

# Take Home Flow 12-19-09

## Yoga for the Holidays

The holiday season is a time of giving and receiving. In this practice we open our heart to the joy of the season.

### ***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. *As I exhale, I give; as I inhale, I receive.*

### ***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 standing for your flow.

### ***Flow***

1. Step your legs wide apart. Reaching hands behind your back, begin to draw your shoulders back as your front body opens. Feel your heart open to joy as you increase the space in your heart center. Breathe here and let your joy expand.
2. Take your open heart into a forward bend. Tipping your pelvis forward, gently lower down..
3. Take the right hand to the floor. Reach the left hand to the low back. Extend your back and spine longer then begin to twist your heart to the left. Once in the twist, you can reach the left hand to the sky, or leave it at your back. Find what you like best. After this nourishing twist, unwind and repeat to the other side.
4. Take hands to the thighs to lift up. With an inhale, reach your arms wide – a gesture of giving. With the exhale, take hands to a prayer at your heart – a gesture of receiving.
5. Next in breath, reach hands up and out to the sky – giving. Exhale, bring hands again to the heart – receive. Continue with each breath to give and receive.
6. Take hands to the low back for a backbend. Make fists with your hands as you lift higher through the ribcage. Now slowly begin to curve into a broad, balanced backbend. Let your innate wisdom tell you how far is safe for you. What a tremendous heart opening. Let your joy take flight.
7. Carefully come up from the backbend and take hands to the hips to gently fold into a forward bend. Let go, relax and love the way you feel.

### ***Receive***

Close your practice with a few moments in final relaxation, receiving the benefits of this practice of giving and receiving and awakening joy.

*I open my heart to joy this holiday season..*

*namaste*

