



PRACTICE TO BALANCE YIN & YANG ENERGY

This practice targets the compact connective tissue surrounding the hips, pelvis and lower spine. It brings a full and powerful flow of prana into the depth of your belly.

Take your time in the movements, don't rush. Rather slowly expand from the inside-out by breathing into your more yang, outer musculature.

Be sure to bring the Yang chi down into your Hara (lower belly) from above and bring the Yin energy upward from your feet, quadriceps and pelvis.

Both rising and descending currents should meet in your Hara.

Use SATYA and Prajna's restorative yoga to touch into stillness.

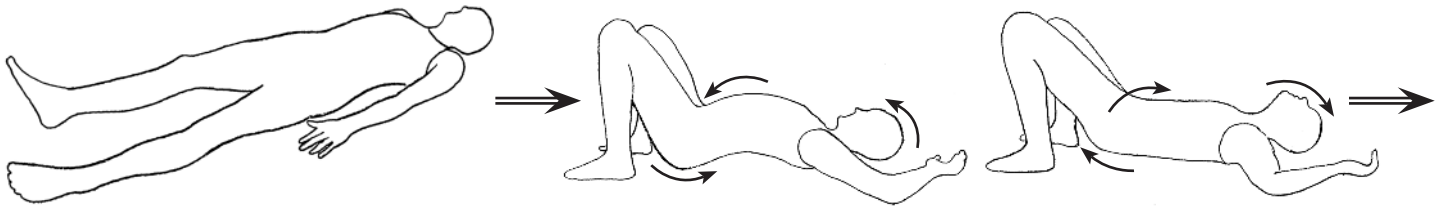
Permit yourself to rest deeply so that it serves as an antidote to the buzz and hum of life's outward activities.

Use your restorative practice to create wide open space inside.



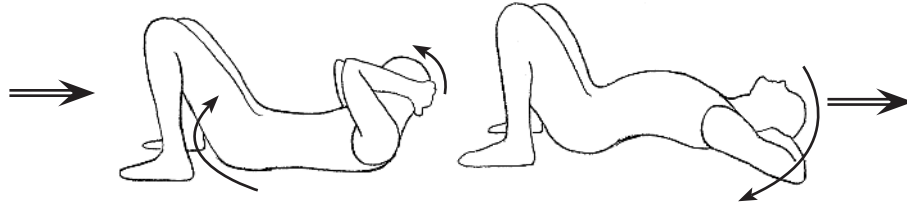
SATYA Movements – foundational sequence
Sukhasana – seated position
Supta Eka Pada Sukhasana – reclining log pose
Supta Gomukasana – reclining cow face pose
Supta Garudasana- reclining eagle pose
Adho Mukha Svanasana – step forward into pigeon pose
Eka Pada Rajakapotasana – sleeping pigeon pose – move back into
Adho Mukha Svanasana
Supta Padnagusthasana – 1, 2, 3 reclining hand-to-big toe pose
Seated Gomukhasana – forward fold
Virasana – hero’s pose
Urdhva Paryankasana – couch pose
Supta Virasana – reclining hero’s pose
Dandasana – staff pose
Baddha Konasana – bound angle pose with support upright and folded
Upavistha Konasana – wide angle seated forward fold upright
Parva Upavistha Konasana – seated side stretch pose
Upavistha Konasana – wide angle seated forward fold
Baddha Konasana – bound angle pose forward fold
Siddhasana – accomplished pose
Viparita Karani – legs up the wall pose

