

Let it Go Flow

Vicki Forman

www.yoga4man.com

We always need to let go physically, emotionally, mentally, of past situations, present challenges and future fears and expectations.

Letting go is another term for non-attachment. This practice is pretty much the essence of Patanjali's Yoga Sutra's, which is considered the most important yoga text. It's only in the past while that I have had some realization and understanding of it. That said, it is constant practice and at the moment not much more than an awareness. I am far from dissolving my own mind that constantly churns up attachments, which bind me to my ego.

However this recent insight has had a positive effect and I already notice a shift within myself.

1. Meditation

- a. Take a moment to check in with yourself
- b. Bring your hands on your knees
- c. Close your eyes

- d. Sit in stillness and observe without judgement and notice how each inhale and exhalation feels
 - e. Honor where you are at today
 - f. Accept where you are right now
 - g. Take a big inhale through the nose and exhale out of the mouth
 - h. What sensations are you experiencing
 - i. Again fully breathe in and fully breathe out
 - j. Allowing your body to completely exchange outgoing carbon dioxide with the incoming refreshing oxygen
 - k. See if you can Let Go of something that has been hanging on you today during our practice.
- 2. Neck Rolls
 - 3. Revolved Head to Knee Pose
 - 4. Tabletop
 - a. Cat/cow
 - 5. Down Dog
 - a. Walking the dog
 - 6. Mountain pose
 - a. Kuludilini
 - i. Swaying the arms side to side
 - ii. Hitting the hips
 - iii. Hitting the shoulders
 - iv. It is called "Knocking on Heavens Door"
 - 7. Kali Mudra
 - a. Side bends
 - 8. Forward fold with the breath
 - 9. Low Lunge

- a. Hamstring stretch
 - b. Reach arm back for IT band stretch
 - c. Bend the knee
 - i. Twisting with arm extending up
- 10. Down dog
- 11. Warrior Postures
 - a. Warrior II
 - b. Reverse Warrior
 - c. Reverse triangle
- 12. Table top
 - a. Puppy dog pose
 - b. Lizard Pose
 - c. Pigeon Pose
- 13. Supine
- 14.