

# Take Home Flow 11-14-09

This flow will take you all the way around your mat, and then all the way around again. See your mat as a clock with the front of the mat 12:00, the back end 6:00. You'll move counterclockwise from 12:00, to 9:00, to 6:00, to 3:00 and back to 12:00 and then you will flow clockwise from 12:00 back to 12:00. Enjoy!

## 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. *Turning in different directions, I open myself to new points of view.*

## 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 with a big step to Warrior 2 – reaching toward 12:00. Breathe here, expanding your body fully.
2. Reach a little forward, turn the right hand up and sweep your arm back behind your head to Reverse Warrior. Stretch into your side body.
3. Bend the right arm and place it on the right leg, reaching the left arm to the sky in side angle pose. Look up and let your heart reach toward the sky.
4. Pushing into the feet, rise up to stand. Take hands to the heart and turn the right foot to the long side of your mat – face 9:00.
5. Now take hands behind the back, lacing fingers together. As you roll your shoulders back, enjoy a beautiful heart opening. Eventually take this pose to a forward bend. Take hands to the mat and walk your hands around to 6:00. Add a vinyasa to the back of the mat.
6. Reach right leg into the air again, step forward with a big step into Warrior 2 again – this time reaching toward 6:00.
7. Straighten your legs still reaching arms parallel to the floor for Triangle pose. Tip your hips to the right (6:00) – reaching your whole torso. Take the right hand to the right leg, the left arm to the sky. Create an expansive triangle.
8. Rise up to stand. Turn the right foot to the long side of the mat, facing 3:00. With hands making fists at the low back, rise up, then begin opening your heart fully as you expand into a nice even backbend – just to your own safety and comfort. Breathe in the joy of this opening, then fold the backbend into a forward bend and walk hands back to the front of the mat – vinyasa toward 12:00.
9. Now that you have made the full circle, repeat the entire process with the left leg leading you from 12:00, to 3:00, to 6:00, to 9:00 and then back again to 12:00.

## Receive

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

*I see myself and others in new ways.*

**namaste**

