

# Take Home Flow 10-3-09

## Yoga for Feeling Grounded

What does it feel like to be grounded? Try these poses to connect with your center and the feeling of being grounded. In each pose, pay attention to the foundation, the roots. Like any stable structure, the foundation is critical to that stability. Physically, feel your feet grounded. Emotionally, experience the feeling of being grounded. Spiritually, reflect on what gives you your roots in life.

### **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 feel myself present and grounded here.*

### **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 foot in the air, step forward, plant the back foot and reach up to Warrior 1. Feel your feet both hugging the earth to create a grounded foundation. Connect to that feeling for a few breaths.
2. Take hands to the heart and straighten the front leg. With hands now either at the hips, or making a prayer behind your back, slowly explore coming forward to pyramid pose. Keep your firm foundation (you can narrow your stance a bit if needed first) as you extend through the back and spine. Feel how the grounding of the back foot helps you extend deeper into the stretch of your back.
3. Come back up and step forward. Imagine roots growing through your right foot. Once your roots run deep and wide, step up into tree pose. A tree without roots could not stand up to the storms of life. Feel how your own roots help you to stand firm amid challenges.
4. Release the tree pose into a standing forward bend. Feet still creating an important grounding.
5. Step the right leg back, resting it on the mat for kneeling lunge. Create the foundation, then rise up from there.
6. Step back to downward facing dog for an optional vinyasa (not pictured).
7. From downward facing dog, repeat 1-6 with the left leg.
8. After the left side, bend the knees and come to sit on the mat. Extending the legs out, give yourself a moment to feel grounded here. Then begin to let your heart rise up from that foundation, reaching toward the sky.
9. Now, tip the hips forward and reach your body into a seated forward bend. As you come inside this forward bend, allow yourself to reflect on what it feels like to be grounded, what gives you roots in your life, and how feeling grounded creates a foundation in life that helps you stand tall when times get tough.

### **Receive**

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

*I honor my roots.*     **namaste**

