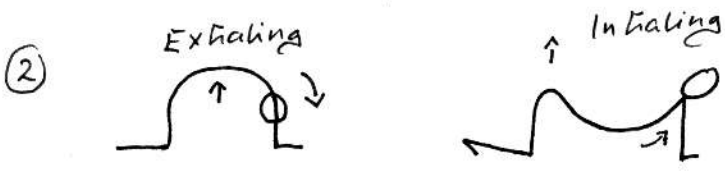
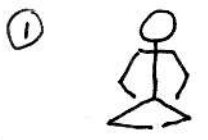


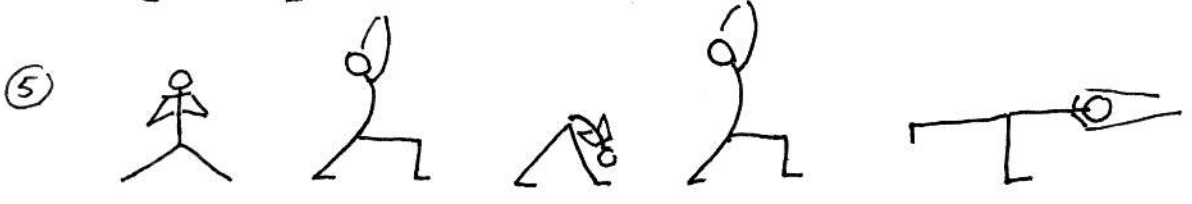


# ENERGY BOOST

VYANA - all pervading  
Prana → JOY  
↓ → ENTHUSIASM  
"CAN DO" ATTITUDE



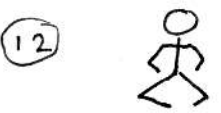
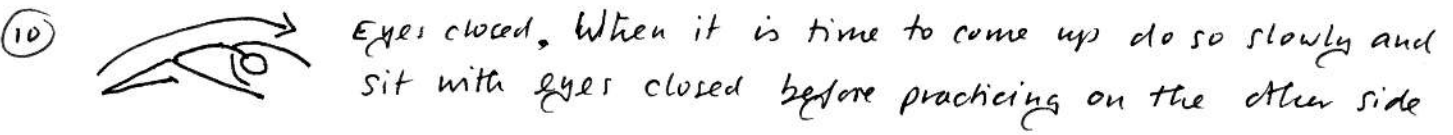
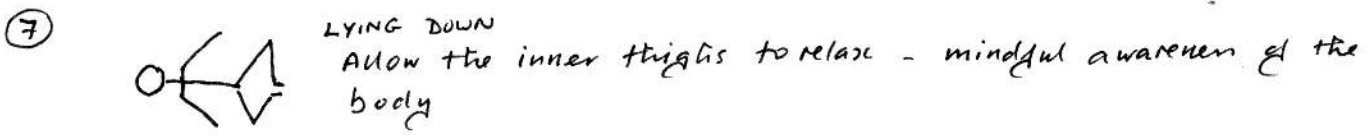
Repeat sequence several times, focus on the energy flowing - movement and breath



Repeat sequence with other leg



Repeat sequence with other leg



# ENERGY BOOST



## My Musings

We have a wonderful gift of Prana, life force, energy. It is available from the food we eat and the air we breathe. Ancient texts tell us that there are 5 different Junctions of Prana: Uddana (expressive), Samana (nourishing), Prana (vitalising), Apana (cleansing) and VYANA (expansive). Vyana means all pervading, it is centred at anahata, the heart centre and pervades throughout the body providing support for other Junctions of Prana. Vyana could be likened to our discretionary spending, our extra, which enables us to go beyond survival and truly engage in life.

If life is a bit ho-hum, or you want to summon up some more energy to complete a project or feel more inspired, then this practice is for you.

It is especially effective if practiced during the time of the waxing moon, which is a time of increase; a time to direct our energy to anything we want to create, promote or expand.

## On the Mat

Pranayama: Breathe through the chakras  
Inhale attention to Mooladhara; exhale energy to Mooladhara  
" " " Svadistana; " " " Svadistana  
etc. through Manipura, Anahata, Vishuddhi, Ajna & Sahasrara  
Then breathe back down through the chakras

## Asanas:

Cat curls - follow the breath and the energy along the spine

Down dog, child, baby cobra, down dog vinyasa sequence - movement and breath

From down dog walk hands back to feet and hang in a forward fold

Inhale to Tadasana hands in prayer.

Inhale arms up and bring hands to prayer above the head.

Bend to the side, Nittambasana. Keep weight equally on both feet

Focus on expanding the sides of the body - joy, celebration!

Both sides, then rest in forward fold

Step or jump legs wide apart (about leg length) and bring your hands to prayer position at the heart. Connect with your energy at the heart centre.

Turn feet into Warrior 1 keep the hands in prayer position as you raise them overhead. Tuck the tailbone under and feel the pose as a front-stretch rather than a back bend, the heart opening and overflowing with prana.

Straighten front leg, and take the arms behind you in prayer position - Inhale and lengthen then exhale, allowing down to Parsvottanasana - strong legs rising up from the earth, torso flowing down like a waterfall. Rise up and return to Warrior 1.

From Warrior 1 move with confidence and trust into Warrior 3, pushing back with the heel of the raised leg and extending the energy from the heel to the fingertips. Step back to legs apart and hands at prayer - breathe, and when you are ready, repeat on the other leg, ending the sequence by standing with feet wide apart, hands on hips and folding forward to rest.

Turn feet for Warrior 2, Reverse Warrior 2 and Side Angle pose - Repeat on other leg.

Lying down in Supta Badha Konasana (on back, soles of feet together, knees towards floor, arms out to the sides).

"BE EXPANSIVE"

Move into Banu Door and then practice some lying twists

Our 'apex pose' in Pavitta Janu Sirsasana

As you move into this pose close your eyes and bask in the flood of energy pervading the whole body.

### Relaxation

Visualise a ball of white light at the heart centre, brightening with each inhale, expanding on each exhale... move beyond the boundaries of the physical body ....