

A Simple Yoga Sequence

To Empower, Center and Soothe You

Whether or not you practice yoga I invite you to try this on and notice how you feel. Here's what I have in mind. While you do a pictured pose recite the accompanying phrase aloud or in silence, inhaling slowly and deeply during the first part of the phrase, exhaling slowly and deeply during the second part. In the first pose, for example, inhale when you say, "Standing Steady" and exhale when you say, "Savoring My Breath". Repeat each phrase as many times as you like while you remain in the pose. Does embodying the words give them conviction? Does saying the words strengthen the pose?

I encourage you to adapt the poses to meet you where you are. I purposefully placed them against a wall so you can get feedback for your alignment and support for your balance. I tried to make them as accessible as possible without props and without the need to get up and down from the floor - you can do legs-up-the-wall and lying-down pose in your bed or skip them. All are osteoporosis safe. If you want more challenge, hold the poses longer. If you need specific instructions on how to do a pose check the internet. I showed two versions of tree pose, the twisting pose, and downward dog pose. Choose the one that works best for you or do both. Feel free, of course, to add more standing poses, supine and prone poses and whatever else your intuition suggests. The key to this practice? Showing up.

Standing Steady, Savoring My Breath



Rooting Down



Rising Up



Heart Open, Steadfast



I Am Vital, I Am Strong



Twisting



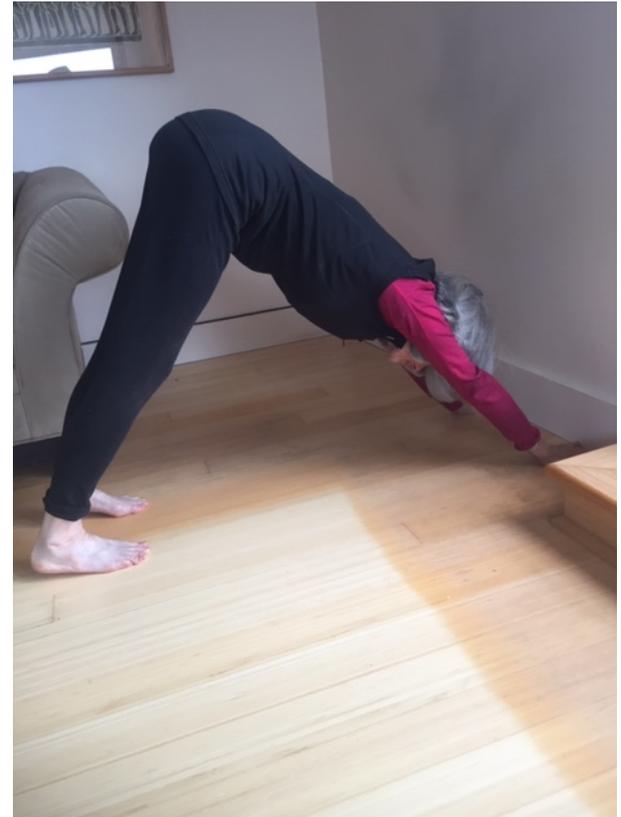
Turning



My World



Upside Down



I Let Go, I Let Be



I Am Safe, I Am Free



May All Beings Be Healthy, Safe, and Free from Suffering. Namaste.



For those of you who choose to engage with this practice, I'd love to know if and how it impacts you. Let me know, too, if you'd like to receive more health-oriented offerings such as some of my favorite, nourishing soup recipes and Ayurvedic immune-building strategies.

Is there something else you want or need that I might be able to provide? Taking action via service helps me to stay grounded and centered, so don't hesitate to ask – just don't ask me to grocery shop!

What I ask of you is that you share this with anyone you think would welcome it.

Please note my alternative email address in relation to this: JudyOrloff1@gmail.com.

Meanwhile, let's make our way through these challenging times together with ease, grace, compassion, and robust health.

With heart-felt blessings to you and to all.

Judy