





A GROUNDING PRACTICE


For when you feel scattered and 'all over the place'

①  ↓ sitting bones connected to the earth
Breathe 'into the belly' - slow, smooth exhalations

②  Allow head to move from side to side with a slow long breath. Sink deeply into the floor.

③  HAPPY BABY ④  LYING TWISTS ⑤  CHILD

⑥  5-10 BREATHS
FEEL THE WEIGHT EQUALLY ON ALL FOUR HANDS/FEET



⑦  3 LEGGED DOG -
PUSH HEEL TO THE FLOOR REPEAT ON OTHER LEG

⑧  REPEAT ON OTHER SIDE


KEYS TO BALANCING:
① FOCUS - MIND and EYES
② BREATHE!
③ SPREAD TOES - CONNECT WITH THE EARTH
④ USE CORE MUSCLES
⑤ ENERGY MOVES UP & DOWN

⑨    REPEAT ON OTHER SIDE
GROUND DOWN THROUGH BACK HEEL

⑩   REPEAT ON OTHER SIDE

⑪   INHALING UP THE SPINE
EXHALING RELEASING THE INNER THIGHS, ALLOWING THE KNEES TO SINK TO THE FLOOR.

⑫  Relax for 5 minutes
Feeling connection to the earth

⑬  "I am safe and serene supported by Mother Earth"

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My Musings

When we are grounded we know where we stand and we stand firm. We know our values and our standards, we live in integrity. We have our boundaries in place. We have a 'Don't Do list' as well as a 'Do list.' When we are feeling scattered and unfocused and overwhelmed it is often because we have temporarily lost sight of our 'values' - what is most important to us. By standing still and connecting to the earth we can return to integrity.

On the Mat

Pranayama - Spend some time finding a comfortable seated position. Connect the sitting bones to the earth, allow the thighs to connect with the earth. (Use a block or cushion to sit on if this helps). Watch the breath, with attention but no judgement. Find out how you are really feeling. Then begin to deepen & lengthen the breath - with control but not force - Allow the breathe to smooth out and flow deeply down towards the belly.

Asanas

Lie down in Shavasana, as you breathe allow the head move from side to side, exhaling the ear towards the ground. Feel yourself to be of the earth; let the natural expression of the earth permeate the body. Pull your knees into your belly, take hold of the outside of the feet and draw your knees towards your armpits - Happy Baby let your back be broad and long, feel the spine and the sacrum unfurling into the earth. Move into Lying Twist - shoulders firmly connected to the earth, chest wide as you exhale your knees towards the ground. Rest back in Child's Pose - Breathe and feel your body from the inside.

Exhale into Downward Dog - grow your hands and feet into the earth as if they could grow roots. Shift your weight until you can feel it evenly into your hands and feet. Pull your thigh bones to the backs of the legs so that you feel you have to reach your arms forward for them to stay connected to the ground. Let your neck be long. Can you draw nourishment up from the earth? In 3-legged Dog push the grounded heel even further into the earth. Walk the hands back to the feet and hang down in a forward fold

Rise up to Tadasana. Tadasana is the foundation for all our standing poses. Stand strong and firm, drawing the energy up the legs, strong core, wide open heart, soft eyes, steady breath.

BE a tree in Tree Pose. Keep that Tadasana feeling.

Move through a vinyasa of Warrior 2, Reverse Warrior and Triangle.

Spend several breaths in each asana. These standing poses can teach you to connect to the earth and draw the energy up into your body. Imagine yourself as a Peaceful Warrior strong, steady, focused and fluid. Keep your face and eyes soft, your breathing steady and calm.

Sitting down in Dandasana (Rod Pose) pulse your legs into the ground while your upper body, belly, chest and shoulders stay supple and light. Move into Janu Sirsasana

Bend one knee, bringing the foot close to the groin, align your hips to face forward, extend the torso out of the waist on the inhale and flow forward on the exhale, feel the release of the spine, including the neck.

In Badha Konasana let your legs float down like lily pads as your body rises up. Then lay back and utterly surrender yourself to the earth in Supta Badha Konasana

Slide your legs straight and out to the sides and sink into

Shavasana

Relaxation

Be held in the arms of Mother Earth. Complete surrender, complete restoration

"I am safe and secure in the arms of Mother Earth"