

Take Home Flow 1-10-09

Yoga for a Rainy Day

When it is rainy and dreary outside, we can allow inner selves to feel cleansed like the rain cleanses the earth, and ignite the sunshine within us to bring light and joy to the day.

Come to your center

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath, *May I be cleansed, may I awaken my inner joy.*

Awaken your body

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend... When you are ready, make your way to downward facing dog for your flow.

Flow

1. From down dog, reach your right leg to the sky. Step the right foot forward, laying left knee to the earth – kneeling lunge. Reach arms to the sky – enjoy this pose for a few breaths. Imagine the rain pouring down on you – cleansing you with healing energy. Receive it.
2. Take hands to the heart in a prayer. Hook the left elbow across the right thigh. Lengthen the spine and gently twist your heart to the right. Let this twist cleans you like the rain cleanses the earth for a few breaths.
3. Unwind the twist. Let hands float down behind the back, lace fingers together. Roll the heads of the arm bones back to lift and open the heart. Let your inner sun's radiance light up the room. Enjoy this heart opening for a few breaths. (I do not have a photo for this one)
4. Take hands back to the mat. Heel/ toe the right foot to the left side of the mat. Slowly ease yourself into pigeon – another wonderfully cleansing pose. Take your time enjoying this opening.
5. When you are ready, step out of pigeon and back to down dog to repeat the flow on the other side. Add a vinyasa between sides if you want.

Receive

Close your practice with a few moments in final relaxation, receiving the benefits of the cleansing and heart opening you experienced.

Cleansed, my spirit is bathed in the joy of my heart. namaste

