



Creative Flow

ignite your inner light



Come into downward facing dog. Begin bending one knee then the other swaying your hips side to side.



Walk the toes to touch. Lift the right leg to the sky then step the foot between the hands.



Rise into Warrior 2 while drawing your right knee open over your 2nd toe. Extend arms out from your core.



Bring your back hand to your waist while lifting the right arm up extending your side waist.



Utilize your obliques to bring the torso back into Warrior 2.



Bring your right forearm to your thigh while sweeping your back arm over your ear.



Lift with the side waist returning to Warrior 2. Sweep hands towards your left foot setting up a side lunge.



Follow your breath as you float side to side in the side lunge.



Turn to the front and step back into plank. Hug arms in as you lower to the ground.



Circle your shoulders and press your elbows to the toes rising into cobra.



Curl your toes and lift your hips returning to downward facing dog.

Repeat this sequence 3-6x adding your own interpretation to each pose.

Then continue to the ending sequence.



Draw the right foot forward coming to the outside of your leg setting up for pigeon. Settle the hips and release over your leg.



Rising up, extend your left leg and place your right foot next to your left knee. Lift your torso then twist to the right. Repeat both poses on left side.



Roll onto your back and bend both knees, feet on the ground. Gently press into your feet as you lift each vertebrae off the mat. Option to clasp fingers.



Grab big toes and open hips. Gently pull knees towards armpits into happy baby.



Extend legs and arms long on the mat. Breathe deeply filling up the belly and then releasing fully. Feel the wave of creative energy pulsing through you.