

# Take Home Flow 10-24-09

## Yoga for Letting Go

Yoga is really a practice of letting go. When we can let go of stress and tension in our mind and body, we feel so much better, happier and more peaceful. In this practice, let each moment be a moment of letting go. Let your breath continue to whisper...*I am letting go...I am letting go...*

### ***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. *With each breath, I am letting go.*

### ***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. From standing, gently follow your exhale into a forward bend. Let your back relax and let go. Hang like a rag doll for a few breaths and feel the letting go begin.
2. Take hands to the mat and walk your feet back to downward facing dog. Be gentle – bend your knees a bit. Listen to the whisper of each breath.
3. Step the right foot forward for a lunge with hands remaining on the mat. From here, heel toe the right foot to the right edge of your mat, taking hands inside the foot (not pictured). You might even be able to take forearms to the mat. Find the place in this pose where you are comfortable with the stretch to your inner hip area. Breathe and let go.
4. Now heel-toe your right foot to the left side of the mat for pigeon pose. Gently find your way into the pigeon pose that fits your body. Find where it is an amazing sensation of letting go in your right hip. *I am letting go... I am letting go...*
5. Swing the left leg forward until it meets the right foot. Lift into your inhale, then tip the hips forward to take a forward bend. Relax and breathe.
6. Swing the left leg back again and step back again to downward facing dog. Feel yourself in your body and the lightness of letting go.
7. Step the right foot forward again, bending the knee so the foot comes behind the left hand, knee behind the right hand just like you are entering pigeon.
8. This time, slip the left knee inside the right knee and sit down between the heels. Lengthen again into your inhale, then hook the left elbow over the right thigh and twist to the right. Let your twist spiral from earth to sky. Twisting out stress and tension.
9. After a few letting go breaths in the twist, unwind and step back again to downward facing dog to repeat steps 3-7 on the other side.

### ***Receive***

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

*I am letting go.... I am letting go.... नमोऽस्ते*

