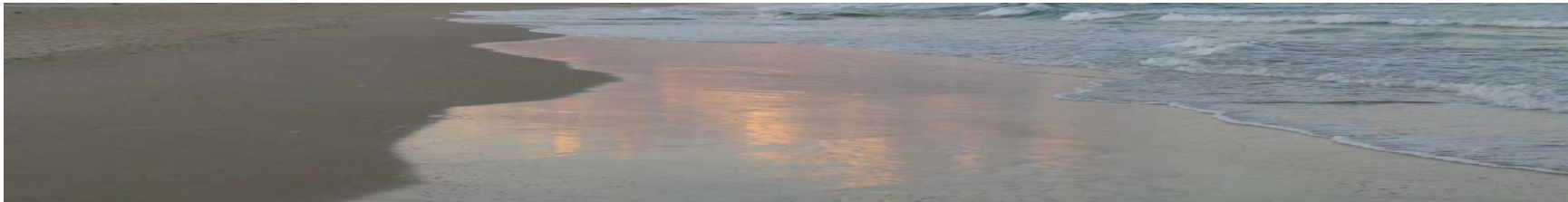


## Waves Dissolving Sand

(Green Level)



As you allow the *Waves Dissolving Sand* visualization to wash through you, you can discover a new softness in your breathing. Your breath becomes more relaxed, more evenly paced, even while being fuller. Discovering this new, relaxed way of breathing is a key moment in your yoga journey. *Waves Dissolving Sand* can help take you there very easily. For best results, try *Waves on the Shore* to an audio CD of slow rolling waves. Great before meditation, for sports or for anyone with breathing issues. It helps, but is not necessary, to have done *Waves on the Shore* and / or to have mastered *The Wave* and *Core Breathing* techniques.

### **Main Benefits:**

Paces and relaxes breathing; trains breathing with the whole body; instantly calming; focuses the mind quickly.

**Body Parts Used by This Posture:** Abdominals; Chest – front, back and sides; Neck and Shoulders (somewhat).

**Compensating Pose:** Leg Fold 1

**Warms You Up for / Builds You Up for:** Core Breathing; *The Wave*; Yellow, Green and Blue Level Breathing Exercises; *Peace in the Stillness* meditation; Yellow, Green and Blue Level *Breathing Themes*.

**Build Up to with / Warm Up with:** Abdominal Lifts 1 or 2; Breathing Warm Up 1, 2 or 3; Complete Breath, Simple Breath, Simple Side Bend, Wood Chopper 1, 2 or 3; Chest Expansion 1, 3 or 3; Bust Expansion; Cat 1 or 2; Puppy; Sun Salutations; Abdominal Breathing; Chest Breathing 1, 2, 2b; The Wave; Core Breathing; Yellow and Green Level *Breathing Themes*.

**Best for Flexibility or Strength:** Flexibility

**Traditional Pose Type:** Breathing Exercise; Meditation

**Good for These Practice Goals:** Asthma; Singing; Voice Work; Better Breathing, Better Sleep, Bus, Office and Chair Friendly; Calming, Energy Healing; Pregnancy Fitness; Seniors' Yoga; Sports in general, especially Running, Biking, Swimming, Martial Arts, Golf; Clearing, Cleansing & Energizing of the Root, Belly, Solar Plexus, Heart and Throat Chakras; Chanting & Meditation Warm Up; Dropping Stress Quickly; Focusing Quickly

**Recommended for These Health Conditions:** Arthritis & osteoporosis in general; compressed disc in middle or lower back; allergies, asthma, bronchitis, lung removed, pneumonia, rhinitis; cancer; fibromialgia, headaches & migraines; heart conditions; high blood pressure; IBS; chronic lower back injury, menopause & pre-menopause, menstruating (having your period) at this moment; pregnancy; sleeping difficulties; hyperactivity; attention deficit.

**Energy Center Used:** Root, Belly, Solar Plexus, Heart & Throat.

**Alternative Exercises:** The Wave, The Fountain, Step-by-step Relaxation, The Sponge

**Try Learning First:** Abdominal Breathing; The Wave; Core Breathing; Waves on the Shore; Breathing Exercise 13.

## Waves Dissolving Sand (Continued)

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**This is a simple visualization that can be done anywhere, any time you need it. For any session, do it as long as you like. 1 – 3 minutes is good.**

**Tip** The visualization goes even better if you do this to the sounds of waves on your audio player. To use music to enhance the experience, choose something with gentle, slow rhythms and minimal melody.

### 2. Imagine you're lying in warm sunshine. The inside of your body is like a sandy beach.

- ☞ The sandy shore runs along your body, from your root to your neck.
- ☞ The sand divides your body in two halves.
  - Your bottom half, from your center line down to your back is warm sand
  - The top half of the inside of your body, from your core line to your chest and belly, is air, warmed by the sun.
- ☞ Take time to feel the warmth of the sand, of the air, of the sun.
- ☞
- ☞ The shoreline is deep in your lower abdominal area, (at your root).
- ☞ The waves run up and down your body, along the sand.

### 1. Lying back, sitting, standing

☞ Take time to settle comfortably into place.

It will help if:

- your neck, spine and hips are lined up with each other
- your arms are by your sides or resting on your thighs.
- This will keep your breathing open and relaxed.

### 3. The Visualization

#### For Every Breath

- ☞ As you breathe in, feel the waves rolling up along that sandy beach that is inside your body.
- ☞ As you complete your breath, you pause and the waves hesitate, hovering at your shoulder line.
- ☞ As you breathe out, the waves retreat down your body, dissolving the sand as they go,
  - drawing the dissolved sand down to your belly,
  - drawing your breath down to the ocean in your belly.
- ☞ The waves hesitate before rolling up the beach again.

#### Have You Ever Noticed?

How waves, rolling up a long beach, don't break with energy? They simply hesitate, or hover, before rippling back to the ocean. This is the feeling we're imagining in this visualization.