

“ 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 – Hip Releases & Pelvic Opening

Position/Orientation	Broad Purpose	More Specific Poses with Instruction
Reclining	Transition from your day and Shift your Attention Inward	<p>Take Time to Lengthen and Align on your mat</p> <p>Breath</p> <p>Gently Focus on your breath and Release Deeply with each exhale</p> <p>Chakra</p> <p>Visualize and feel your breath in your energy centers on the midline & allow them to expand and open</p> <p>Flow</p> <p>Connect, Integrate and Circulate the energy</p> <p>Presence</p> <p>Generate a deep felt sense & observe yourself in this moment</p> <p>I Am That I Am</p>
On your back	Hip Release	<p>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<ul style="list-style-type: none">• 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>Leg Lifts and Hip Opening & Closing with the Breath Optional to use a strap to hold and support the legs</p> <p>Bridge Pose First dynamically and then hold</p> <p>Reclining Baddha Konasana Bound angle with or without feet on the floor, or Happy Baby</p>
Transition to Standing		<p>Table Pose Chakravakasana With knees wider than hips; optional to use a block placed under pelvis to lower to on the exhale. Dynamically up and back.</p> <p>Wide Legged Downward Dog Adho Mukha Svanasana with or without blocks Alternating from Down Dog position to Table position and then hold Down Dog</p>
Standing at the Wall	Warming up, Finding Space & Lengthening	<p>Down Dog at the Wall Ardha Adho Mukha Svanasana (Half Down Dog using the wall - facing the wall, hands a little above the shoulders and shoulders a little above the hips; inner weight balanced from back to front body)</p> <p>Lunge to the Wall with Anjali Mudra Forearms</p> <p>Repeat Down Dog at Wall</p> <p>Standing Forward Bend at the wall Uttanasana with feet shoulders width apart & out from the wall about a foot (with or without blocks) Rounding Down & Stay letting our back bodies open & elongate and warming up our legs & feet</p>
Standing	Posture & Alignment Hip, back & side Opening Leg strengthening	<p>Mountain Pose Tadasana Neutral Standing Position</p> <p>Wide-Legged Uttanasana/Forward Bend (stay at center, then spend time turning to one side and holding that leg at the foot or ankle (repeat other side) Repeat Mountain Pose</p> <p>Warrior II to Side-Angle Pose 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>Mountain Pose to Chair Utkatasana Legs aligned under hips; sitting down and shifting weight back towards heels; keeping hips, knees and ankles in alignment; arms raised with palms facing one another shoulders width apart</p>

		<p style="text-align: center;">Repeat Wide-Legged Uttanasana/Forward Bend Warrior I Virabhadrasana I</p> <p>Starting from the wide-legged FB, turn one foot out and follow with hands places in alignment with that foot, then pivoting on the back foot to bring feet into lunge position, bending the “front” knee and with options to leave hands on the floor or to lift arms overhead and into a backbend. “Back” knee can stay lifted with straightened back leg or option to bring back knee to the floor (repeat other side)</p>
Transition to floor	Lengthening and strengthening the reach of the arms and legs Opening hips and side body	<p style="text-align: center;">Downward Dog Adho Mukha Svanasana with or without blocks</p> <p style="text-align: center;">Child’s Pose Balasana to rest</p> <p style="text-align: center;">Repeat Downward Dog with Leg lifts and Hip Opening repeat Child’s Pose To rest</p>

<p>Seated</p>	<p>Grounded Releasing Transition to back</p>	<p>Stick pose Dandasana Asymmetrical Seated Forward Bend Janu Sirsasana Start with right leg extended and left knee bent and left foot placed on inner knee or thigh Half Lord of the Fishes Seated Twist Ardha Matsyendrasana Repeat this series starting with Dandasana and then with the other leg extended Seated Forward Bend Paschimottanasana</p>
<p>Floor On Back</p>	<p>Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release</p>	<p>Knees to Chest Appanasana Reclining Bound Angle or Happy Baby Supta Baddha Konasana Ananda Balasana ...or similar hips opener and release If taking Reclining Bound Angle, lay along a bolsters with blankets and blocks to support legs and back for a comfortable, supported back bend with optional supports such as blankets or blocks Corpse Pose Savasana/Sivasana Resting with any props to aide in your comfort</p>
<p>Seated</p>	<p>Ending Class Namaste</p>	<p>Simple Seated Pose Sukhasana with hands in Anjali Mudra</p>