

Calming through Movement

In yoga there are static poses and movement oriented ones. **Static poses** invite us to sit, seek out a deep stretch and build body strength. They're good for beginners as they get used to how to do the poses – and great for people needing to accomplish some remedial work.

Movement oriented poses feel very peaceful and create a deeper connection to our bodies. They train poise and grace. They help us focus when we're feeling scattered.

This is not to confuse movement oriented poses with **Vinyasas**, which are *sequences* of poses that flow from one into the other. There's a lot of overlap between both types of poses, but most poses are *best* at one purpose or the other.

Here are some tips so you can take the best advantage of movement oriented poses:

- Choose a pose that you're already very familiar with. (You'll discover the mind-body connection and that sense of flow best if you're not constantly wondering about which body part goes where!)
- Pace the movement with your breathing. (This is what *Breathing Theme 10* invites us to do.) As you start moving, you start breathing in (or out as the case may be); you pause the movement when your breath is paused.
 - Remember all four parts to your breath: Breathing in, holding your breath (gently), breathing out, pausing your breath.
- A key is to not hold any part of the pose for more than that moment it is allotted in the breath.
- The experience will go better if you're already practiced at pacing your breath. *Breathing Themes 2.5, 11, 12 and 13* are good practice for this.

On the next page are some great poses that invite movement. You will find some work better at calming and focusing you than others, depending on who you are and how your practice is going. I've put asterisks beside ones that seem particularly effective.

Note: For many of the side bend and twisting poses you stay with one side for several reps, going up and down with the breath, and then move to the other side. With Triangle pose, go into the bend, hold your position, and only move the upper arm, up and down as you breathe in and out. Do that for several breaths before going to the other side.

Calming through Movement – Poses that Invite Movement



Butterfly Breathing



Back Stretch



Bust Expansion



Butterfly *



Cat *



Cat-Puppy Combination *



Centering Exercise *



Chest Expansion 3



Dancer's Posture 1, 2, or 3



Eagle's Wings *



Elbow to Knee 1



Jumping Frog *



Knee Stretch



Leg Over



Moon Salutations



Reclining Butterfly



Side to Sides



Simple Side Bend



Standing Wide Angle with Twist



Sun Salutation (various levels)



Full Triangle

Remember to set up your Triangle to one side, as shown, and then, holding your body in place, move only your arm up and down as you breathe in and out. Do this for several breaths, switch sides, repeat.