

KODAK PORTRA 400

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# Mindful Movement

## *For Grieving Hearts*

4 Poses To Honor Your Right-Now Level Of Energy



When the study of yoga is approached in such a way that we practice acknowledging the tradition in it's entirety, we can see the richness of a movement practice...

This is the beauty of a deep and devoted practice.

Much like a beloved book, the benefit of and learning available from a particular pose, will present differently in each season of our grief. I have chosen four poses to speak to four different states (also called seasons) that you may find yourself in on this grief journey. This is just a starting point. Use this as a way to get to know and name your states and needs as you build agency in this post-loss experience.

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Katie

overwhelmed by the sting of new grief

the heavy weight of deep mourning

some moments of energy or peace

new energy despite the grief you continue to carry

If you feel...



Then try...

reclined twist

reclined pigeon

seated side bend

low lunge twist

# IMPORTANT TERMINOLOGY

## CHAKRA OVERVIEW:

In short, chakra, meaning wheel, is an energy center recognized in both our yoga practice, as well as in Hindu and Buddhist traditions.

There are 7 chakras, each is associated with a color, a physical location, an element and a basic right. Foundational knowledge of the chakras can assist us in further recognizing the ways that we can deepen a movement practice by fine-tuning our awareness of how postures and breath connect us with the larger world.

1ST CHAKRA: ROOT	Red   Base of spine   Earth   To be here and to have
2ND CHAKRA: SACRAL	Orange   Center abdomen   Water   To feel, to want, to have pleasures
3RD CHAKRA: SOLAR PLEXUS	Yellow   Abdomen between ribcage   Fire   Individuality
4TH CHAKRA: HEART	Green   Chest center   Air   To love and be loved
5TH CHAKRA: THROAT	Blue   Throat   Ether   Truth & knowledge
6TH CHAKRA: THIRD EYE	Indigo   Forehead   Light   To see
7TH CHAKRA: CROWN	Violet   Crown of head   Cosmic energy   To know and understand

## DRISHTI OVERVIEW:

This term, meaning "focused gaze" can be utilized both externally and internally within our practice. Within a posture, Drishti supports both alignment and balance...where our gaze goes, our body follows. Internally, our Drishti encompasses the places we choose to devote our attention whether consciously or subconsciously. We can consciously practice this concept as part of our yoga practice to move away from moments of rumination (subconscious) and closer towards the discernment (conscious) that is possible when we can see and focus in a clear and balanced way.

# MODIFYING & SUPPORTING A PRACTICE

## A NOTE ON BREATH

When you see breath referenced on each instructional page, it is referring to the part of the breath that is used to initially enter or deepen the pose. If you are in a "moving" mood, you can allow the breath to enhance the pose, using the entry breath to enter the pose, and the opposite breath, to gently flow away from the pose...remember that these flow movement can be nuanced and small. If you are in a "still" mood, you can visualize using the entry breath to deepen the connection to the pose, and the opposite breath to expand and find more space.

## A NOTE ON ENHANCING A PRACTICE

The following book and props are elements of my regular practice. You do not need these in order to experience a supported practice. Instead of a bolster, pillows will do...instead of blocks, books...I offer these links (they are affiliate in nature, and I do receive a small compensation from your purchase at no additional cost to you) in case they prove beneficial to your practice.



Click [here](#) for my favorite daily meditation book

Click [here](#) for my favorite purple bolster



Click [here](#) for my most used yoga blocks





# Reclined Twist

Supta Matsyendrasana II  
Breath: Exhale

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Chakra: Root | Sacral | Solar Plexus

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## Alignment & Cues

- | Shoulders grounded & away from ears | Chest broad |
- | Neck in line with spine |
- | Chin away from chest | Knees bent & legs together | Naval pulled in |
- | Arms extended in line with shoulders or hands resting on torso |

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Drishti: Over fingers in opposite direction of knees

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## Variations & Modifications

- | Block between knees | Bolster to support a gentler twist |
- | If stillness doesn't serve you, make this a flow, inhaling knees and gaze to center and exhaling to switch sides |



## *Reclined Pigeon*

Sucirandhrasana

Breath: Exhale

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Chakra: Root | Sacral

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### Alignment & Cues

- | Entire spine grounded | Naval tethered | Hips engaged/flexed |
  - | Shoulders rolled back and down away from ears and grounded |
  - | Fingers interlocked behind thigh | Lifted foot dorsal flexed |
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Drishti: Upwards

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### Variations & Modifications

- | Traditional Pigeon | Reclined pigeon with leg extended to ceiling |
- | Reclined pigeon with one foot grounded (all four corners engaged) |



# Seated Side Bend

Sukhasana Variation Side

Breath: Exhale

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Chakra: Root | Sacral | Heart

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## Alignment & Cues

- | Sits bones remain grounded equally | Legs crossed, knees towards floor |
  - | Toes engaged & wide | Arms long w/ active armpits |
  - | Ears, shoulders and hips stacked in line | Naval in and up |
  - | As arm raises, pinky spirals forward | Grounded hand tented or flat |
  - | Grounded arm w/ bent elbow to support bend |
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Drishti: Gently towards raised forearm

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## Variations & Modifications

- | Block under hand | Bolsters to support knees |



# Low Lunge Twist

Parivrtta Utthita Ashwa Sanchalanasana

Breath: Exhale

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Chakra: Solar Plexus

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## Alignment & Cues

- | All four corners of front foot rooted & rising through the arch |
  - | Pelvis and torso lifted | Front knee stacked over ankle |
  - | Ball of back foot engaged w/ heel active | Back leg active, but not locked |
  - | Grounded hand w/ wrist stacked under shoulder |
  - | Lifted arm extending up through fingertips w/ palm to long side of mat |
  - | Navel & torso twisting towards front leg w/ arms stacked |
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Drishti: Gently direct upwards to top hand or down to inside of front foot

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## Variations & Modifications

- | Back knee lowered |