expensive jewelry and cool Yoga paraphernalia you see in that magazine and the Yoga Infomercials as seen on TV. YogaDawg knows that you can hardly wait to start.

With your desire to become a Yogi and the guidance of this Yoga guide and optional \$24.95 CD-ROM, ("Dawging your way through the YogaHood"), you will be well on your way to realizing your dream of becoming a real Yogi. You will find yourself walking with you head held high as you carry your copy of *My Third Eye Itches - A Yoga Guide*, while wearing your cool new Yoga clothes and matching pastel colored Yoga mat, past that gaggle of Yoga moms and their Yoga kids. You will feel proud knowing that you now have what it takes to be a



real live, honest to God, Yogi. You will be confident that you know what they know and even more because you are being taught by the great Yoga Guru YogaDawg . You will stand tall as you wait in line with your arms laden with great Yoga stuff as you hurry through the checkout line at the *GreatTranscendentalYoga Superstore*. Best of all, you will become amused at the looks on the faces of your family when you begin to say things like, "In the Sage Marichy B, my inner spiral extends from the psoas to either side of my rectus abdominus".

As you begin your Yoga journey, you will start to notice a Yogic smile on your face which will begin to open doors for you. As you confront difficult people; your boss, your maid even the mugger on the way to the Yoga studio, you will instantly disarm them in their non-yogic ways. Though they may be convinced that the smile on your face is there simply because they think you are nuts due to your indulgence in this new Yoga life style of yours, this will nonetheless be of no consequence to you as you are confident that you are a True Yogi.

YogaDawg bets you can hardly wait to start and knows that Yoga will seem quite daunting to you at first, as you will have many questions and doubts as you begin. You wonder where and how you will start, what should you buy as you begin your Yogic journey. Well, don't despair. YogaDawg will show all that you will need to start your Yoga practice.

My Third Eye Itches – A Yogic Guide will introduce you to the concepts of Yoga, cut through the jargon and even explain the occasional Sanskrit words that you will hear in your Yoga classes. YogaDawg will dispel any confusion over what studios and teachers to choose, what to expect from your fellow students and even give some possible answers to the Great Yogic Question, what is the teacher really doing as your eyes are closed during Corpse pose (Savasana)! You will get all the answers to these and more. Not only will you be guided through the Yoga landscape as a student, but you will also be presented with more advanced knowledge that will cover everything from Yoga Schools and Styles, Yoga Teachers, Yoga Studios and Yoga Blogs to Yoga Poses, Yoga Fashion, Yoga Shopping and the all important *Yogatude*. In addition, YogaDawg will explain in depth how a Yoga Star is made and provide you guidance on how to ultimately become one yourself. And you will gain all this knowledge without even having to have to attend a single Yoga workshop or conference. YogaDawg will make being a Yogi easy and fun.



YOGA STYLES



Yoga Styles

Introduction

The first thing you should know as a Yoga student is that there are many schools or styles of Yoga. As the world becomes Yogafied, new schools are getting established at a terrific pace. Unfortunately, they all seem to have funny sounding names and mired in philosophical hoey, hokum, hogwash, hype and hocus-pocus that will have you scratching your head in confusion. Well, being a true, red, white and blue, gosh darn American Yogi Star, YogaDawg will dispense with all that nonsense and break down these styles of Yoga in more understandable terms. This web site will guide you through major Yoga styles and analyze each of them. In this way you will know what you are in for and what you can expect as you wander into any Yoga class in the world. YogaDawg will give you a clear understanding of the methods and nomenclature of each as you stumble upon them in your quest in becoming a True Yogi.

Instead of bogging the Yoga student down by using the actual names of the Yoga styles that are popular in America today, YogaDawg will instead explain these styles in a way we can all understand; the high school clique. You will now, instinctively, be able to identify each style, method and inner working of these schools. YogaDawg makes picking your style of Yoga easy.



The Nerds

These are the geeks of the Yoga world. You will know them by their endless dissecting of poses along with their nerdish tinkering and adjusting. The teachers of this style will tend to view you as a simple sub routine in the grand program of Yoga perfection. Their grand Yoga program named "True Yoga" was passed down to the disciples of the Nerd school from one of the greatest of all the Yoga Stars; Great Great Yoga Father Super Yoga Super Star.

If you participate in this style of Yoga, expect to be poked and prodded by the instructors as they adjust you endlessly. You will be abandoned in poses for long periods of time as they confer among themselves whether you are matching the output of their input. You will, no doubt, find them staring at you wide-eyed, like zoned geeks mesmerized by an errant computer program on their computer screen.

