

Seated Triangle

CHAIR



Moving into the pose

- from a comfortable seated position, place one hand on the floor a foot or so away from the hip, and the other arm by the ear
- bend the arm on the floor and hinge to the side as far as you can go; come back to center, switch arm positions and repeat on the other side
- continue the pose in motion, going from side to side

Breath

- breath is easy and natural
- exhale as you bend to the side, and inhale as you come back to center

Fine points

- the arm on the floor can be straight, with the elbow gently bent, or it can be bent with the forearm resting on the floor
- the arm by the ear can be straight, with the elbow gently bent
- both sit bones remain on the floor
- chin can be tucked, or tucked then turned toward the ceiling

Variations

- hold on each side for 3 to 5 breaths rather than doing the pose in motion
- place hands over the heart as you move side to side

Inquiry

- “Can you feel the stretch from the hip all the way up the arm to the little finger?”

Subtle energy visualization (think about, pretend, imagine)

- light comes from the fingers creating a cocoon of light or energy around you
- if you are holding hands over the heart, imagine you are being rocked in a cocoon of love

Effect

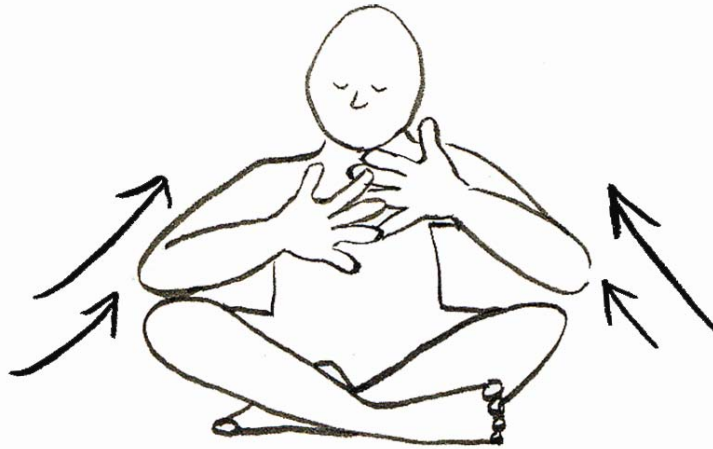
- soothing, harmonizing

Benefits

- lateral movement for the spine helps to increase awareness and spaciousness between the ribs
- limbers the spine

Gathering Breath

CHAIR



Moving into the pose

- from a comfortable seated position, gently reach your arms forward as if you are gathering or scooping a bouquet of flowers bringing them toward your face as if to inhale their fragrance
- continue the pose in motion at your own pace

Breath

- breath is long and deep
- exhale as you reach forward and inhale as you draw the flowers to your face

Fine points

- eyes are closed if possible
- psychological benefits of this pose are nurturing and healing

Variations

- bend and stretch forward as you reach rather than remaining upright

Inquiry

- “What do you hold most dear?”
- “Who are you, and what do you want?”

Subtle energy visualization (think about, pretend, imagine)

- you are drawing whatever you feel is most precious to you, and as you inhale you are absorbing the essence of it so that it permeates every cell of your body
- fingers are shimmering and sprinkling like sparkles
- drawing to you whatever you hold most dear

Effect

- nourishing, comforting

Benefits

- movement of arms increases lymph flow in axillary area
- rib cage expands for deeper breath capacity
- psychologically soothing