A Routine to Develop Being Centered, in Body and Mind Level 7-8

Suggested Breathing Theme: Breathing Theme 11 – Moving with the Breath. Your experience of centering with this routine will be deepest if you are already well familiar with the poses and are very comfortable with Breathing Theme Number 11. That is, make your movements and breathing start and end together, matching their pace.

Abdominal Lifts

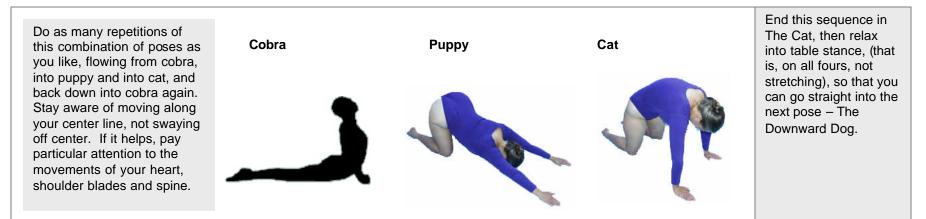
Pay close attention to feeling the very center of your body, the middle of your diaphragm, as it moves up and down during the Lifts. You will most easily experience this if you do not do the Lifts too quickly or too slowly, making sure the Lifts are strong, but not extreme. **Core Breathing** Do this lying down in "Puddle of Sunlight" (Corpse) Pose Feel the core, the center of your body moving up and down your spine, into and out of your chest cavity, as your chest opens and closes. This can feel like the very middle (core) of your body is going for an elevator ride as you breathe in and

Centering Exercise 1 Do this lying down. Return to this exercise any time during the routine that you lose your sense of being centered.

Pelvic Lift

Paying close attention to the middle line of your body moving up and down as you breathe in and out. If this is difficult, try paying particular attention to the middle of your chest, or belly button, or 'root'.





To make this routine gentler, you can omit the cobra from the above sequence and omit the next sequence of Downward Dog and Lunges. Then do the Sun Salutation at your own level.

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