

# YOGA AT HOME

## EARTH SALUTATION FLOW

The Earth Salutation is a series of postures that work to soothe the nervous system and stimulate digestion. The flowing sequence provides a stretch to your back, legs, and torso as it works to elongate and strengthen your spine.



Sit comfortably on the heels or with a folded blanket under the buttocks in *VAJRASANA* (Diamond Pose). Bring hands together at heart center and take 4-5 full deep Dirgha breaths. Move the hands down, collect the earth and create a circle of earth energy around your body as you extend the arms overhead.

Pivot at the hips and extend forward into *UTTANA SHISHOSANA* (Puppy Pose)

Extending the hands out an extra 6 inches, scoop the body through into *BHUJANGASANA* (Cobra).

Tuck the toes under, lift up with the tailbone, moving through a squat and back into *DANDASANA* (Staff Pose).

Hinge forward from the hips and extend into *PACHIMOTTANASANA* (forward bend).



Release up from the forward bend and roll back into *ARDHA SARVANGASANA* (Half Shoulderstand).

Roll forward and move into *UPAVISTA KONASA* (Wide-legged Seated Angle).

Draw the legs in with the hands, roll back and lift into *SETU BANDHASANA* (Bridge)

Release from the bridge, extending legs up and arms overhead into *URDHVA PRASARITA PADASANA* (Upward Extended Feet Pose)

Lift the legs back to encourage a forward roll, swing the arms around and move through a squat into a position on your knees. Release into *USHTRASANA* (camel pose)

Coming out of *USHTRASANA*, return to *VAJRASANA* with arms overhead.

Bow down to the earth. Return to *VAJRASANA* with the arms overhead.

Release the arms down once again as you circle yourself with earth energy. Receive the energy into your life.

