



THE FIVE ELEMENTS
EARTH - WATER - FIRE (SUNLIGHT) - AIR (WIND) -
ETHER (SKY, SPACE, SPIRIT)

ASANA	<p>shoulder shrug w/ sigh release neck Namaste!</p> <p>SPIRIT Head on Block / Child's Pose w/ head on fists</p> <p>EARTH Comfortable Cross-Legged Seat w/ awareness to sits bones (Kaki breath on exhale) Toe yoga w/ foot massage Mountain (Supinate and pronate feet. Then ground all 4 corners of feet. I E w/ awareness of earth energy) Mountain → Chair → Forward Fold w/ block, w/out block (Ground all four corners of feet.) Tree (Supinate foot, and then ground under big toe.) Warrior 1 w/ prayer hands (Supinate back foot. Ground inner heel.) Down Dog (Walk hands wide. Walk feet in. Walk feet wide. Tiptoes. 3 Legged Dog) Plank</p> <p>WATER Tabletop → Hero → Hero's swaying waves Dolphin (move w/ breath) Bridge (arms overhead, move w/ breath) Cobra (dynamic w/ hands under chin, move w/ breath) Cat / Cow (move w/ breath) Child's Pose w/ wide knees</p> <p>FIRE Down Dog w/ Twist (Draw awareness to Solar Plexus.) Sunbird w/ lunges (Find line of energy radiating from Solar Plexus through fingers and toes.) Half Sun Salutation (I up, E fold, I lift, E fold, I up, E Namaste) Half Sun Salutation (E fold, I chair) Revolved Chair (Draw awareness to Solar Plexus.) Warrior 1 w/ temple hands and torso straight (Breathe into Solar Plexus.)</p> <p>AIR Warrior 1 w/ chest opener (Let energy rise to heart center.) Child's pose w/ hand on sacrum → lift up Half Camel → Camel (Draw awareness to heart center lifting.) Puppy Stretch w/ interlaced fingers and forearms raised. Reverse Plank Supported Bridge w/ block under hips Bricklayer's Rest w/ block under ribs and head (Let energy rise to heart center lifting.)</p>
RELAXATION	<p>Contract / release Directed breath</p>

www.yougoyoga.net

Click on *Student Resources* → *Home Practice*. Password: *ygystudent*