
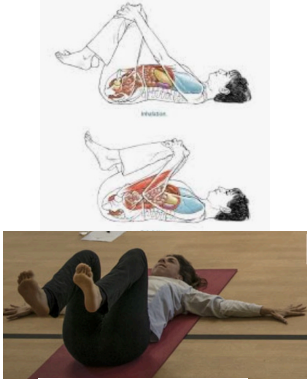



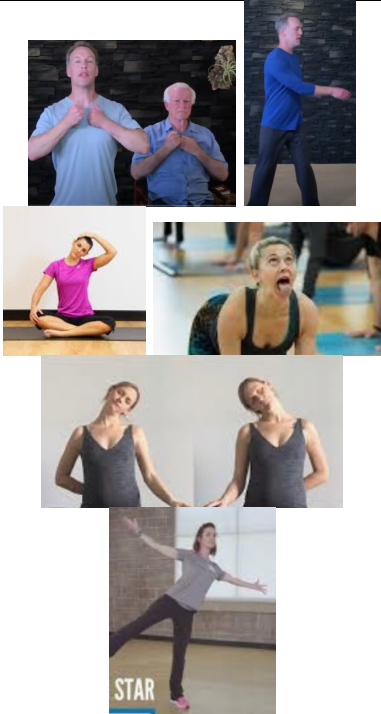
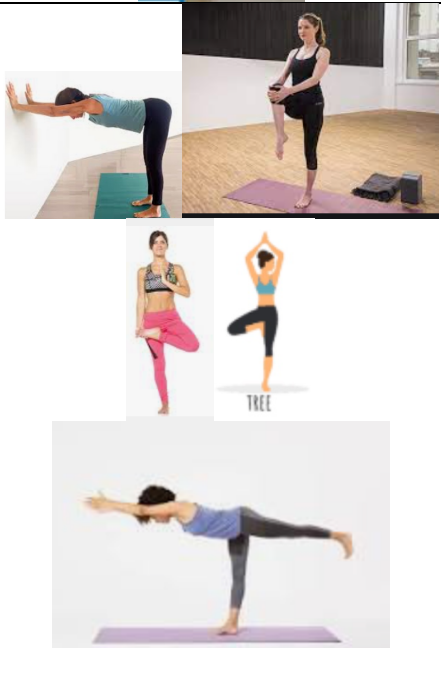


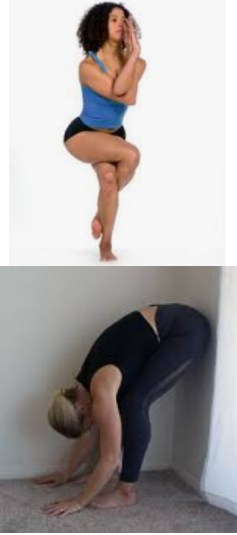
“ Our Practice is to practice”
“Surrender and Stay Open to a Higher Form of Consciousness”
“Release tension and allow your creative energy to flow.”
 Swami Chetanananda, The Movement Center

Let’s practice
Centered and Grounded
 Inspired by a Todd Jackson program on April 11, 2021

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Visuals
Reclining	Checking in	<p style="text-align: center;"> Take Time to Lengthen and Align on your mat Breathe Gently Focus on your breath and Release Deeply with each exhale Breath, Chakras, Flow, Presence Release Tension and Allow your creative energy to Flow Give your weight to the floor/mat/earth. Grounded described by Todd Non-resistance to gravity and movement Related to Tension and griping toward center Release tension so your weight can drop into the earth’s gravity Ability to travel through tension in our bodies – Not driftwood that moves as a whole through the ocean; instead seaweed that water can flow through...We are mostly fluid. Centered described by Todd Harmonized and Balanced Two aspects of Centeredness – Physically Centered from core to surface and Psychologically Centered mentally and emotionally Balanced front to back along your length and breadth and depth. Resulting in a calmer nervous system, breath, quieter mind, textural experience and relinquished ambition. Emotionally neutral. Not denial or rigidity but a baseline that is in minimal fluctuation. And free of ambition and motive. Relaxed, at Ease Openness. Yoga, Meditation, Qi Gong, Sound, Dance, Pranayama Practices for Grounded-ness and Centeredness </p>	
On your back	Warming up	<p style="text-align: center;"> Apanasana Alternating with leg lifts Easy Twists Dynamically side to side and then staying and releasing </p>	

