

## Hamsa / Ganesha Vinyasa

Centering: Take a moment to prepare for your practice. You may want to read a poem or say a prayer. Try rubbing your hands together and cupping your eyes. Look two miles off into the distance in the warm darkness. Then close your eyes again before removing your hands. Become aware of the light behind your lids and then blink your eyes open. Looking off into the distance and stilling your eyes helps to calm the brain. Watch your natural breath for a few moments or practice any breath practice that suits your needs.

Warm-up: Loosen and bring some heat to your spine, joints, and muscles. This can be done very easily by bouncing gently on your heels, shaking your arms and legs, and swinging your arms side to side. Add simple side stretches and forward and back bends. Turn your head this way and that....

Hamsa / Ganesha Vinyasa:

- 1) Begin as if doing a Sun Salutation
- 2) Bow to the earth and Reach to the Sky
- 3) Swan dive down
- 4) Swing side to side
- 5) Jump back to Plank, add a *Chatarangha* or push-up
- 6) Lift into Downward Dog, prance feet
- 7) Lift your right leg back onto Donkey Kick
- 8) Circle your right knee in both directions
- 9) Swing or step the right leg through into a low lunge
- 10) Lift into a deep High Lunge (lift and lower to find the place where both legs engage)
- 11) Sweep your arms overhead and then reach back
- 12) Lunging side stretch
- 13) Hamstring stretch
- 14) Ganesha Twist
- 15) Child
- 16) Cobra
- 17) Child
- 18) Downward Dog
- 19) Donkey Kick, knee circles, and lunge series leading with the left leg
- 20) Child

- 21) Belly Down
- 22) Quad and Foot Stretch with right knee bent
- 23) 1/2 Bow
- 24) 3/4 Bow
- 25) Windshield wipers
- 26) Repeat with left knee bent
- 27) Swan Boat
- 28) Windshield wipers

Cool Down: Whatever your body still desires

**Sivasana** - Don't skip this crucial posture!