



Flow Energy Center

Honoring the water and all water beings.
Finding fluid creative energy.

Become aware of the fluid rhythm of the breath, like the flowing tides. Fall into the tidal wave of each breath. Feel the flow and rhythm through your whole body.

—Embrace gratitude: What am I grateful for in this moment?

—Become aware of the element of water. How do you honor the waters? Care for the waters?

***Feel the fluid joy of this moment, the spontaneity and dance of life.

Water prayer: bring hands into fish mudra: left hand over right, thumbs to each side, both palms down. Hold your hands over a cup of water or tea. Send your gratitude to the water. Then send loving intentions into the water. Feel the energy with each sip.

Element—Water; **Color—**Orange

Mantra—Vam, Om Namah Shivaya

Others: "I am one with the rhythms of life," "My creativity is a flowing river," "The waters are a source of joy and gratitude"

Oils: Ylang Ylang, Chamomile, Jasmine

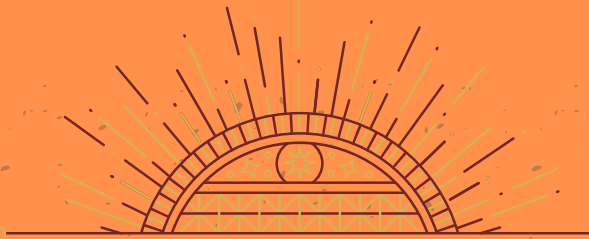
Herbs: Mugwort, Astragalus, Angelica

Svadisthana Mudra: Middle over index, index touch. Thumb sides together, interlace ring and pinky

Jala Mudra- Water Mudra, pinky finger to thumb, palms up

Pranayama—Seetali, Ham Sa breath

Asana: Flowing movements, hip openings, pulsing movements



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Water Elements, Fluid Creativity

Visualizations

Become aware of the natural flow of the breath. Feel the joy of the water element within you. How do you conserve and show gratitude for the waters? How do you express the dance of life? How do you attune to your own creative flow? What happens when an idea arrives? Do you follow it? Feel the joy inside your body, in the bloodstream and in every cell within. Honor the waters of life.

Water, River, Ocean Visualizations

Asana for Flow

Seated Spinal Flex, Sufi's grind

Arm flow in spinal flex

Navasana- boat pose variations, twisting elbow hold, stirring pot

Water Wheel Abs

Cat Cow, Uddiyana Bandha

Fluid Down Dog

Ardha Uttā- side bends

Standing water flow- Rising Mist

Surya Namaskar, add lunge and floppy fish variations

Standing flow: Dancing flow—Vira II, Side Angle, Triangle

Vrksasana, parsvotanasana,

Pasarita- twisting flow

Pigeon, variations, agni stambhasana

Seated SKY water flow (janu-sirsasana, paschimottanasa)

Cycling twists

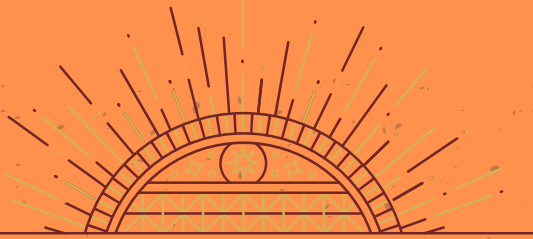
Bridge pose

Reclined pigeon

Shavasana

Vam Meditation

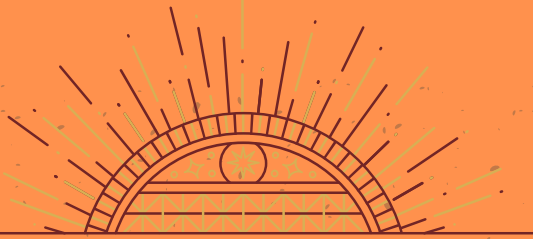
Ham-Sa breath and meditation



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Weekly Yoga Notes

Four large, empty rectangular boxes with double-line borders, stacked vertically, intended for writing weekly yoga notes.



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Journal Prompts

How do you connect to the water element?

How do you show gratitude for the waters?

In what ways are you creative?

In what ways can I connect to the joy,
spontaneity, and dance of life?