

You know that feeling in the spring when your brain is just itching to deep clean your space? When you crave that sense of revitalization that comes from a good scrubbing of floors, or a Marie Kondo style organization of your closet? This sequence is all about deep cleaning the inner workings of your body and mind through the practice of asana and pranayama. Use the vinyasa postures featured here to get into all of your nooks and crannies and polish them up so the light can really shine!

Instruction

Begin by having your students come to a comfortable seated position and take a few cleansing breaths. Invite them to visualize their thoughts settling like snow inside a shaken paperweight. Then ease back into Child's Pose and continue to breathe deeply. Initiate some fluid movement through the hips, like circles or just shifting side to side.

Press into Downward Dog then step the right foot forward to Warrior One. Interlace the fingers behind the low back, lift the chest, and fold forward into Waterfall Warrior. Get deep into the shoulders and the hips. Place hands on the floor and step back to Downward Dog to repeat on the second side. Place hands on the floor and this time step forward and drop the hips towards the floor in Garland Pose. Place hands back on the floor, parallel the feet and straighten the legs into Standing Forward Fold. Slowly round up to Mountain Pose.

Take 3 slow and juicy Sun Salutations A and 1 Sun Salutation B. From your final Chair Pose, step the right foot back and release the knee to the floor in a Low Lunge. Now place the right foot on the floor and raise the left arm up in a modified Low Lunge Twist. Option to lift the back knee. Vinyasa and repeat on the opposite side.

Vinyasa back to Chair Pose, step the right foot back again but keep the back knee lifted in high lunge. Bring palms together at heart centre, twist to the left and hook the right elbow to the outside of the left knee in Low Lunge Twist. Now release the twist and place the left hand to the inside of the left foot either on the floor or on a block. Pivot the back heel to the mat and extend the right arm overhead in Extended Side Angle Pose. Then place both hands to the inside of the left foot and come into Skandasana with the left knee bent and right leg straight. Step back to plank and vinyasa. Repeat second side.

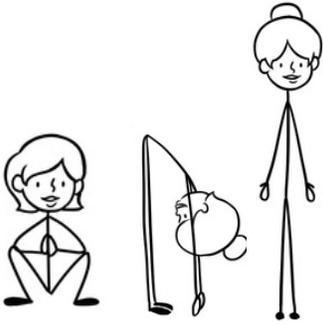
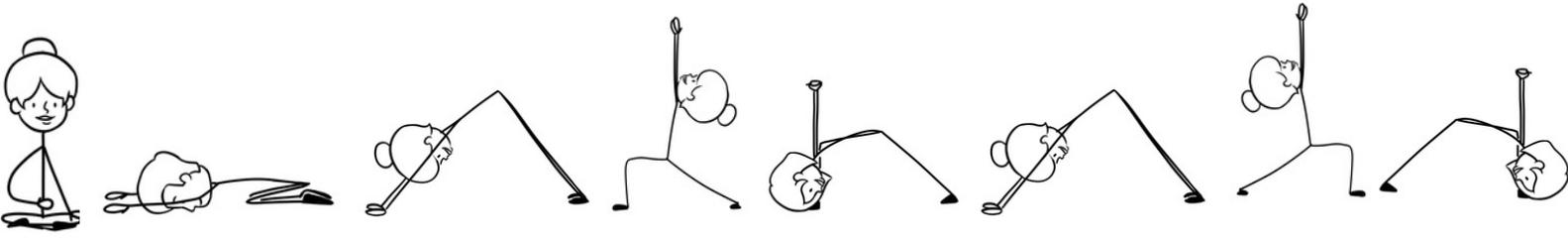
Come to stand in Mountain Pose and take Standing Back Arch followed by Nitambasana on both sides. Repeat and then fold forward into Standing Forward Bend. Vinyasa and from Down Dog release the knees to the floor for Camel Pose, followed by Gate Pose on both sides. Vinyasa to seated and take Cow Face Pose, Inclined Plane, and then Supine Pigeon and Supine Cow Face to really get into the outside compartment of the hip.

Finish with Plow and Fish followed by a Supine Spinal Twist and Happy Baby. And ahhhhh Savasana.

Clear Out the Cobwebs

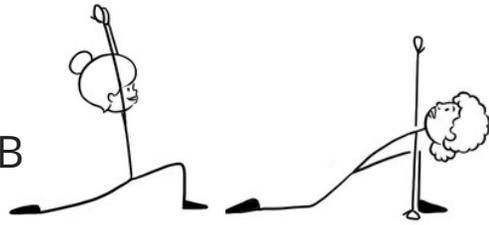
March 2019

Sequence

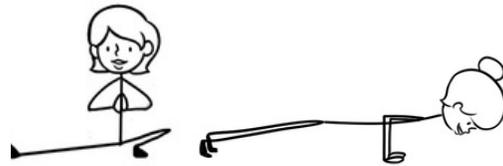
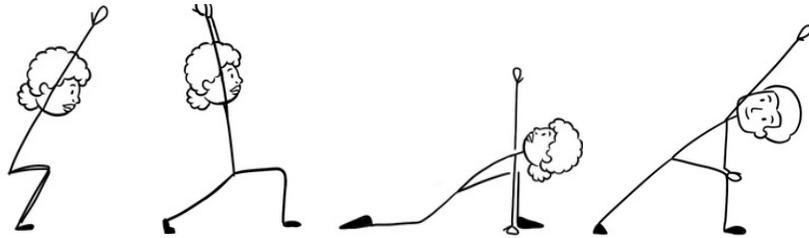


