

Santosha means contentment - a sense of being satisfied right here, right now, even a sense of 'savoring'. A powerful way to think of *santosha* is that of "radical acceptance"* of exactly the way things are, and are not.

Santosha, or contentment, calls forth a willingness to enjoy exactly what each day brings, to be satisfied with whatever we have, whatever comes our way, whatever feelings arise - to accept with an open heart and *be willing to receive from our experiences*. Contentment is not the same as happiness, nor does it have anything to do with resignation. Rather, *santosha* is the active practice of bringing contentment to the present moment (no matter how life seems to be going), as opposed to experiencing contentment only as a reaction to when things appear to be going our way.

Santosha invites us to find contentment, satisfaction and even hope in all of our experiences exactly the way they are; rather than how we wish them to be. Donna Fahri writes, "It doesn't mean we accept or tolerate unhealthy situations; [rather we accept what is, we open ourselves to learn and] we practice patience to live as best we can until we are able to better our conditions."**

Homework: *Practice contentment (or, "radical acceptance.") Come back ready to share.*

Recommended Homework: *Write down your reflections to continue building your 2nd assignment, and / or begin to have fun with your art project . . .*

Sources: * "Yamas and Niyamas" by Sarahjoy Marsh
 ** Yoga Mind, Body & Spirit by Donna Farhi
 The Heart of Yoga by T.K.V. Desikachar