

Take Home Flow 1-31-09

Yoga for Inner Strength

Yoga can help us access emotional qualities within us. This flow helps to connect us with our inner strength. In each pose, feel how your inner strength is awakened. Let each breath make you stronger.

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 be strong, may I awaken my inner power.*

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 your right leg to the sky. Step the right foot forward, pressing the back foot into the ground –Warrior One. Lunging into the front knee with arms reaching to the sky, enjoy this pose for a few breaths. With each breath, feel stronger and more confident
2. Step the left foot forward taking you into chair pose. Keep sliding the hips back like sitting in a chair. Sometimes this pose is called “Powerful Pose” – feel the strength at your center
3. Reach to the sky and dive into a forward bend
4. Walk or jump your feet back for a vinyasa – feel your strength as you come to plank or kneeling plank. With that strength, exhale and lower slowly and powerfully down. Inhale and arch up in a little backbend, then with a strong breath, push back to down dog,
5. Repeat on the other side.

Receive

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

I am stronger than the challenges I face. namaste