Foundational SATYA Sequence



Śavāsana

Spinal Undulation I

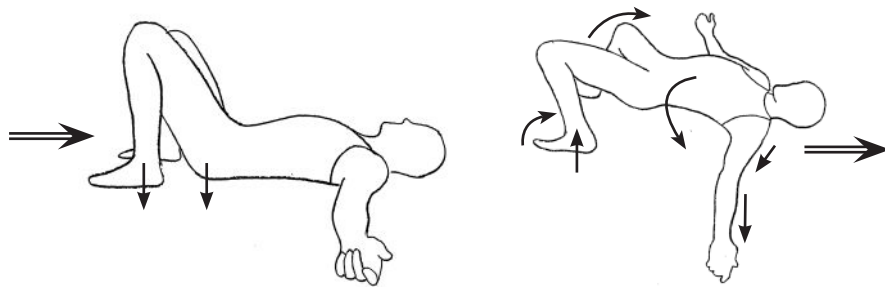


Spinal Undulation II

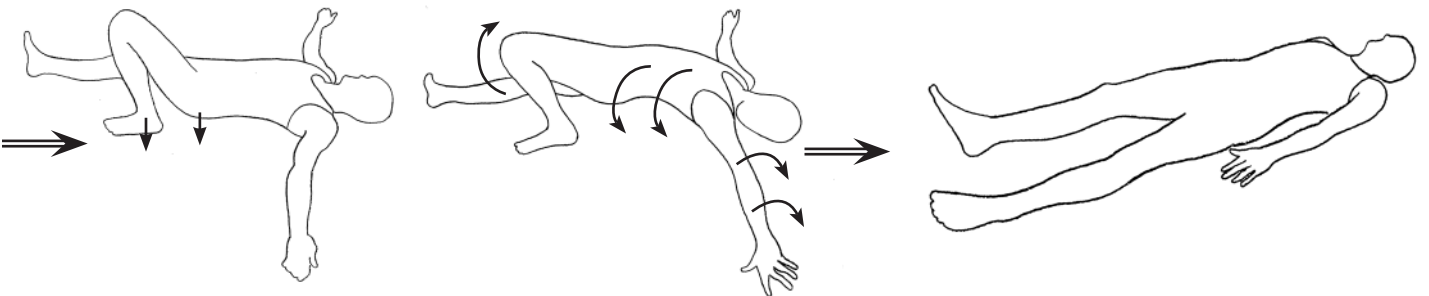


SI Release I

Side Body Release I

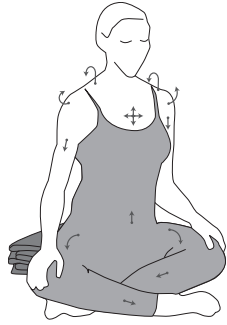


Unwinding II – Windshield Wipers

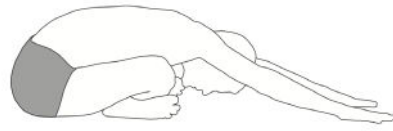


Unwinding I – Wringing the Organs

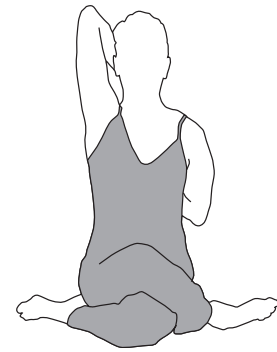
Śavāsana



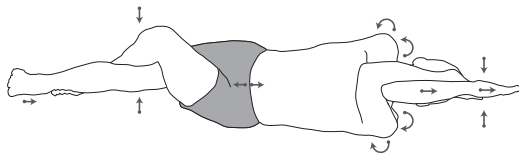
Sukhasana



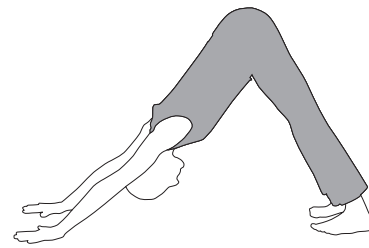
Adho Mukha Sukhasana



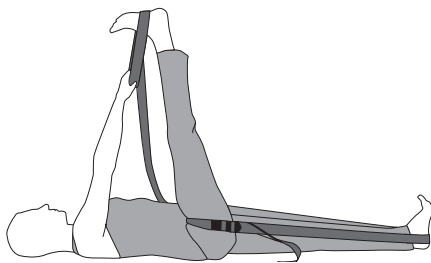
Supta Gomukasana
(reclined)



