



## LifeForce Yoga Integrated Practice

Permissions: Adjust as needed; 4:4 Count breath if you need to build more energy; 4:6 Count breath if you need to calm; Feel free to stay in a pose, to modify a pose, or release.

Class intention: Calm Strength

*“A calm mind allows us to see with clarity that we already have the strength we need.”* – Rose Kress

Seated Centering with sankalpa and Hakini Mudrā with OM

Seated spinal circles with OH, OO for hips

Seated side bend with AH, EH for heart

Seated twist with OH, OO, AH, EH, EE

Seated directing awareness

Table → Sunbird

Flying Cow with NA MA HA, bowing to that which is highest within

Sphinx with V-V-V-VAM

Cobra with RAM

Down dog

Uttanasana with AH, EH, EE

Tadasana with I AM HERE breath and re-inviting sankalpa

Urdhva Tadasana with LAM, VAM, RAM, YAM, HAM, OM, NG

Warrior 2 with RAM → Dancing warrior with YAM → Warrior 3 with OM → Tadasana with directing awareness and sankalpa → repeat 2<sup>nd</sup> side

Prasarita Padottanasana with NG x3 + 6 breaths

Tadasana to cue to sensation

Malasana with OH, OO → Crow

Flow

10 breaths to give yourself what you need as you make your way to your back

OR

2 – 4 minutes to flow

Yoga Nidra or Relaxation