

# Take Home Flow 3-28-09

## Yoga for a Balance – Inside and Out

Stress makes us feel out of balance. Yoga is a great way to regain a feeling of balance inside and out. In this flow you will practice one leg balances, and standing poses that create a sense of inner balance.

### ***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 present to this moment, letting go of anything that keeps me from being present.*

### ***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 standing to begin your flow.

### ***Flow***

1. Begin with a few moments of exploration in Mountain pose. Standing tall. Feel your feet on the ground. Rock front to back, side to side until you find a feeling of balance through your roots. Create a plumb line from ears, through shoulders, down hips and through ankles. What does it feel like to come to a balanced posture?
2. Reaching arms overhead, extend your balanced feeling into the sky. With hands clasped (pictured) or dropping one arm to your side, take a nice, lengthening side bend. Come back to center and reestablish your balance, centered feeling, then take the side bend to the other side.
3. Tree pose – feel your right foot fully grounded as if you are growing roots into the earth. Place the left foot to the ankle, calf or thigh (pictured) of the right leg. With hands at a prayer, find your balance. Balance requires your mind to be completely present in the here and now. Once you find that balance, you can branch your arms into the sky to extend your tree pose.
4. From tree, take the left knee forward, thigh parallel to the ground. Hands may come to a prayer at your heart. Breathe in and out with a steady, balanced rhythm.
5. From here, fly. Extend the left leg behind your body into Warrior 3 pose. Use your arms in any direction that helps you feel most balanced. Get long and soar! Once you have made a safe landing, repeat these balance poses on the other side.
6. Return to Mountain pose. How is this time different than the first? Can you feel a deeper sense of your center now? More balanced inside and out?

### ***Receive***

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

*I am ready, right now, to live in balance and harmony. namaste*

