

Take Home Flow 8-8-09

Yoga for Inviting Quiet and Stillness

This flow is full of forward bending – poses that calm and quiet us. Forward bends are introspective, reflective and move us into a centered stillness. Remember when taking a forward bend, to tip your hips forward to protect your low back.

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 beginning to quiet my thoughts and still my mind.*

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 seated for your flow.

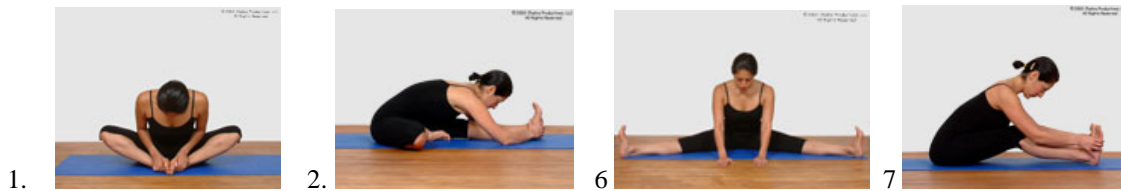
Flow

1. Bring the souls of your feet together, pulling feet as close to the body as you feel comfortable. Sit up nice and tall. Gently fold forward by tilting the hips. With each breath, relax a little more, release a little more.
2. Slowly sit back up and stretch the right leg forward. The left foot snuggles into the right inner thigh. Let an inhale lift you up, reaching arms into the sky. Then with your exhale, tip the hips and fold forward. Relax and breathe.
3. After a few breaths, rise up again, bringing the souls of the feet together again as in step 1. Take your time. No need to rush.
4. Rising up, extend the left leg this time, repeating the pose from step 2 on the other side.
5. Gently return to the souls together forward bend – this time, let your feet come about a foot away from the body for a different opening.
6. Catch the backs of the knees and lift them to spread your legs open wide. Melt into a forward bend here. Feel yourself becoming more and more quiet with each forward bend. Linger...
7. Pull the backs of the knees to bring legs together again for one more forward bend. This time, extend the legs forward. Hips tilting come to where you can relax, breathe and let go. Enjoy the quiet. Feel the stillness. Come inside.

Receive

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

I am quiet. I embrace stillness. I come inside. नमोऽस्ते



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