

Acceptance - Sadhana Prayer

Context: Accepting the past and moving gracefully into the future.

Centering: Sadhana Prayer

I open my heart to explore the Divinity that is inherent within my body.
I recognize that my body is the Temple of the Divine
and that I am not just this body,
but am the embodiment of spirit itself.
During this Sadhana time, my intention
is to be totally present in my body and
in the light of consciousness.

Pranayama: Sun Breaths and Seated Sun Breath twists

Warm-Ups:

6 Directions of the Spine (Thread the Needle)
Dolphin

Asanas: Standing -

Mountain Balance > repeat w/ twists
(Rise on your toes as you lift your arms overhead, then twist only from
the waist upwards)
Easy Balance (Stand on one foot and close your eyes.) > Other foot

Abdominal Lifts interspersed w/
1/2 Moon, Standing Back Bend, and Forward Fold
(Experiment with lifting your knee caps to tense your quads. as you
hinge forward. After hinging, allow the low, middle, upper back and neck
to round and release with the force of gravity. Allow your body to rise
and fall gently with your breath.)

Supine - Bicycles

Acceptance and the Bridge Pose

From, Rachel Schaeffer, Yoga for Your Spiritual Muscles

Bridge: One of the most healing ways to cultivate acceptance in through forgiveness. Consider the people (including yourself), circumstances, and events toward which you harbor resentment. Imagine that your body in a bridge leading you from struggle to forgiveness. Let go of whatever you can as you hold your pose. Imagine the floor below you is the cleansing water of purification... It can dissolve grudges, resistance, and stubbornness. As you release your pose, surrender yourself into this water and feel your energy being replenished.

Fish pose to release your neck > your own final posture(s)

Relaxation: So Ham, I am that

Use this mantra to embrace & integrate all the feelings, emotions, memories, and plans that are flowing through you at this moment.