

# Take Home Flow 5-23-09

## Yoga for a Joyful Heart

How wonderful it feels to have a heart full of love and joy! This flow opens the heart to create space for pure joy.

### **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 open my heart to joy.*

### **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 seated for your flow.

### **Flow**

1. Take one hand to the heart, the other to the belly. Take a moment to connect to the beat of your heart, the flow of your breath. Bring hands together in a prayer that unites the two rhythms within you.
2. From the prayer, slip onto the knees, inhale and spread arms and heart open wide. With the exhale, bow. Continue to flow with your breath as you open your heart and bow.
3. Fold into child's pose. Take time to feel, breathe and come inside. Press into the hands, curl the toes and lift hips to downward facing dog. Walk feet to the hands in a forward bend.
4. With a big sweep of the arms, inhale all the way up. Lace hands behind the back. As you roll your shoulders back, let your heart blossom into fullness. Breathe in joy, love, and inspiration. When ready, let your open heart lead you into a forward bend. Relax, breathe.
5. With another big sweep of the arms, rise up. Let your arms open wide as if your whole body is making a "Y" to say YES! to joy. Return hands to a prayer at your heart, and open several times to a great big YES.
6. Take hands now to your low back. Lifting with the heart, slowly curve into a sweet backbend. Let this backbend bring your heart to its optimal opening. Drink in several breaths of joy. Neutralize the back bend by once more folding into a forward bend.
7. Finish by repeating step 5 – with your body saying YES a few more times, then ending with a prayer at your heart.

### **Receive**

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

*I celebrate my joyful heart. nāmaḥ śtē*



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