

Take Home Flow 10-10-09

Prayerful Yoga Flow

Yoga is a practice that can take you to your heart. It can inspire gratitude and feel like a moving meditation. In this flow, in all of the posed hold a prayer at your heart. With each breath, whisper a prayer. Please note – my photo archive does not have photos of all poses with a “Namaste” variation – so just keep hands at prayer throughout this flow, despite the photos.

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 this practice flow from my heart, though my body, like a prayer.*

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. Start with a few moments standing in mountain pose with a prayer at your heart. Each breath whispering a prayer.
2. Standing on the left leg, bring the right leg into tree pose to balance. Keeping the hands at the heart, you may only take the foot to the ankle or calf this time to maintain your balance. Balance here, prayerfully, for a few breaths.
3. Step the right foot back to the mat and be in your prayer again.
4. With legs together, prayer still at your heart, sit down into chair. After a few breaths, twist the chair to the right. Keep your prayer at your heart for a few more breaths, then unwind the twist.
5. Stand up to return again to your standing prayer.
6. Standing again on the left foot, launch into warrior 3 (photos shows hands to the front, but continue to keep your prayer at your heart).
7. Step back with the right foot to lunge with prayer at the heart. Find your foundation for a few breaths, then twist to the left, hooking the right elbow over the left thigh. Continue this prayerful moving meditation here for a few breaths.
8. Unwind the twist and step back to the front of the mat to mountain pose to listen to your breath whisper your prayer. Complete the flow again on the other side.

Receive

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

I am prayerful, quiet, and connected to my heart. **ॐ नमोऽस्तुते**

