

Embodying the Light

Sequence

Standing:

Mountain

Shoulder Rolls

Arm Circles

Neck Stretches and Rolls

Swinging Twisty Twist

Namaste Sweep (sweep energy from heaven to earth)

Settling the Chi

Pillars of Heaven (scoop energy from earth and offer to heaven)

Piercing Earth and Sky (opens up the side)

Wise Owl Looks Behind

Passing Clouds

Bear

Brushing Earth and Sky (drawing from sky, down back of body, to earth)

Deer

Giving Out, Pulling In Energy (slider rocker)

Eagle

Mountain

Namaste Sweep

Floor:

Cow-Cat

Seated Forward Fold

Both Knees to Chest

Figure 4 Hip Opener (ankle on knee and open knee)

Single Knee to Chest and open out

Bent Knee Twist to side with palms down

Savasana and Chakra Lighting Meditation