

Yang Flows in Yin Practice



borrowed from Bernie Clark

<http://www.yinyoga.com/>

1) The Three Part Daoist Breath

If it is available, choose the Seiza style sitting position (Vajrasana) where you are sitting on your heels, but if that is not going to work, just sitting cross-legged.

Let your hands rest at your side and exhale.

On the first Inhale lift your arms up over your head

As you exhale, bring your hands behind your head and push them out to the sides of the room. This is a stiff, muscular movement. You may drop your head a little.

On 2nd inhale, bend the elbows bringing fingers to the shoulders. Lift your heart, fill your lungs and look up slightly.

As you exhale, push your palms forward, with stiff fingers and hands: as your hands go forward, round your back bringing your chin to your chest.

On the 3rd inhale, turn the palms up, reach your straight arms up and over your head, arching your back and looking up to the sky

As you exhale, fold forward into Child's Pose, with your hands on the floor beside your feet, palms down, flat on the floor.

Roll up to sitting on your next inhale and begin the cycle again with that same breath.

Repeat 4 times, ending in Child's Pose each time, but for the final Child's Pose, keep your arms stretched out in front of you, like a deep pranam, salaam, prostration. From this position you may choose to flow into other postures: Cat's Breath, Tadpole/Frog, etc.

2) Mini Sun Salutations

Sit in seiza, kneeling, with hands in Anjali mudra at the heart

INHALE: rise onto your knees, swoop the arms overhead and look at the space between the hands

EXHALE: salaam or extended child's pose

INHALE: cow

EXHALE: cat

INHALE: cow

EXHALE: bring back to neutral and press into down dog

INHALE: drop to your knees, drop the pelvis and lift into cobra

EXHALE: salaam

INHALE: rise onto your knees, swoop the arms overhead and look at the space between the hands
EXHALE: seiza, kneeling, with hands in Anjali mudra at the heart

3) Cloud Salutations

Beginning: Come into mountain pose (Tadasana). Bring your feet together and root them into the earth. Hug your thighs together and lift your crown to the sky. Press palms together at elbow level in anjali mudra (prayer). To help with your balance throughout the flow, focus your eyes at eye level far in front of you on one spot that isn't moving, or at a spot on the floor. Exhale completely, and smile.

First Movement: Begin to inhale, and then spread your arms wide like wings, raising them high over your head. Bring your palms together, and reaching as high as you can, complete the inhalation, pause ... and smile again.

Second Movement: Begin to exhale, and then slowly lower your palms down the center of your body, while at the same time lifting your right knee up to your chest. Empty your lungs as you pause briefly, with your palms just above your knee.

Third Movement: Begin the next inhalation, and again spread your arms wide and up to the sky, while you lower your right foot slowly to the floor. Be aware that your foot will want to descend faster than your arms will lift: synchronize the movements so that the hands touch at the same instant your foot touches the floor. Complete the inhalation, and pause slightly.

That's all there is to this lovely salutation. Keep repeating the flow, alternating sides, and when you are done, return to your mountain; close your eyes, and feel the flow still moving inside you.

4) The Golden Seed

Part one:

Stand with feet about 3 feet apart, toes pointed slightly outward, arms at your side

Inhale as you circle the arms up over your head

Exhale as you push your palms to the sides of the room, arms strong and straight, turning your feet out and draw the knees back so that they point over the toes

Inhale as you hold this Goddess position

Exhale as you straighten your legs and square up your feet and fold, bringing hands to the floor. (This is called the "elephant lays his trunk on the ground.") Place your right palm on the floor so that the fingers face the left foot, and turn your right foot out at a 45 degree angle

Inhale as you twist to the left and raise your left hand up to the sky

Exhale as you switch sides: place your left palm on the floor so that the fingers face the right foot, and turn your left foot out at a 45 degree angle

Inhale as you twist to the right and raise your right hand up to the sky

Exhale as you bring both hands to the earth, turn the palms up, finger tips touching, and squat down so that your hips are the same height off the floor as your shoulders

Inhale as you stand up, straighten the legs and draw your hands up to the heart level, keeping the palms facing up and fingertips touching

Exhale as you squat down, keeping fingertips together turn the palms to face the sky, and push your hands high above you, arms straightening

Inhale straighten your legs standing tall with the arms still over your head

Part two:

Exhale as you fold into the Dipping Bird: head down to the earth but arms up in the air behind your back like wings.

Inhale to the Rocking Horse: squat down but bring your arms up in front of you, elbows bent, wrists relaxed, as if you were holding the reins of a horse

Exhale as you fold into the Dipping Bird: head down to the earth but arms up in the air behind your back like wings.

Inhale as you stand up, knees soft (bent a little), arms rising up in front of you, also soft, wrists relaxed, until the legs are straight and arms over your head

Exhale as you fold your wings: bring your hands to the heart center

Pause for one full breath and begin again.