

“ 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 – Identity is Self-Organizing and Three Orbes

Position/Orientation	Broad Purpose	More Specific Poses with Instruction
Seated or Lying	Transition from your day and Shift your Attention Inward	<b>Visualize 3 Orbes or Spheres</b> – In the center of your head, in your heart space and low in your belly – their glow <b>Breathe into the center of the Spheres</b> – let them expand and vibrate <b>Feel into Them</b> – Their Warmth and Space <b>Become the Orbes</b> – Center in and inhabit them and <b>integrate them into One Energetic Being</b> – You Connect them through your spinal column and central Channel. Feel Upwards to and beyond the Crown of your Head. Feel Through your Throat and out along your Collar bone and into your shoulders and down your Arms into Your Hands. Connect Your Heart and Belly and feel all of our organs and muscles and travel down into your Pelvis, out into your Hips and Down your Legs into your Feet. Circulate this Flow of Energy that is You. <b>I Am That I Am</b>
Standing at the Wall	Warming up, Finding Space & Lengthening	<b>Down Dog at the Wall</b> 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) <b>Lunge to the Wall with Anjali Mudra Forearms</b> <b>Shoulder-Opening Stretches</b> <b>Repeat Down Dog at Wall</b> <b>Standing Forward Bend at the wall</b> 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</p>	<p>Flowing Movement coordinated with the Breath</p>	<p><b>Vinyasa</b>          (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>Standing</p>	<p>Posture &amp; Alignment          Hip, back &amp; side          Opening          Leg strengthening</p>	<p><b>Mountain Pose</b>          Tadasana          Neutral Standing Position  <b>Wide-Legged Uttanasana/Forward Bend</b>          (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  <b>Warrior II to 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)  <b>Repeat Wide-Legged Uttanasana/Forward Bend</b>  <b>Warrior I</b>          Virabhadrasana I          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>
<p>Transition to floor</p>	<p>Lengthening and strengthening the reach of the arms and legs          Opening hips and side body</p>	<p><b>Downward Dog</b>          Adho Mukha Svanasana          with or without blocks  <b>Child’s Pose</b>          Balasana          to rest  <b>Repeat Downward Dog</b>          with Leg lifts and Hip Opening  <b>repeat Child’s Pose</b>          To rest</p>

Seated	Grounded Releasing Transition to back	<p><b>Stick pose</b> Dandasana</p> <p><b>Asymmetrical Seated Forward Bend</b> Janu Sirsasana</p> <p><b>Half Lord of the Fishes Seated Twist</b> Ardha Matsyendrasana Repeat other side</p> <p><b>Seated Forward Bend</b> Paschimottanasana</p>
Floor On Back	Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release	<p><b>Hip Releases</b></p> <p>Knees bent and feet wider than hips distance apart on the mat and with knees releasing to center; Then release knees to one side and turn head in that same direction. Stay and breathe and release to gravity Repeat other side</p> <p><b>Reclining Bound Angle or Happy Baby</b> or similar hips opener and release Supta Baddha Konasana Ananda Balasana with optional supports such as blankets or blocks</p> <p><b>Corpse Pose</b> Savasana/Sivasana Resting with any props to aide in your comfort</p>
Seated	Ending Class Namaste	<p><b>Simple Seated Pose</b> Sukhasana with hands in Anjali Mudra</p>