














"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 – Safe Place, Personal Space & Identity

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Visuals
Reclining or Sitting on the Floor or in a chair	Checking in	<p>What is Safe? (Fight or flight when unsafe) What does Safe feel like?</p> <p>Do you have a Safe Place? How do you create it in this ear we are in?</p> <p>What is Personal Space & what dictates our Personal Space? Is it fixed or variable? What does it look like in our zoom classes and during this era?</p> <p>What is Space when it's not Personal?</p> <p>Identity is self-organizing? Who am I? Sara? A girl? A teacher? Light?</p> <p>Take Time to Lengthen and Align on your mat Breathe Gently Focus on your breath and Release Deeply with each exhale</p> <p>Gain Feedback How are you? What do you feel? What is your mood?</p> <p>Who am I? Breathe into that</p> <p>Repeat the Mantra I Am That I Am/So Ham A Mantra. In Vedic philosophy it means identifying oneself with the universe or ultimate reality</p> <p>Circulate that Resonance Through the Chakras; Flowing through your central channel; Filling yourself with that vibration</p> <p>Move in and from that sensation</p>	 

On your back	Warming up and Waking up	<p>Arm Sweeps across chest with Mantra</p> <p>Rolling across our back and hugging ourselves</p> <p>Easy Twists Dynamically side to side</p> <p>Leg Lifts and Hip Opening & Closing with the Breath Optional to use a strap to hold and support the legs</p> <p>Reclining Lunges Dynamically in and out of the lunge, alternating sides</p> <p>Reclining Twist</p>	  
Kneeling	Warming up and Waking up	<p>Table Pose Chakravakasana</p> <p>Downward Dog (DD) Adho Mukha Svanasana Optional - with blocks and blanket under heels Dynamically from Down Dog position to Table position</p> <p>Down Dog Hold</p> <p>Child's Pose To Rest</p>	  
		<p>Table Raise one arm and opposite leg</p> <p>Child's Pose Repeat alternating sides</p> <p>Rest in child's Pose</p> <p>Down Dog hold</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</p> <p>Tadasana/Mountain Pose Shoulder Rolls Neck releases</p> <p>Arm raises and holding a) palms facing one another b) fingers laced and palms turned up</p>	 <p>Forward Fold</p> <p>Mountain Pose</p> 
Standing	Flowing	<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>	
	Flowing	<p>Vinyasa Sun Salutes with added twists and leg lifts Rest in Child's 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>Seated Forward bend Using bolsters</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>	   <p>Seated Twist (right)</p> 