

# Take Home Flow 10-31-09

## Yoga on the Floor

This flow is all on the floor. Doesn't it feel good to stretch out on the ground? You could even do part of this flow in bed in the morning. Enjoy rolling around, stretching and moving on the grounding earth with this flow.

### ***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. *Breathing, moving, stretching allows me to feel free again.*

### ***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 lying on your back for your flow.

### ***Flow***

1. Take a nice, full body stretch. Reach the arms and legs away from each other. Feel good from head to toes.
2. Pull the right knee into your body. Give your right leg a big hug and just relax here.
3. Grab the right foot and let the right knee reach down beside you a little. In this stretch, begin to feel an opening in your hip area.
4. Now open your right leg over to the right side of your body. Continuing to open the inner hip and groin, gently work with your body. Breathe and release tension, stress and tightness.
5. Hug both knees now and rock side to side. When you are ready, repeat the poses above on the other side.
6. Wrap the right leg over the left leg. Slowly twist your legs to the left, then look to the right. Relax your body into this twist. Unwind and repeat the twist to the other side.
7. Ease our way now to a shoulderstand. There are a couple of photo variations here – do it in the way that is safe for you. If you are not comfortable with a shoulderstand, feel free to go right to your final relaxation.
8. Take a few breaths in fish pose to re-open your neck and heart (which were compressed in the shoulderstand) – hands under hips, legs extended – sit on the hands to tuck your forearms under your body. Supported on your arms, let your heart lift to the sky while gently allowing your head to reach back. Come out of the fish pose safely but first bringing your chin back to your body.
9. Enjoy your final relaxation.

### ***Receive***

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

*My body happy, I rest peacefully.*

**नमोऽस्तुते**

