






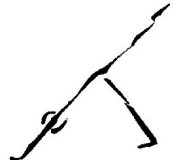















Earth Sequence



 Dandasana Staff	 Sukshmasana Seedling	 Supta Konasana Reclined Angle with Toe Grasp	 Balasana Child's Pose	 Virasana Hero	 Adho Mukha Svanasana Downward Facing Dog	 Adho Mukha Svanasana Downward Facing Dog
Connecting with the earth; the breath; letting go.	Balance on the bottom, imagine making a hole for the seed.	Fold forward, surrendering and rooting Self to the Earth	Bow to the miracle of life.	Repeat Sankalpa three times	Extend forward, paying respect to the Earth Energy	.Finding balance and joy; noticing warmth and energy; preparation for our seed.
 Eka Pada Adho Mukha Svanasana One Leg Downward Dog	 Kumara Svanasana Downward Dog - Hip Opening	 Uttanasana Standing Forward Bend	 Uttitha Tadasana Extended Mountain	 5-Pointed Star	 5-Pointed Star	 5-Pointed Star
Finding balance and joy; noticing the warmth and energy; good preparation for our seed.	Finding balance and joy; noticing the warmth and energy; good preparation for our seed.	Moving up and down the mat sowing our seeds.	Honour the Sun Energy; gentle back bend	Gentle twist to both sides X 3. Finding strength...imagine the seed taking root.	Palms up – x 3 breaths Time to view our environment, be aware of the senses.	Palms down – x 3 breaths. Time to view our environment, be aware of the senses
 Goddess	 Virabhadrasana II Warrior II	 Uttitha Trikonasana Extended Triangle	 Prasarita Padottanasana Wide-Legged Forward Bend	 Prasarita Padottanasana Wide-Legged Forward Bend	 Uttanasana Standing Forward Bend	 Tadasana Mountain
Feel stable, grounded, firmly rooted to Earth – feel energy rising up and coming down.	Building strength and good health.	Nourishing and nurturing for future growth and next generation.	Preparing to release and let go.	Twisting to both right and left – x2 both sides	Moving up and down mat reap the harvest – work wrists and fingers.	Observe what is. Accept without judgement what is.

