

“ 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 – Focus on Lunges

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	Tadasana (Mountain Pose) Posture and Breath connecting more deeply to energetic mechanism
	Opening Channels Upper Chakras Breath	Mouth, Ears, Neck, Throat, Shoulders and Arms Sticking out tongue on the exhale with sound Shrugging shoulders and rounding neck Reaching arms up palms facing one another
Wall	Releasing, Relaxing and Making Space Breath and Movement Finding Length through spine and side body	Uttanasana (Standing Forward Bend) 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 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
Standing	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 Utkatasana (Chair pose) and then into Anjali Mudra - Repeat

Transition to floor Hands and Knees	Lengthening and strengthening the reach of the arms and legs Opening hips and side body	Vinyasa #2 Alternating Table, Balasana (Child's pose) and Adho Mukha Svanasana (Downward Dogs with or without blocks) with Leg lifts and Hip Opening
Lunge Series	Leg flexibility and strength Hip and Groin opening Pelvic Cavity space	Virasana (Hero) to rest Suptavirasana Reclining hero variation Low Lunge variations (Anjaneyasana) from Table or from Downward Dog High Lunge variations lifting knee and with hands on floor or raised Eka Pada Rajakapotasana (Pigeon Pose variations) w/ blankets & blocks or back "cradling" option Downward Dog to rest
Seated	Grounded Releasing Transition to back	Dandasana (Stick pose) Janu Sirsasana (asymmetrical Seated Forward Bend) Uphavishtha Konasana (Wide-legged Seated FB) Paschimottanasana (Seated Forward Bend) Baddha Konasana (Bound Angle Pose)
Floor On Back	Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release	Setu Bandha Sarvangasana (Bridge Pose) Eye of the Knee/Thread the Needle Supta Baddha Konasana (Reclining Bound Angle) with supports such as blankets or blocks Savasana/Sivasana (Corpse Pose) Resting with any props to aide in your comfort
Seated	Ending Class Namaste	Sukhasana (Simple Seated Pose with hands in Anjali Mudra)