

# Take Home Flow 11-7-09

## Yoga Built Pose by Pose

Remember those childhood stories and songs where you start with one thing, then keep adding more on to it (like the House that Jack Built, or There's a Hole in the Bottom of the Sea – or more recently the book The Napping House)? This flow is like that. We'll start with one pose, then do it again adding another, then another, etc. Have fun! This will get you started, but you can keep building it if you want.

### **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. *Step by step I open my body.*

### **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 downward facing dog, reach the right leg in the air, step forward, and reach up to Warrior 1. Stay a few breaths, then step back to downward facing dog (optional vinyasa).
2. Repeat step 1 with the left leg.
3. Right leg in the air again, step forward to Warrior 1 again. After a few breaths, step forward to Chair pose. From chair pose, dive down and step back to downward facing dog (optional vinyasa).
4. Repeat step 3 with the left leg.
5. Keep building – take Warrior 1, then Chair, dive forward and then lift up half way. Step back to downward facing dog (optional vinyasa).
6. Repeat step 5 with the left leg.
7. Repeating the flow, this time after lifting up half way, step the right leg back to lunge or kneeling lunge. After some time here, step back to downward facing dog (optional vinyasa).
8. Repeat step 7 with the left leg.
9. Back again to the right leg, this time add a prayer style twist to your lunge or kneeling lunge. Then back to dog/vinyasa.
10. Take step 9 on the left leg.
11. One more – after untwisting, slip the left leg to the right side of the mat to ease your way into pigeon pose. Relax into the opening of your hip. Then back to the dog/vinyasa.
12. And now the left leg. Feel free to keep on going with more poses on your own, or move on to a final relaxation.

### **Receive**

Close your practice with a few moments in final relaxation, receiving the benefits of this fun, building flow.

*I welcome this time of peace.*

*namaste*