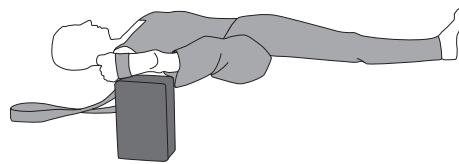
Supta Garudasana
(reclined)



Adho Mukha Svanasana
(step to pigeon pose)



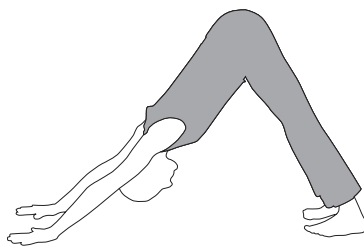
Supta Padangusthasana I
(3 mins each side)



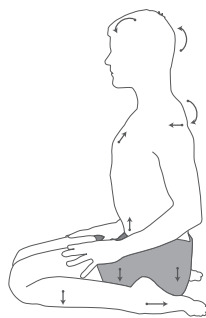
Supta Padangusthasana II
(3 mins each side)



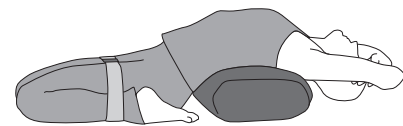
Supta Padangusthasana III
(1-2 mins each side)



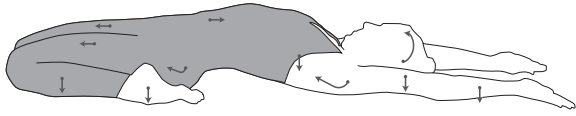
Adho Mukha Svanasana



Virasana



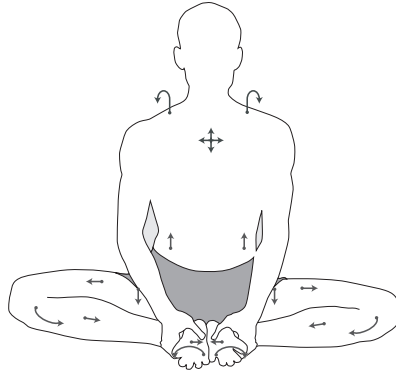
Urdhva Paryankasana



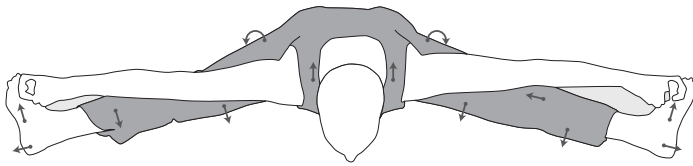
Supta Virasana



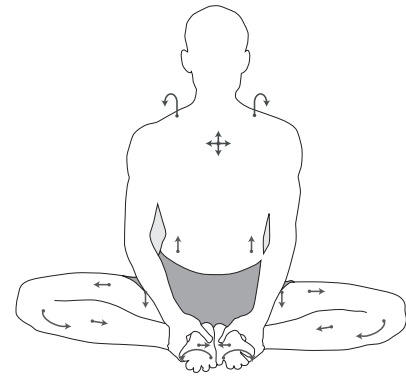
Parivrtta Janusirasana



Baddha Konasana



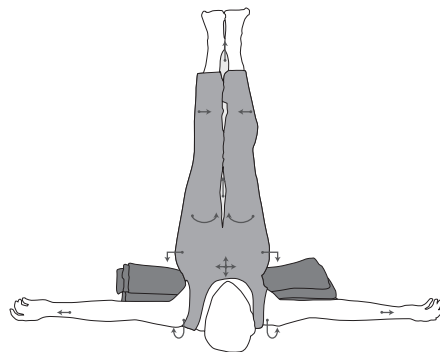
Upavistha Konasana



Baddha Konasana
(forward fold)



Siddhasana



Viparita Karani