		<p>Noticing the neck and shoulders as you twist and stay Leg Lifts and Hip Opening & Closing with the Breath Optional to use a strap to hold and support the legs Bridge Arms stay by your side, palms turned down Move dynamically and then stay, feeling the opening on the back of the cervical spine as the chin moves towards the chest on the inhale Reclining Bound Angle or variation e.g. Happy Baby With fingers laced at back base skull, and knees bent gently lift and lower head and then sweep head from side to side With hands laced behind bent knees Rock along the length of your spine Rock along your spine Then to hands and knees</p>	  <p>Bridge Pose</p>
<p>Transition to Standing</p>	<p>Warming up and Waking up</p>	<p>Table Pose Chakravakasana Balancing Table Chakravakasana to balance – alternate sides on the diagonal Vinyasa (flowing movement) Chakravakasana to DDog back to Chakra. Sitting back onto heels and lifting hips into Camel Down Dog Hold Uttanasana/Forward Bend Walk hands and feet together and release in the FB Round up to standing Tadasana/Mountain Pose</p>	  <p>Child's Pose</p>     <p>Down Dog Mountain Pose Forward Fold</p>

<p>Standing and/or Sitting in a Chair</p>	<p>Increasing vibration and circulation</p>	<p>Qi Gong Shaking Massaging and Patting and Shaking, Bouncing, Swinging = Stimulating Head, Neck, Shoulders, Chest and Back, Arms and Hands, Abdomen and Hips, Legs and Feet</p> <p>Various Neck/Throat Releases Chin to chest and inhaling tracing chin out and up to alternating shoulder ; Shoulder Rolls; Neck releases; Facial muscle stretches and exhaling the tongue out with sound; Raise arms on inhale and then drop them on exhale with sound; free from other movements Vinyasa (Flowing Sequence of Movements coordinated with breath) Inhale arms raising overhead into a Backbend, Exhale Swan Dive/Forward Bend, Inhale up to Standing w/Arms overhead, Exhale Side Stretch, Inhale to Center (repeat other side), Exhale arms to shoulder height and Inhale tur palms up, Exhale Twist, Inhale to Center (repeat other direction), Inhale Back to Center and stay for an exhale, Inhale Arms Raised overhead and hands cupped together, Exhale into Anjali Mudra - Repeat</p> <p>Star Pose Balance pose, switch leg positions/both sides</p>	
<p>At the Wall</p>	<p>Balance Grounded and Centered</p>	<p>Downward Dog at the Wall</p> <p>Standing Balance Wall optional/as needed for balance</p> <p>Tree Pose/Vrikshasana Wall optional/as needed for balance</p> <p>Warrior 3/Virabhadrasana III To the wall</p>	

		<p>Eagle Pose/ Garudaasana Hips at the wall optional/as needed</p> <p>Forward bend Wall supported, wide-legged Then transition to the floor on mat</p>	
<p>Floor</p>	<p>Grounding – lower center of gravity Twisting Preparation for Resting Absorption of efforts and deepening release Feeling Grounded and Centered</p>	<p>Dandasana Stick Pose using hands/arms for support; grounding; heart lifted</p> <p>Seated Wide-Legged Forward Bend Hip and pelvic release; breathing and feeling for space</p> <p>Janushirasana First orienting out of the straightened leg; Then turning the chest forward gently and turning the head/chin toward the floor and releasing the open side of the neck/throat and shoulder. NOTE: Modify the photo to the right of the side stretch by turn gaze to the floor and taking the upper arm down and around to place hand on low back palm turn up</p> <p>Seated Twist One knee bent and other leg outstretched; twisting first with gaze to back in the direction of the twist and then turning head/gaze away from the twist</p> <p>Savasana/Sivasana Corpse Pose 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>	