

Take Home Flow 6-20-09

Yoga for Quieting

This flow is a variation of a Moon Salutation. Where the Sun Salutation is energizing, Moon Salutations are quieting. Moon Salutations typically flow laterally on the mat. Like the Sun Salutation, there are different versions of Moon Salutations. Take your time in this flow – experiencing half moons, crescent moons and a bright, shining star.

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 am winding down.*

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, facing the long side of your mat for your flow.

Flow

1. With feet wide apart, reach arms overhead. Either with hands joined together, or dropping the left hand onto the left leg, reach up and side bend do the left to stretch the right side of the body. After a few breaths, come back to center and take the side bend to the other side. Feel yourself reaching into both sides of the side waist as you stretch.
2. Come back to center. Take hands to the heart, then the hips, then fold forward. Walk hands around to the front of the mat, turning feet as you do. Once you are facing forward, straighten the legs for pyramid pose. Take your time here, stretching into the legs and spine.
3. Once you have enjoyed the pyramid pose, drop the back knee to the mat. Reach up for crescent moon pose. If your back is happy with a backbend, you can take on the crescent shape with your body. Lace fingers overhead like a steeple over the temple of your body. Be luminous.
4. Take hands back to the mat. Walk your way around to the long side of the mat again. With legs apart, point toes to the corners of the mat. Reach into the sky like a star. Slowly, bend the knees and elbows to sink down into Goddess pose. You can squeeze elbows behind you to open front body. After a few breaths, burst up again into a star in the night sky - shine.
5. Take hands to heart, turn feet back to the long side of the mat. Hands to hips, fold forward. Walk your way around to the back of the mat to repeat the pyramid and crescent moon poses again on the other side.
6. Walk back to the center – long side of the mat. Once more take the side bends from step one (this side bend is often called half moon – though different than the half moon pose which balances on one leg). Finally, fold forward to close the flow.

Receive

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

I allow my energy to quiet, my mind to quiet, and my heart to shine. nāmaḥ śīte

