

*“ Our Practice is to practice”*  
*“Surrender and Stay Open to a Higher Form of Consciousness”*  
 Swami Chetanananda, The Movement Center

*“What do I need to give up to have a big life?”*  
 Swami Prakasananda, The Movement Center

**Notes from Swami P’s talk on 09/22/20**

How can I create space for the energy to manifest and be free and expansive?

What expands our energy so that we can be of service to each other?

Our practice is to commit to a path that makes our universe bigger - that expands our consciousness. Our world right now is contracted. There are no vacancies to be a part of the problem, the contraction. There are plenty of openings for being a part of the solution, an expansion.

It is in an expanded state that we can see solutions and opportunities. We don’t always need to analyze and think a lot about it. We can just recognize it and let go.

This is our practice:

To Release Tensions. To make Contact with the Energy, to Align with it and Flow.  
 Stay with it and trust the process. Invest in it.

**Let’s practice – Focus on Downward Dog - Clearing Lungs, Opening Hips & Pelvis\***

Position/Orientation	Broad Purpose	More Specific Poses with Instruction
Reclining	Transition from your day and Shift your Attention Inward	<p style="text-align: center;"><b>Take Time to Lengthen and Align on your mat</b></p> <p style="text-align: center;"><b>Breath</b></p> <p>Gently Focus on your breath and Release Deeply with each exhale</p> <p style="text-align: center;"><b>Chakra</b></p> <p>Visualize and feel your breath in your energy centers on the midline &amp; allow them to expand and open</p> <p style="text-align: center;"><b>Flow</b></p> <p>Connect, Integrate and Circulate the energy</p> <p style="text-align: center;"><b>Presence</b></p> <p>Generate a deep felt sense &amp; observe yourself in this moment</p> <p style="text-align: center;"><b>I Am That I Am</b></p>
On your back	Hip Release	<p style="text-align: center;"><b>Linda Lack Hip Release Series</b></p> <p>Start with knees bent, feet wider than hips and knees resting together</p> <ul style="list-style-type: none"> <li>• Releasing knees and nose to the left. Staying, releasing to gravity, feeling for space. Repeat to the right</li> <li>• 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 &amp; Reach. Repeat to the right             <ul style="list-style-type: none"> <li>• 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.</li> </ul> </li> </ul>

• This class plan is inspired by Todd Jackson’s yoga class 092420. Thanks Todd!

		<ul style="list-style-type: none"> <li>• “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.</li> </ul> <p><b>Leg Lifts and Hip Opening &amp; Closing with the Breath</b> Optional to use a strap to hold and support the legs</p> <p><b>Bridge Pose</b> First dynamically and then hold</p> <p><b>Reclining Baddha Konasana</b> Bound angle with or without feet on the floor, or Happy Baby</p>
Kneeling	Warming up,	<p><b>Table Pose</b> Chakravakasana <b>Downward Dog (DD)</b> Adho Mukha Svanasana Optional - with blocks and blanket under heels Alternating from Down Dog position to Table position Hold Down Dog</p>
	Finding Space & Opening Hips and Thighs and side body	<p><b>Kneeling Lunge</b> With Blocks under hands and blanket to pad knee Upright spine Stay and Breath and Release</p> <p><b>Kneeling Lunge with Front Foot on Block</b> Hand on front foot side rests on thigh. Other hand on block under shoulder Upright spine Stay and Breath and Release</p> <p><b>Downward Dog</b> Adho Mukha Svanasana Feel the difference this round in DD</p> <p><b>Warrior II to Extended Side-Angle Pose</b> Virabhadrasana II Utthita Parsvakonasana First dynamically moving in and out and then holding for several breaths and then transition to side angle pose with front forearm resting on thigh and back arm raised creating a “diagonal” angle from back foot trough side body to hand. (Repeat other side)</p> <p><b>Warrior 1</b> Virabhadrasana With back heel to the wall</p> <p><b>Downward Dog</b> Adho Mukha Svanasana Feel the difference this round in DD</p>

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<p>Reclining</p>	<p>Rest and Release Groin, Pelvic Space</p>	<p><b>Reclining Bound Angle</b> Supta Baddha Konasana <b>Twisted Reclining Pigeon</b> Lie on your back with knees bent, feet flat on the floor and arms extended. Step your right foot under the left bent leg until you can grab the right foot and allow the leg to rest into the floor. Leave the left leg bent with knee upright and foot on floor. Repeat other side. <b>Reclining Bound Angle</b> Supta Baddha Konasana</p> <p><b>REPEAT THE ABOVE SERIES WITH BOLSTER SUPPORT and REACHING ONE ARM TO THE WALL</b> Bolster supported release and sidedness lengthening from shoulder to pelvis</p>
<p>Downward Dog alternating with other poses</p>	<p>Balancing and Exploring Greater Openness in Hips and Pelvis</p>	<p><b>Downward Dog</b> Adho Mukha Svanasana with or without blocks Eyes turn down towards cheek bones to heart and kidneys Relaxing the brain stem More space at the front of the hip joint and let collar bone roll down toward pelvis <b>Supported Boat Pose</b> Paripurna Navasana variation Legs on chair or edge of table or elevated appropriate to your body; strap optional; Seated on a blanket; Hands GRIP ankles (and if hands won't comfortably reach ankles you can use hands behind knees) so that upper back, elbows and shoulders can soften and find space Relax your throat <b>Reclining Half Hero Pose</b> Ardha Supta Virasana With blocks and bolsters for support from low back to head (or go back to the first lunge) <b>Downward Dog</b> Adho Mukha Svanasana Broaden across pelvis – Release <b>Supported Boat Pose</b> Paripurna Navasana variation Legs on chair or edge of table or elevated appropriate to your body; strap optional; Seated on a blanket; Hands GRIP ankles so that upper back, elbows and shoulders can soften and find space Soften manubrium (upper breast bone) and collarbone</p>

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Seated	Continuing Relaxing the back of the pelvis and nervous system	<p style="text-align: center;"><b>Seater Crossed Legged Position</b> Siddhasana or Muktasana or Sukasana Elevated hips on a bolster to start Stay upright or forward bend with hands supporting forward movement Comfort in knees decides Rounding of head and shoulders and backside <b>Cradling of leg in arms</b> Seated or reclining <b>REPEAT</b></p> <p>In Seated Crossed Legged position feeling chi moving from upper to lower hip, settling and relaxing Subtle migration across the pelvic floor. Let hips drop evenly</p>
Transition to Rest	Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release	<p style="text-align: center;"><b>Downward Dog</b> Adho Mukha Svanasana <b>Seated Twist</b> Marichyasana 3 <b>Corpse Pose</b> Savasana/Sivasana Resting with any props to aide in your comfort Elevated legs and head on a blanket to rest is recommended.</p>

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