

# Take Home Flow 5-30-09

## Yoga for Strong Legs

Enjoy this flow that builds strength in the legs so you can stand up tall and move with grace and ease. For a more intense version, hop the feet. For a less intense version, step the feet.

### ***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 welcome strength.*

### ***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 downward facing dog for your flow.

### ***Flow***

1. From downward facing dog, step the right foot forward. With either a straight left leg, or left knee to the mat as pictured, create a foundation and then reach to the sky in lunge or kneeling lunge. Enjoy your body opening here for a few breaths.
2. Take hands back to the mat. Step or hop your feet to change sides. Repeat step 1 on the other side.
3. Take hands back to the mat. Step or hop your feet again to change sides. Reach up again to lunge or kneeling lunge. Then bring hands to a prayer at your heart. Hook the right elbow across the left thigh, lengthen your spine, then twirl your heart to the left in a spinal twist. As before, back knee can be down, or leg straight. Breathe and feel cleansed.
4. Unwind the twist, take hands to the mat, and step or hop to change sides. Repeat step 3 on the other side.
5. Unwind again. Hands to the mat, step or hop to change sides. With hands on the mat, begin to slowly lower and lift the back knee. You can keep hands on the mat, take hands to the thigh, to a prayer at the heart, or up to the sky. Keep breathing. (not pictured)
6. Step or hop, change sides. Repeat the leg lower and lift on the other side.
7. Step or hop, change sides. Pick up the back foot and place it flat on the mat for Pyramid pose. With straight legs, lengthen the spine forward. Find the place the feels like a great lengthening for you. Breathe with steady breath.
8. Last time, step or hop to change sides. Take the Pyramid pose from step 7 to the other side. After a few breaths, step back to downward facing dog.

### ***Receive***

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

*I celebrate my strong body. **namaste***

