



# A Ritual Recipe

## FOR RETURNING TO BALANCE

The often-elusive balance point is a place of harmony within ourselves that, when strengthened through practice, creates an echo (or ripple) into all the layers of our life. It is a state of being that is in equilibrium; where we are not pulled or thrust toward extremes, but instead can shift and pivot with the changing tides of our life circumstances yet remain cool .. and calm .. and clear.

Returning to Balance is in large part a remembering of who we truly are... which is Truth, luminous Light, a mere but mighty seed of brilliant stardust. Returning to Balance means a conscious re-dedication to the practices that support the process which anchors us back into ourselves (rather than the outward projections we are regularly told we are .. or should be).

Blessings to you dearest community as you work your werk, and as we (as a Collective) journey back to the truth of ourSelves.







1 Easy Pose;  
(Set your intention)



2 Surya Bedhana;  
(1 minute)



3 Chandra Bedhana;  
(1 minute)



4 Seated Forward Fold;  
(5 breaths)



5 Janu Sirsasana;  
(3 breaths, 1 ea)



6 Bound Angle Pose;  
(3-5 breaths)



7 Toe Crusher  
+ Hands Bound;  
(3 breaths)



8 Hero's Pose  
+ Eagle Arms;  
(3 breaths, 1 ea)



9 Downdog;  
(5 breaths)



10 Downdog  
+ Scorpion Tail;  
(1 breath)



11 Downdog Lunge;  
(3 breaths)



12 Forward Fold;  
(5 breaths)



13 Chair Pose Prep;  
(3 breaths)



14 Tree Pose, var.;  
(3 breaths)



15 Crescent Warrior;  
(3 breaths)



16 Plank Pose;  
(5 breaths)





17 Chaturanga;  
(1 breath)



18 Cobra Pose;  
(1 breath)



19 Downdog;  
(repeat poses 9-19 a total of  
4 times, 2 ea)



20 Revolved Downdog;  
(3 breaths)



21 Warrior I;  
(3 breaths)



22 Pyramid Pose;  
(5 breaths)



23 Half Moon;  
(3 breaths)



24 Forward Fold;  
(3 breaths; repeat poses 20-  
24 on the second side)



25 Reclined Quad  
Stretch;  
(3-5 breaths, 1 ea)



26 Double Diamond;  
(3-5 breaths 1 ea)



26 Happy Baby;  
(3-5 breaths)



27 Downdog;  
(3 breaths)



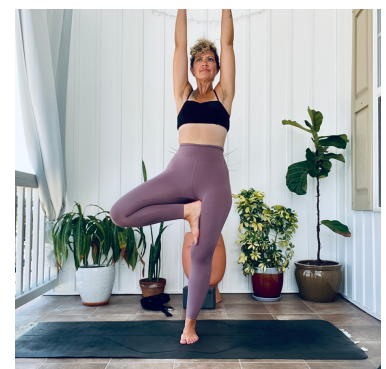
28 Flying Pigeon Prep;  
(3 breaths)



29 Standing Lunge;  
(3 breaths)



30 Crescent Warrior;  
(3 breaths)



31 Tree Pose;  
(3 breaths; repeat poses 28-  
31 on second side)





32 Garland Pose;  
(3-5 breaths)



33 Baby Crow Pose;  
(2-3 breaths)



34 Boat Pose;  
(1 breath)



35 Canoe Pose;  
(1 breath; flow between  
poses 34-35 a total of 10  
times)



36 Crow Pose;  
(3 breaths)



37 Easy Pose;  
(rest; 3 breaths)



38 Reverse Table;  
(3 breaths)



39 Holy Cow Pose;  
(3-5 breaths)



40 Archer Prep Pose;  
(2-3 breaths)



41 Stargazer Pose;  
(2-3 breaths)



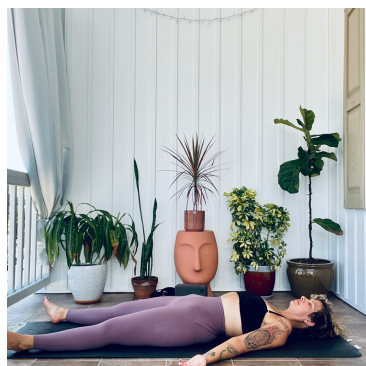
42 Janu Sirsasana, var.;  
(5 breaths; repeat poses 39-  
42 on second side)



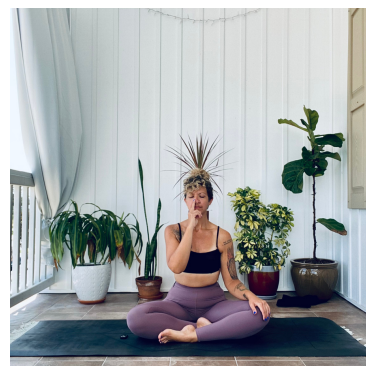
43 Reclined Figure 4;  
(5 breaths; 1 ea)



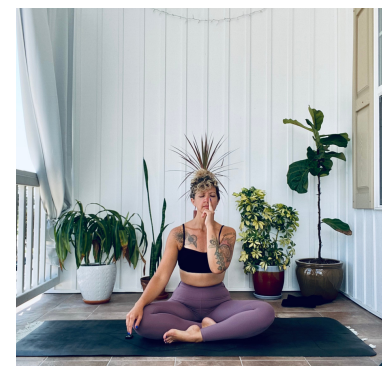
44 Happy Baby;  
(3-5 breaths)



45 Savasana;  
(5 minutes)



46 Surya Bedhana;  
(1 minute)



47 Chandra Bedhana;  
(1 minute)