

# Take Home Flow 4-11-09

## Yoga Flow – Spring Cleaning

At this time of year, rain washes the earth and the sun shines to bring new life. What a great time to practice poses that spring clean your body. Twists are great detoxifying poses, so enjoy this practice that twists out toxins and stress from your body, leaving you cleansed and ready for new life energy to burst forth.

### ***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 ready to release those things that block me from being my very best.*

### ***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, come to all fours to begin your flow.

### ***Flow***

1. Come to a full awareness of your spine with cat and cow stretches.
2. Return to a neutral spine. With an inhale, reach the right arm into the air, then exhaling, slip the right arm under the left, coming to the right shoulder. Left arm can stay on the floor, or reach to the sky. Take a few moments here to breath and enjoy the feeling of this twist. Take a few more cat/cow stretches between sides, then repeat the twist to the right.
3. Returning to all fours, step the right foot forward – take lunge or kneeling lunge. Stretch to the sky to lengthen your spine, then take hands to the heart in a prayer. Hook the right arm over the left leg like a vine wrapped around a trellis. Lengthen into your spine and swirl the heart to the left in a twist. Hands remain in a prayer, or extend floor to ceiling. After you've enjoyed this side, either rest on all fours a moment, or slip in a vinyasa. Then step the left foot forward to take the twist on the other side.
4. Come now onto the floor to sit. Extend the right leg, bending the left leg, cross the left foot over the right leg. The right leg can stay extended, or can wrap around to the left hip (pictured). Reach to the sky for lengthening, then hook the right arm over the left leg. With length still in the spine, slowly twist to the left, turning the heart, not just the head. Enjoy, then unwind. Take a moment to center, then repeat the twist to the other side.
5. Finally, come all the way onto the mat on your back. Reach the legs into the air and braid the right leg around the left. Spread arms open wide, then bending knees, roll the legs to the left. Relax into the twists and spirals in your body, Linger a while, then slowly bring yourself to center and the other side – rebraiding the legs the other way.

### ***Receive***

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

*I am cleansed, open and free.*     **namaste**

