



November 2016

Grounding Yoga Sequence

To keep you feeling grounded and your energy flowing

www.jakyoga.com

© Jackie Kinealy 2016

Child's Pose. Begin with your knees wider than your hips and arms extended in front of you. Press your palms into the ground to feel a solid connection here.

Rock up and down to Table. Keep your palms pressed strongly into the ground. On your inhale, lift your hips away from your heels and come into Tabletop Pose, with your hips over your knees. Then, exhale through your mouth like you are fogging up a mirror. Repeat the Child's Pose to Table flow with the same breath. After a few rounds, seal your lips but keep the same tone in the back of your throat as before. This is *ujjayi pranayama*.

Cat and Cow. Come to tabletop. With an inhale, drop your hips forward, lift your chest and your chin for Cow Pose. Exhale, with palms pressing firmly into the mat, to curl your tailbone under, lift your mid-back toward the ceiling, and draw your shoulder blades apart. Focus on keeping a strong connection with the ground through your arms and hands. Close your eyes and flow Cat and Cow with your breath.

Big, Wide Downward-Facing Dog. Walk your hands six inches forward, tuck your toes and lift your knees and hips. Press your hips toward the joint between the wall and the ceiling behind you. Again, keep your palms firmly rooted into the ground by pressing into your knuckle mounds, knuckles and fingers. Try stepping your feet and hands wider than you normally do in this pose. Take five to ten *ujjayi* breaths.

Low Lunge. Step your right foot forward in between your hands. Keep your hands on the ground or on two blocks, and rock back and forth by straightening your right leg and pressing your hips back on an exhale, then bending forward again with an inhale. Take about five breaths. Then do the left side.

Downward Dog Lunge. Step your right foot forward again, a little wider this time. Extend your arms out long, just like in Downward Dog, inside your right leg and out about 45 degrees. Your palms will be off to the side of your mat. So the upper half of your body will look like Down Dog and the lower half will look like a lunge. Stretch here for about five breaths. Then do the left side.

Forward Fold. From Downdog, hop or step forward to a Forward Fold. Your feet should be under your front hip bones. Imagine that all the weight in your body is melting down your legs into your feet. Relax your neck and keep your knees soft.

Mountain Pose. Keep your weight dropped down into your feet. With an inhale, hinge from your hips to stand up. See if it feels more solid here to have your feet out a bit wider than the hips. Close your eyes. Press into the ground with your feet and notice if you feel a subtle lift through your crown.

Continue. Repeat this sequence from Mountain Pose by exhaling to Forward Fold, inhale half way lift, exhale to Downward Dog. Follow the breathing and movement cues above for the lunges. End by sitting in Easy Pose or lying down in Corpse Pose for five minutes.