

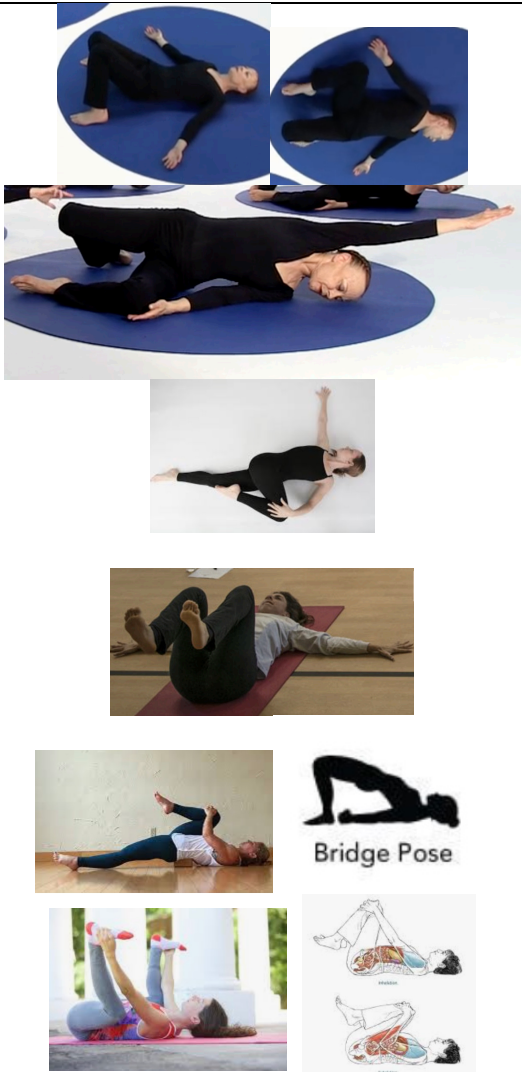





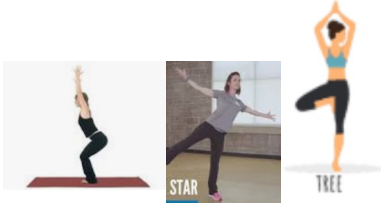
"Our Practice is to practice"
"Surrender and Stay Open to a Higher Form of Consciousness"
"Release tension and allow your creative energy to flow."
 Swami Chetanananda, The Movement Center

Let's practice – Setting our Intention for the day

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Visuals
Reclining or Sitting on the Floor or in a chair	Checking in and Setting our Intention for the Day	<p style="text-align: center;">Take Time to Lengthen and Align on your mat</p> <p style="text-align: center;">Breathe</p> <p style="text-align: center;">Gently Focus on your breath and Release Deeply with each exhale</p> <p style="text-align: center;">Gain Feedback</p> <p style="text-align: center;">How are you? What do you feel? What is your mood?</p> <p style="text-align: center;">Set Your Intention or Wish & Mantra</p> <p style="text-align: center;">Find a few words that resonate deeply and repeat them with your breathing</p> <p style="text-align: center;">Circulate that Resonance</p> <p style="text-align: center;">Through the Chakras; Flowing through your central channel; Filling yourself with that vibration</p> <p style="text-align: center;">Presence</p> <p style="text-align: center;">Staying gently and persistently and patiently with it as we begin to move</p> <p style="text-align: center;">I Am That I Am</p>	 

On your back	Warming up and Waking up	<p style="text-align: center;">Linda Lack Hip Release Series</p> <p>Start with knees bent, feet wider than hips and knees resting together</p> <ul style="list-style-type: none"> • Releasing knees and nose to the left. Staying, releasing to gravity, feeling for space. Repeat to the right • Releasing to the left as before. Add right arm unfolding to the right and above the height of the shoulder, palm up on the floor. Stay & Reach. Repeat to the right • Releasing left. Settle into the release and then lift back/right leg and hold the right ankle with your left hand, placing the right foot on the floor or inner left thigh. Turn head to the right and outstretch right arm into more “traditional” twist. Repeat to the right. • “360 Degree” Flowing movement coordinated with your exhale and inhale starting to the left, with sweep and reach of the right arm across the body, reaching to “12 o’clock”, continuing around to the right, and then bring the body back to the central starting position. <p style="text-align: center;">Easy Twists</p> <p style="text-align: center;">Dynamically side to side</p> <p style="text-align: center;">Leg Lifts and Hip Opening & Closing with the Breath</p> <p style="text-align: center;">Optional to use a strap to hold and support the legs</p> <p style="text-align: center;">Reclining Lunges</p> <p style="text-align: center;">Dynamically in and out of the lunge, alternating sides</p> <p style="text-align: center;">Bridge Pose</p> <p style="text-align: center;">First dynamically and then hold</p> <p style="text-align: center;">Apanasana</p> <p>Knees bent and feet off the floor; one hand on each knee; breath thighs out (IN) and in(EX) rocking your pelvis gently</p>	
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Kneeling	Warming up and Waking up	<p>Table Pose Chakravakasana Downward Dog (DD) Adho Mukha Svanasana Optional - with blocks and blanket under heels Dynamically from Down Dog position to Table position Down Dog Hold Child's Pose To Rest</p>	 <p>The illustrations show three yoga poses: Table Pose (a person on all fours with arms extended forward), Downward Dog (a person in a full inverted V-shape), and Child's Pose (a person kneeling with hips back to heels and arms extended forward).</p>
Transition to Standing	Shoulder and upper back and chest opening	<p>Uttanasana/Forward Bend Walk hands and feet together and release in the FB Round up to standing Tadasana/Mountain Pose Shoulder Rolls Neck releases Arm raises and holding a) palms facing one another b) fingers laced and palms turned up At the Wall Pectoral Opening – Inner Hand above shoulder height and behind; Feet perpendicular to wall about 12 inches from wall; inner knee bends slightly Lunge with forearms to the wall</p>	 <p>The illustrations show three yoga poses: Forward Fold (a person bending forward with legs straight), Mountain Pose (a person standing upright with feet together), and a Pectoral Opening Lunge (a person in a lunge position with forearms pressed against a wall).</p>
Standing	Flowing and Feeling	<p>Easy Flowing Vinyasa BB, FB, Side to side with arms raised, Twist side to side with arms at shoulders height, Arm raise overhead and then down into prayer position; Repeat 2-3 times listening to your breath flow in and out.</p>	

	Hip opening	<p>Prasarita Padottanasana Wide-Legged Forward Bend</p> <p>Prasarita Adho mukha Svanasana Wide-Legged Downward Dog</p> <p>Parsvakonasana Side angle pose</p>	
	Balancing Hip work and Balance	<p>Chair Pose Lifting onto balls of feet</p> <p>Star Pose Tree Pose</p>	
Floor Transition to Rest	Preparation for Resting Inner Alignment Absorption of efforts and deepening release Remembering Intention for our day	<p>Dandasana Stick Pose</p> <p>Seated Twists</p> <p>Savasana/Sivasana Corpse Pose</p> <p>Resting with any props to aide in your comfort</p> <p>Sukhasana Simple seated pose with props for comfort and posture; Breathing, Intention and Sensation integrated</p>	