3 x Sun Salutations A

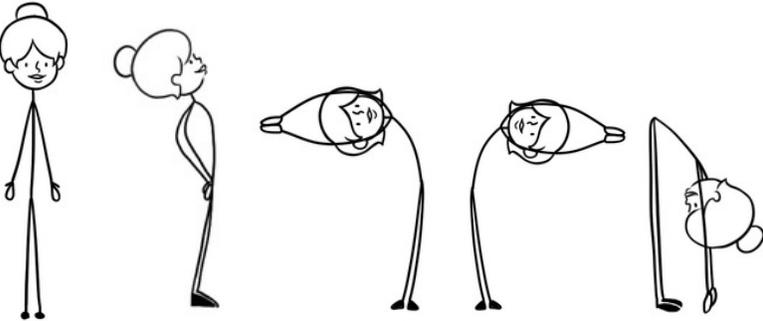
1 x Sun Salutation B



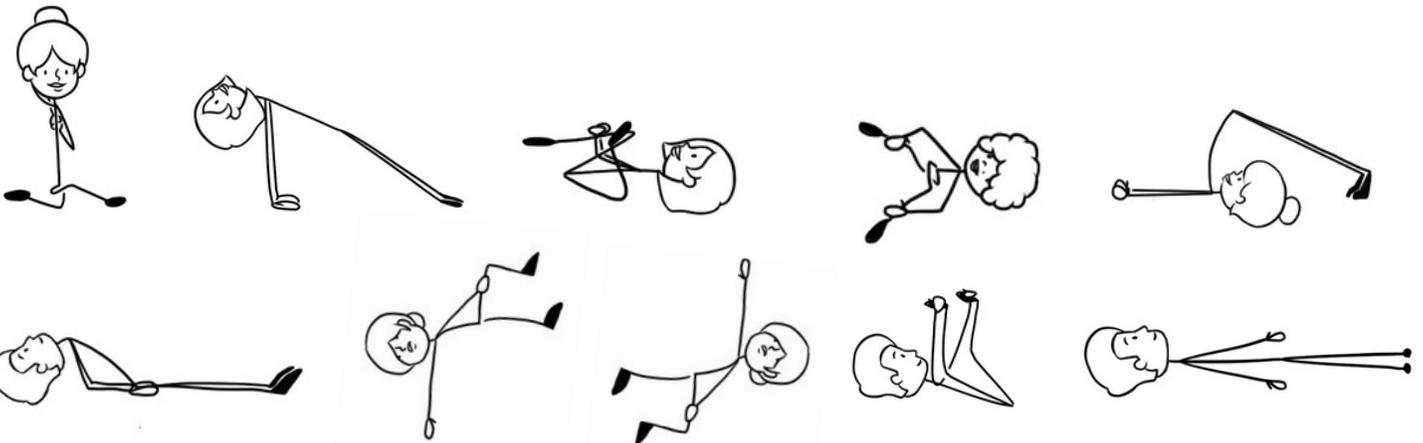
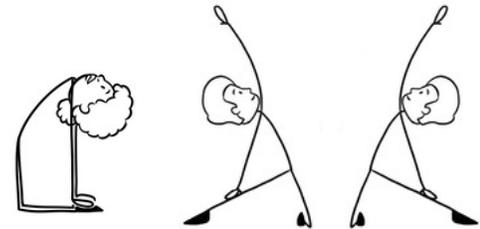
REPEAT OTHER SIDE



REPEAT OTHER SIDE



VINYASA



*Spring is a good time to clear out the cobwebs,
both externally and internally; physically and metaphysically.*

BONUS

Finish or begin your class by quoting current pop-culture icon and cleaning guru Marie Kondo:

"The space in which we live should be for the person we are becoming now, not for the person we were in the past."

Marie Kondo means this in the sense that our care for our homes should reflect who we aspire to be. But, I like to think that the word 'space' can refer to our physical bodies as well. We have the opportunity to take care of our mind, flesh and bones through the means of yoga and breath work.

May we honor and acknowledge all the little places in our bodies that we have ignored; the ones calling for attention through tightness, tenderness and tension. This practice will help bring our love to all those oft-ignored areas so the cobwebs can be cleared out and they can become shiny and bright again!