

Yoga Tools for Rebalancing Big Energy

Raise/Release Lower/Calm

Midline

Volcano (extension)

Stand, feet aligned with shoulders, begin to shake the feet and legs; gradually the whole body. Inhale arms overhead. Exhale, squat & stretch arms out to sides and down; exhale with "HA."

Balloon Breath (flexion)

Sit with a tall spine. Lift your arms out to the sides and overhead as you breathe in. As you breathe out bring your palms together and lower your arms down the center line of your body. 3-5 times.

Invert



Stand, feet wide apart.
Inhale, stretch arms
overhead & clasp hands.
Bend knees. Exhale forcefully and
fold forward at the hips like
chopping wood. Inhale upright
and continue for 30-60 seconds.



Place hands in front of shoulders on floor or wall. Breathe in and straighten arms. Exhale and bend knees. Walk feet back, bending at the hips; hips remain over ankles, knees bent, lengthen your spine. Breathe deeply for 5 breaths.

Cross Body



Windmills (expansion)

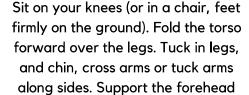
Stand or sit, feet wide apart.

Stretch arms out to sides. Inhale and bring one hand to opposite foot, folding forward at the hips.

Alternate one side then the other.

Turtle Shell

(contraction)



to relax neck. Take 5 deep breaths.

