

	<p style="text-align: center;">GO WITH THE FLOW</p> <p>When life heats up, go with the flow and connect with the power of water. Water is soft enough to flow around obstacles yet strong enough to erode the sturdiest boulder. Move through this practice fluidly as you focus on the ocean sounds of Ujjayi Pranayama.</p> <p><i>"Nothing in the world is more flexible and yielding than water. Yet when it attacks the firm and the strong, none can withstand it, because they have no way to change it. So the flexible overcome the adamant, the yielding overcome the forceful. Everyone knows this, but no one can do it." –Lau Tzu, founder of Taoism</i></p>
<p style="text-align: center;">PRANAYAMA</p>	<p>Ujjayi Pranayama: Say "haaaa" as if you were fogging a mirror. Close the mouth and continue the sound through the nostrils on the inhalation and exhalation. You will feel the back of the throat lightly constrict and hear the sound of ocean waves. Continue with long deep breaths.</p>
<p style="text-align: center;">MUDRA</p>	<p>Shanka Mudra: Hold the left thumb in the right fist. Lay the left fingers of the right knuckles.</p>
<p style="text-align: center;">WARM UPS</p>	<p>Sun Breaths → Lateral Sun Breath (i both up -> e both down -> i left up -> e left down -> i right up -> e down: end i both up -> e prayer) Prayer Hands → fingertips to shoulders (i extended prayer -> e prayer -> i extended prayer -> e fingertips to shoulders) Cat → Cow → (i cow -> e cat -> i cow -> e curve right -> i cow -> e curve left) Lateral Twist (i center -> e feet and nose to right -> i center -> e feet and nose to left) Fire Hydrant → Tiger Lunge (i leg up to side -> e leg down -> i leg back -> e knee to nose) Sunbird Seated Dolphin</p>
<p style="text-align: center;">ASANA</p>	<p>Water Wheel Bridge Warm-ups → Bridge (or Fish) Cobra (dynamic, then hold) → Full Cobra → Upward Facing Dog Mountain Pose Dancer 5 Pointed Star Wide Legged Squat → Elephant (i cactus arms -> e fists -> i fingers open -> e Elephant) Warrior 2 (i center, wide arms -> e W2 -> i center -> e release arms: end e W2) Warrior 2 → Dancing Warrior (i DW -> e W2: end i DW) Dancing Warrior → Side Angle Pose (e SA -> I DW) Triangle Goddess (i straighten legs w/ arms overhead, -> e Goddess) (i cactus arms -> e rotate r arm down -> i cactus arms -> e rotate l arm down) Dynamic Camel Vishnu's Wave Wide-Legged Forward Fold Wide Legged Forward Fold dynamic variations Bound Angle Pose Turtle Blossoming Lotus Boat</p>
<p style="text-align: center;">COOLDOWN</p>	<p>Seated Twist Peanut Butter Jar Knee to Chest Sacrum release Reclined Cow Face pose</p>
<p style="text-align: center;">RELAXATION</p>	<p>The Wave of the Breath <i>Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world. - Hans Margolius</i></p>

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