



# WATER

Our bodies are comprised of approximately 60% water. There is enormous power and creativity in the flow of water. Imagine a stream as it flows from the great glaciers. The stream winds its way down the mountain gradually gathering energy and becoming a river, opening into a bay and eventually flowing into the vast ocean. The water seeks the path of least resistance yet it literally has the power to move mountains. In this class, we move with the fluid strength of water.



**Water is the softest thing, yet it can penetrate mountains and earth. This shows clearly the principle of softness overcoming hardness.**

— LAO-TZU



## Meditation/Pranayama

In a seated position, follow the breath in the nose through the back of the throat and into the lungs. As the breath flows through the body, see rivers of prana running through you, bringing creativity, clarity and energy to every cell within.

## Warm Up

- 1 **Easy Cross-Legged**, circle the upper body in one direction several times and then in the other direction
- 2 **Cat—Cow**, circle the ribs and hips
- 3 **Standing Forward Fold**— inhale **Halfway Lift**—exhale **Standing Forward Fold** (ripple the heart forward on the half lift)
- 4 Inhale step back to **Low Lunge**—Exhale step forward to **Standing Forward Fold** (alternate sides several times arms flowing up to the sky on the lunge)

## Sequences

- 1 **Moon Salutations**
- 2 **One-Legged Downward Facing Dog**, circle the lifted leg (lubricate the hip joint with this motion) —**Lizard**—**Pyramid**—**Revolved Triangle**—**Yogic Squat** (stay soft in the joints)
- 3 **Warrior 2**—**Reverse Warrior**—**Extended Side Angle**—**Reverse Warrior**
- 4 **Warrior 2**—**Triangle**, create big circles with the upper arm (imagine that you are trailing your fingers through a stream as you pass by the floor)
- 5 **Half Moon**—**Standing Split**—**Seated Spinal Twist**

## Cool Down

- 1 **Easy Cross-Legged Pose**, baby cradle the top leg—**Double Pigeon**
- 2 **Seated Wide-Legged Forward Fold**—**Head to Knee**—**Cobbler**
- 3 **Bridge**
  - inhale, lift hips and arms overhead, exhale lower hips and arms by side (coordinate full belly breathing with the movement)
  - sway knees side to side with feet wider than the mat

## Final Relaxation

As you settle into Final Relaxation, open your mouth and take several slow breaths. Go back to the image of the rivers of breath flowing through the body, cooling it down, and clearing away any remaining resistance in the body.