As they continue to examine your alignment, they will eventually pull out and consult their sacred Yoga Bible, "Right-On Yoga", written by their CYO (Chief Yogic Officer). The Nerds will try hard to figure out just what is needed to do to get you, their errant sub routine, to align and output properly. They will use tape measures, slide rules, sextants, a Global Positioning System and possibly even a measuring device that uses the decay level of Cobalt 52 to measure the positions of the sub-nuclear particles lurking deep within your pose.

There will be low, obsessed chattering, nods and shaking of heads among the Nerds as they move around and examine your pose to see if you are anywhere within the desired specifications. Once they have determined that all their input has been correct and have faithfully followed their Yogic Bible, they will shake their collective heads as they confirm that the problem is obviously you. You are BAD (Biologically Alignment Dysfunctional). Being BAD, it will confirm to them that you are too underpowered and perhaps even obsolete, to run their ideal program of Yoga Nirvana.

At the point of being determined BAD, you will be directed to a pile of props to help compensate for your total inability to align properly. You will see blankets, blocks and straps. In addition, you will see other props resembling medieval torture instruments such as the wheel and the rack. Look for their fine collection of thumb screws to assist the Nerds in getting your thumbs in just the perfect alignment. You should also notice a wall with ropes attached to it and a hook and chain suspended from the ceiling (affectionately call a Pelvic Extraction Swing). The Nerds use these as you advance in your studies or become immune to the other previous methods of alignment. An Iron Lung might also be spied in a corner, though The Guide is not sure how the Nerd school is using this at the moment (email us if you know).

The feel and tenor of a Nerd class has been likened to the equivalent of attending a conference entitled "The Patterns of Interstellar Dust Particles Three Nanoseconds after the Big Bang". Other have compared it to watching paint dry. Though these classes will be boring, endlessly repetitious and totally lacking in humor, you will, nonetheless, be surprisingly amused by the teacher's total lack of social skills and graces. You can enjoy



watching the teacher foam at the mouth as they ridicule the Jock style of Yoga with their breathing, jumping, feigning and jabbing peculiar to that Yoga style. But most entertaining of all, will be the rants against the Emos regarding their use of candles, music and incense. The Nerds will tell you they are not trying to achieve an "out of body" experience like the Emos claim, but rather an "inner body" experience.

TIP: You must never, ever ask a question in a class of this style of Yoga. If you do, you may become victimized by the stone-faced look on the teacher's face and be labeled a "problem child" from that day forth.

BONUS TIP: Never ask if they could play some Yoga music, light some candles or burn incense. This will insult them greatly. The Nerds demand a sterile environment and you will be subjected to a 20 minute lecture on why they don't go in for that hippy-dippy stuff.

The Jocks

Otherwise known as the bad boy/girl style of Yoga. The sworn purpose of the Jock style is to ridicule and condescend all other styles of Yoga. Though the Nerd and the Jock school descended from the same Yoga Super Star; Great Great Yoga Father Super Yoga Super Star, a great schism had developed between the two styles. Because of this, the Jocks take particular delight in persecuting practitioners from the Nerd School. They will also pick on other schools of Yoga if they grow tired of bashing Nerds. The Jocks will appear evil and attempt to kick your ass, yogically speaking, especially if you are a small, wiry Yogi who wears glasses. The women of this style, in particular, take great glee in doing this.

This style of Yoga is practiced in damp, smelly studios. They tend to resemble a boy's club house. You may find skulls and bones of small rodents hidden away in the corners. You will see practitioners of this school congregating in small groups (gangs) to discuss ways to torture new students and Nerds if they happen to stumble into a Jock Yoga class. As a beginner student, your means of survival is tied to your ability to hide in the back of the class as you practice, keeping your mouth shut and leaving as quickly as possible once it is over. Never, ever mention that you had taken some Nerd classes or classes of any other Yoga style for that matter. This is the equivalent of an Israeli showing up in Syria. Not good. If a Jock somehow catches wind of the fact that you have taken classes in another style of Yoga, expect to be tormented and ridiculed in the studio. If you make the mistake of mentioning it upon leaving the studio, expect to be called a Yoga sissy, a girlie yogi, have sweaty towels thrown at you and maybe even have your Yoga mat taken from you.

Continue reading *My Third Eye Itches* by buying the eBook



