

Take Home Flow 7-25-09

Yoga for a Long Road Trip

Vacation time – if you spend a long day behind the wheel, or even in an airplane, you will enjoy these poses to restore your feeling of balance and vitality. Stop for a break when you can and stretch!

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 pause to breathe and let 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.

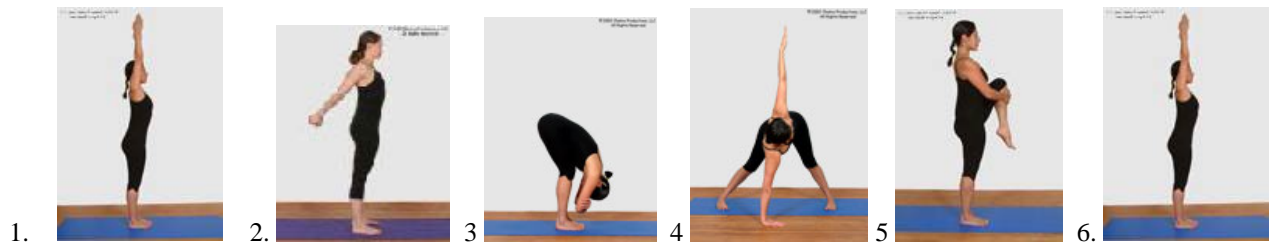
Flow

1. Start by just stretching into your body – moving spontaneously. Often, our body knows what it needs and innately moves just as it should. Trust the wisdom of your body and move as your body leads you. Feel yourself fully in your body again.
2. When driving or sitting for a long time, shoulders round forward and we collapse in on ourselves. Take arms behind the back. Lace fingers together, rolling the shoulders back to open the chest and light up the heart. Take several long, slow breaths here. With each breath, open a little more.
3. After opening the heart, gently fold into a nice, releasing forward bend. You can also stand against your car, leaning hips into the car and folding forward from there. Let your back relax and let go for a nice long time.
4. From your forward bend, take a twist to each side. Another way to twist is to stand sideways to your open car door. Grab the car and twist your body away from the car, using the car as leverage.
5. To further release your low back, lift the left knee up, grab it and give your leg a hug. Repeat with the right leg. Alternatively, you can step one foot up onto the seat of your open car and lunge a little into your bent leg, then repeat with the other leg.
6. Move spontaneously again – loving the return of freedom, vitality and harmony.

Receive

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

I feel so much better – ready for the next leg of my journey . **॥ नमोः ॥**



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