

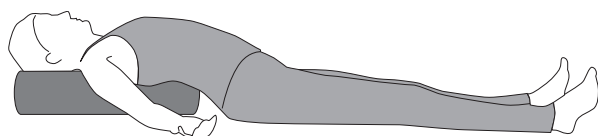
Mother's Day Revitalizing Practice

This sequence helps us find our spiritual expression of the authentic feminine within.

“A Mother wraps her love around the heart of her child, keeping each beat steady through the rhythm of life, until wings take shape and it's time for the soul to take flight.”

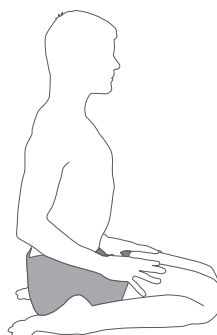
—Christy Ann Martine

We all need time for deep rest in order to renew. As we support the poses, our bodies begin to release, our breath deepens, and our minds begin to quiet. This internal focus deeply nourishes our Yin energy—our deep reservoir of feminine power. Belly-down backbends connect us with the earth and our nabhi centers—our first place of contact with our mothers and source of divine nourishment. It is through our connectedness to this core that we restore and replenish.



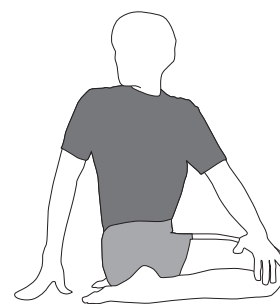
1. Matsyasana

with support and upper thighs bound



2. Virasana

with Urdhva Baddha
Hastasana arms

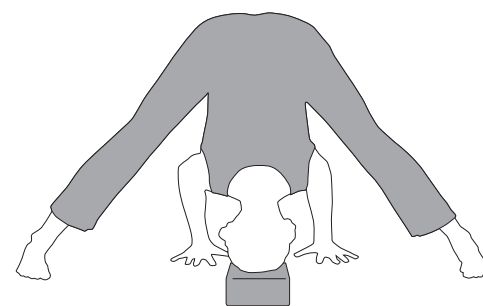


3. Parsva Virasana



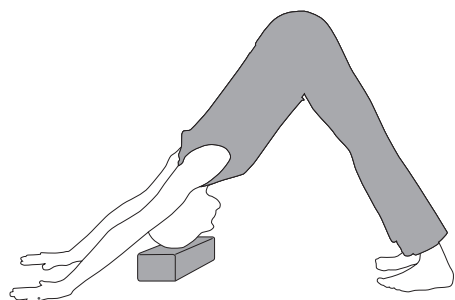
5. Tadasana

with strap above elbows
and palms pressing
along spine
(walk palms up)



6. Prasarita Padottanasana

1. Ardha Prasarita Padottanasana
with same strap/arm action as Tadasana
2. Parsva Prasarita Padottanasana
3. Prasarita Padottanasana
with block under head
(illustrated)

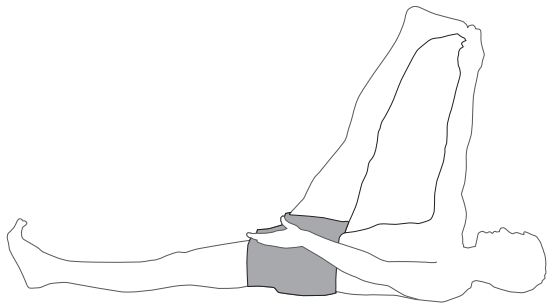


4. Adho Mukha Svanasana

with block or bolster under head
and block between upper thighs

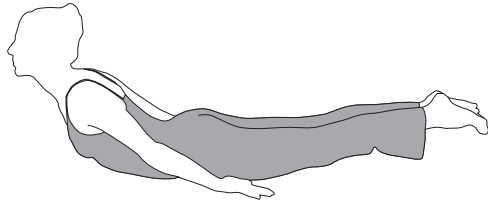


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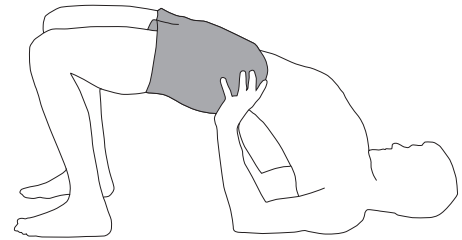
7. Supta Padangusthasana Series

1. Supta Padangusthasana I (illustrated) with strap
2. Supta Padangusthasana II with strap
3. Supta Padangusthasana III with strap
4. Prone Supta Padangusthasana II with strap



8. Shalabasana

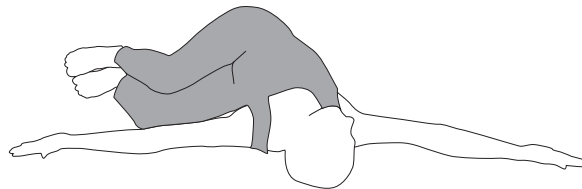
with bolster under feet



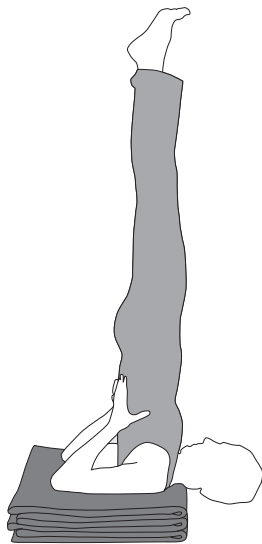
9. Setu Bandha Sarvangasana

with feet raised on blocks

1. wrap fingers around mat
2. use belt around shins to further externally wrap upper arms
3. use strap (above elbows), wrap palms along pelvis, lift one leg

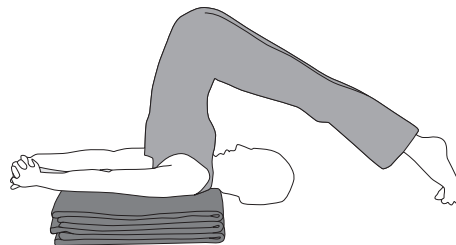


10. Jathara Parivartanasana



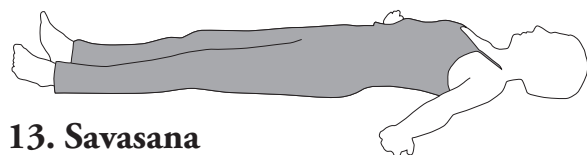
11. Sarvangasana

or repeat Setu Bandha



12. Halasana

with optional Karnapidasana—
listen to oceanic echo of breath



13. Savasana

with support



14. Pranayama

with Sanmuki Mudra to close the six gates of perception to create a state of pratyahara for meditation

15. Closing Meditation

may this be self-soothing and radiant, bathing your being in the light that you are

