

# Take Home Flow 4-25-09

## Yoga for Vitality

This is a great flow to get your energy moving and make you feel vital, alive and energized. Spend a few breaths in each pose. You can take a vinyasa between each pose, or skip it – make this flow your own.

### **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. *May I awaken my vital energy.*

### **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 down dog for your flow.

### **Flow**

1. From downward facing dog, take right knee to the chest as you come forward to plank or kneeling plank (not pictured) – right knee and foot pulling into the body and hovering over the mat. Gather your strength. Then send the right leg into the sky behind you.
2. Step the right foot forward, plant the back foot, and reach to the sky in Warrior 1. Feel the strength and power of this pose as you breathe.
3. Step back again to down dog. Optional vinyasa. Then repeat step one.
4. Step the right foot forward again. This time for lunge or kneeling lunge. Secure your foundation, lift through your center, and let your heart reach to the sky – uplifted!
5. Step back again to down dog. Optional vinyasa. Repeat step one.
6. Step the right foot forward again to lunge or kneeling lunge. Take hands to the heart in a prayer. Hook the left elbow across the right thigh, lengthen and twist your heart to the right. Feel how cleansing the twist feels.
7. Step back again to down dog. Optional vinyasa. Repeat step one.
8. Step the right foot forward one more time. With hands on the mat, pick up the back foot and set it down flat on the mat. Lengthen both legs, lengthen the spine into pyramid pose. Feel the anchoring of the back leg in this pose as you explore length in your legs and spine.
9. Step back to downward facing dog, take a vinyasa, then repeat the series with the left leg.

### **Receive**

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

*I feel alive, vital and free!*    नमोऽस्ते



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