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## Yoga for Energy

This is a general guide for this topic, not intended to be prescriptive or all-encompassing. Please consult your physician or specialist prior to beginning any program.

**Begin:** Come to a balanced posture, and imagine bring your energy levels back into balance as well. Imagine building a slow, steady fire rather than a big “flashy” flame that burns out.

**4 Square Breath:** Begin by inhaling to the count of four, exhale 4 counts.

Complete 4 rounds.

At the fullest point, begin to hold the breath in for 4 counts also, and complete 4 rounds.

At the bottom of your out breath, begin to hold for 4 counts, completing the “4 Square” breath, or sama vritti.

Complete 4 rounds: Inhale 4 counts, hold 4 counts, exhale 4 counts, hold 4 counts.

Return to mindful breathing and observe.

**Add Movement:** Begin with seated (or lying down) stretches in the legs and the side-body, stretching side to side as if just waking.

Gradually add more movement as you build to standing. Following this energizing sequence:

- Chair pose: arms extended.
- Transition: airplane arms back w/palms forward and step one foot back.
- Warrior 1/lunge w/bent forward knee and arms extended overhead.
- Transition: airplane arms back w/palms forward and bow over straightened front leg.
- Inhale arms reaching overhead, and step back to chair pose.
- Repeat other side and complete 3 times.

Pause, watching the breath and tempering energy.

Step wide and forward hinge, resting the head or relaxing the neck. (Maybe hinge onto a chair back!)

End with a joyful breath: 3 part inhale and a BIG exhale.

- Inhale arms up and forward, inhale arms out like a conductor, inhale arms forward again, and big exhale arms sweep down and back past bent knees.

Remember that you are amazing and beautiful, that your body has done countless amazing things, and that:

**Practice creates awareness.**

**Awareness reveals new patterns.**

**Repatterning can transform our experience.**