

# Take Home Flow 5-2-09

## Yoga for Calm

Forward bends are calming, introspective poses. Inversions relax the mind. In this flow you will practice forward bending and inversions to create a calm, contemplative mind.

### ***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 relax, receive and renew.*

### ***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 sitting for your flow.

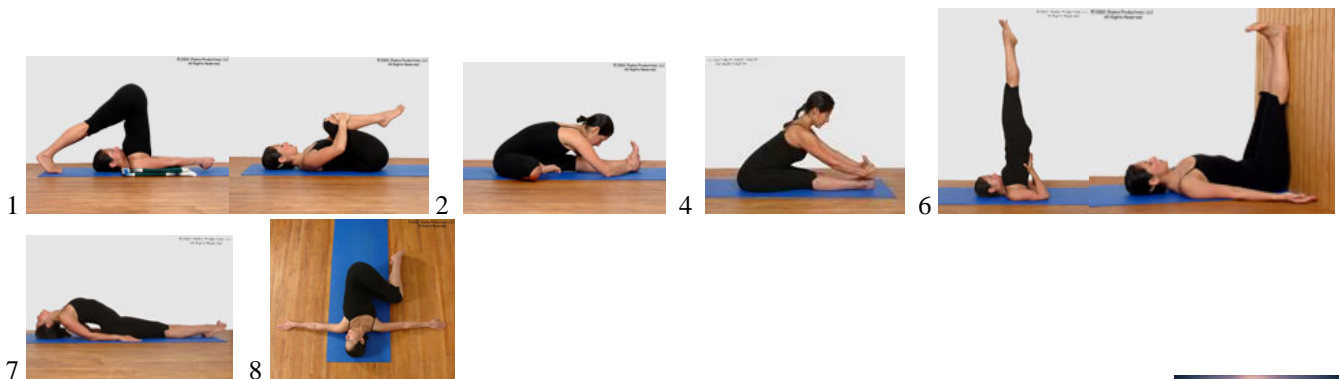
### ***Flow***

1. From seated, roll back – either to plow, half plow, or on back, pulling knees to chest. Relax a few breaths.
2. When you are ready, roll forward, extending your right leg out, with left foot to the inner right thigh. Inhale and lengthen toward the sky, exhale and melt into a forward bend. Without fighting, relax and let your body invite you in. After several breaths, roll back again as you did in step one.
3. This time, roll forward as in step 2, but with the left leg. After several breaths, roll back again as in step 1.
4. Rolling forward once more, extend both legs for the forward bend. Be sure to tip your hips forward to include the entire spine in the forward bend and to protect your low back. Take several breaths as you relax into the calming forward bend.
5. This time, roll down onto your back – pull knees into chest and rock side to side.
6. If you are comfortable in a shoulderstand, reach legs into the sky. If not, go to a wall and lift your legs up against the wall. Enjoy this inversion for a nice long time.
7. Counter the inversion with fish pose – tuck hands under the hips. Sit on hands to bring elbows under the back. As shoulderblades move toward each other behind you, let your heart rise to the sky and head drop gently back.
8. Finally, take a nice spinal twist to each side – releasing any last bits of tension in your back and spine.

### ***Receive***

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

*I am peaceful. namaste*



Kris Lowe  
[www.heartfilledyoga.com](http://www.heartfilledyoga.com)