

FLOWING THROUGH FEELINGS



VIRABADRASANA- WARRIOR

I AM STRONG.

I am riding the waves of life.
My feelings come, my feelings go.
I am simply moving with the flow. (switch sides)



VRKSASANA- TREE POSE

I AM GROUNDED.

I breathe deeply and root in the Earth feeling the purpose of my birth.
I am rooted. Energy moves through me.
(switch sides)



UTKATASANA- CHAIR POSE

I AM POWERFUL.

I reach up for the sun. The light and I are one.
Hold for 5 then breath and shoot energy up while expressing... "I am powerful!"
Sweep arms around body.



ADO MHUKA SAVASANA-DOWNWARD DOG

I AM KIND .

First I breathe and take care of me.
Than a better friend I can be.
(With deep breathes lift and hold one leg at a time. Find balance as you breathe)



VAJARASANA- ROCK POSE. With hands on Heart

I AM LOVED

No matter what I say. No matter what I do.
I am loved and love is true.
"I come from love. I am love."
Opening and expanding hands with inhale- "I come from love". Exhale hands back to heart centre- "I am love".



BALASANA- CHILDS POSE

I AM CALM. I AM. I AM.

It's ok to feel angry, sad, scared.....
I am calm. I am free. I let my feelings move through me.