

Take Home Flow 7-11-09

Yoga for Focus

Focusing our mind is a great way to distance ourselves from the chaos of our thoughts. Balancing requires great focus and helps us to stay very present.

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. *I focus on my breath to stay present.*

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 the right leg high in the sky. Step the right foot forward, placing the back foot flat on the ground. Reach up to a powerful warrior one. Bring your focus to your breath so you are not distracted by your thoughts. Feel the powerful energy of this warrior one for a few breaths.
2. When you are ready, step your left foot up to meet the right foot, stepping into chair pose. Stay focused here while you breathe in strength and power.
3. From chair, take an inhale to lift up out of the chair and touch the sky.
4. With your right foot grounded, begin to tiptoe your left foot back. When you feel nice and long, fly into warrior three. Your arms can reach to the front, sides or back – whatever helps you to feel balanced and fly. You might find a little spot on the floor below you that you can fix your gaze on to help deepen your focus. The more steady our mind and breath, the more steady we will be in our body.
5. From the flying warrior, dive down to the standing splits. Let your head hang like a ripe grape on a vine while you reach the back leg up to your own degree. Stay focused on your breath. Breathe with a steady rhythm.
6. Place the right fingers on the floor in front of the right foot and open to the half moon pose – stacking the hips over the right leg and opening heart to the side. Just come to where you can. Once you have enjoyed this balance, return to downward facing dog. Slip in a vinyasa if you want, then repeat the flow on the other side.

Receive

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

*I am deeply focused and present. **namaste***



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