

## Finding Your Rhythm

Many people think they don't "have rhythm." Rhythm is created by contrasts of energy that are felt kinesthetically in the body as a pattern of ebb and flow. Try rocking gently side to side, and you will usually settle into a comfortable rhythm. The breath, whether it is even or uneven, is another natural example of rhythm.

As you begin to learn the following simple flows, notice what is going on in your body, your mind, your breath. Move through the flow until you find your own rhythm in shifting from one position to the next. [Pardon my low-tech illustrations...nobody's perfect.] In each of the poses, keep your breath moving easily, guiding your movement. Once you get the rhythm of the flow, or the flow of the rhythm, see if you can focus separately on balancing elements of extension, contraction, and inversion. By exploring each of these three foci, your mind will put energy into that which aligns your compass. This leads to balance in your body, energy, and mind. To channel a wandering mind, return to the rhythm of your breath.

Focusing on the following aspects of the pose will help your compass align itself, bringing you closer toward balance:

**Focus on extension:** Foremost, extend the spine lengthening one end away from the other. Straight limbs also extend to their maximum length.

**Focus on contraction:** Foremost, contract your core. Also tighten any muscles that are supporting the pose like legs or scapular area. It is never necessary to contract your face or hold your breath.

**Focus on inversion:** Foremost, align the body and use core, arm and leg muscles to steady the pose. Then relax what you don't need and enjoy the view.

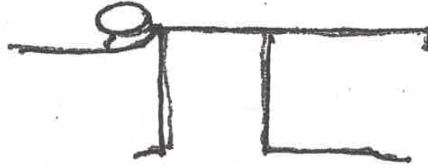
*Improving health and well-being through thoughtful movement.*

# FINDING YOUR RHYTHM

## CAT-DOG FLOW



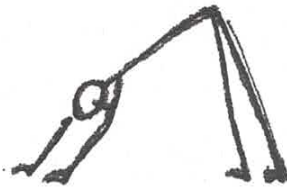
round back



cross-lateral lifts  
(opposite arm+leg lift)  
repeat on other side



all 4s

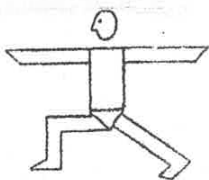


downfacing dog



child

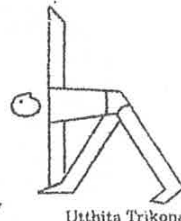
## STANDING MINI-FLOWS



Virabhadra-  
asana II



Utthita Parshva-  
kona-asana



Utthita Trikona-  
asana

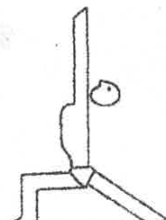


Prasarita Pada-uttana-  
asana

repeat to other side



Virabhadra-  
asana II



Virabhadra-  
asana



Parshva-uttana-  
asana



Prasarita Pada-uttana-  
asana

repeat to other side