

“ Our Practice is to practice”

Swami Chetanananda in an interview with Yoga Journal (a long time ago)

“Release tension and allow your creative energy to flow”

Swami C., The Movement Center

“ Health IS. It’s not something one person has and another person doesn’t.”

Rachel Brooks MD, Cranial Osteopathy

Our energy/health is like a fountain with a powerful and flowing force. For reasons that may or may not be our own doing, through our lives, boulders get piled onto that powerful creative energy, dampening its flow. Long-held mental constructs, physical injuries, emotional scars, habitual physical shapes – these are the boulders.

These “blocks” or “tensions” keep us from experiencing and living from our vital force and extending that vitality and energetic connection into our lives.

Yoga is about releasing tension and allowing our creative energy to flow.

Let’s practice

Position/Orientation	Broad Purpose	More Specific Poses with Instruction
Standing	Start to get out of our head and into our bodies; out of our thoughts and into our felt sense; connecting the dots in our bodies and beginning to integrate and move to wholeness	Massaging and Patting and Shaking, Bouncing = Stimulating Head, Neck, Shoulders Chest and Back Arms and Hands Abdomen and Hips Legs and Feet
	Relaxing and Making Space Breath and Movement	Rounding Down
	Opening Channels Upper Chakras Breath and Sound	Mouth, Ears, Neck, Throat Sticking out tongue on the exhale with sound
	Breath connecting more deeply to energetic mechanism	Tadasana With one hand on heart and the other on belly
	Putting it together Flowing Movement with the Breath	Vinyasa (Flowing Sequence of Movements coordinated with breath) Starting with arms raising overhead into a Backbend, Forward Bend, Return to Standing, Side Stretches, Twists, Back to Center, Arms Raised and then into Anjali Mudra - Repeat
Wall and Chair Work	Finding Length through spine and side body Lengthening and strengthen the reach of the arms and legs Opening hips and working on asymmetrical balance	Ardha Uttanasana (Half Forward Bend to chair seat) Ardha Adho Mukha Svanasana (Half Down Dog using the wall) Virabhadrasana (Warrior 1 using the wall)

Transition to floor	Spinal release from cranium to tailbone Strength building in arms and core	Uttanasana (FB with blocks) Stay and release Adho Mukha Svanasana (Downward Dogs with or without blocks) Hold and then alternate with Phalakasana/ Adho Mukha Dandasana (inhaling into Plank pose and then exhaling back into Down God) Balasana (Child's Pose) Rest and then transition to sitting
Floor Seated	Strength and Flexibility in Hips, Pelvis, Knees Deep Tissue release Preparation for seated meditative posture	Dandasana (Stick pose) Janu Sirsasana (asymmetrical Seated Forward Bend) Uphavishtha Konasana (Wide-legged Seated FB) Baddha Konasana (Bound Angle Pose)
Floor On Back	Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release	Simple Twist Simple Hips Openers Happy Baby Eye of the Knee Supta Baddha Konasana (Reclining Bound Angle with supports such as blankets or blocks) Sivasana (Resting with any props to aide in your comfort)
Seated	Ending Class Namaste	Sukhasana (Simple Seated Pose with hands in Anjali Mudra)