

vinyasa

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Sthira Sukham Asanam A yoga pose is steady and easeful

one



Set the intention for your practice with *Nadi Shodana Pranayama* (purification of the *nadis*). Allow the flow to be steady, easeful. Breathe deeply and feel your awareness draw inward.

- Rest your left hand on your left knee in chin mudra. Place your right index and middle finger at the ajna chakra (point between the eyebrows). Place your third and fourth finger next to the left nostril, thumb next to the right nostril

- Close the right nostril and inhale through the left nostril.
- Close the left nostril and exhale through the right nostril.
- Repeat from right to left, this concludes one full cycle.
- Continue for 10 cycles.
- Do not strain or force the breath.

two



Come to Samasthiti (Standing Mountain Pose) with the feet together. Lengthen the tailbone down and inhale as you raise your arms toward the sky, into Tadasana Urdhva Hastasana (Upward Hand Pose). Feel the energy flowing up through the legs,

torso, and spine to the crown of the head. Exhale, release the shoulders and arms. Pause and feel the heart centre.

three



Closing the eyes, draw the right foot away from the earth. Feel the breath flowing as your body comes into alignment without the orientation of the eyes. Exhaling, Release the foot down.

four



Open the eyes, soften the gaze. Inhale, lift the right arm and place the left palm at the left thigh. As you exhale, lengthen the tailbone towards the earth; release the torso gently to the left as the hips move to the right, moving into Chandrasana (Moon Pose). Exhale back to Mountain Pose.

five



Inhale your right knee up, holding the knee with your right hand, feeling the expansion across the chest. Bring your left hand to the left hip. Find your drishti (focus-gaze point) bringing the gaze to a point on the floor.

six



Exhale, open the knee out to the side. Strengthen the standing leg and draw the right buttock down and under so that the hips are even.

seven



Inhale, bring the sole of the foot to the inner thigh for Vrksasana (Tree Pose). Feel the action of the foot and thigh hugging in toward the centre line. Release the tailbone down, soften the shoulders. Bring the palms together at the heart, into Anjali Mudra (Greeting Gesture).

eight



Move into Garudasana (Eagle Pose). Inhale, lengthen the spine, exhale as you cross the left arm over the right, and draw the left forearm in front of the right. Turn the palms toward each other, press them together. As you exhale, bend the

left knee and bring the right foot to the top of the left foot. If you feel balanced, bring the right foot across the left leg with the toe to the floor (8a), or draw the right foot behind the left leg and tuck the toes behind the calf (8b).

ten



Exhale the foot down into Upward Hand Pose.

eleven



Step the feet out to hip width apart. Exhale, soften, and roll down. Step back into Balasana (Child's Pose). Breathe here for 10 breaths, feeling the movement of the breath in the back of the body.

nine



Release the arms and inhale the right foot up to Vrksasana (Tree Pose). Bring the fingertips together into Hakini Mudra (Rememberance Mudra) and raise the arms above the head. Keep the elbows soft.

twelve

Repeat other side from Step 2.

Prepare now for deep relaxation in Shavasana (Corpse Pose) allow yourself at least 10 minutes.

Back of the body rests against the floor, front of the body opening, releasing.

Tap into the stillness. Here lies an opportunity to glean wisdom from the practice, to feel, and be fully present with the qualities of sthira and sukham – steadiness and ease.

Take this feeling of ease, joy and steadiness with you. Namaste.