

A Ritual Recipe

FOR ALIGNMENT
& INTEGRATION

6 Ritual Segments to get you through the month. Link them all together for a single practice or take each section one day at a time.



1: ANCHOR

NOTES:

1. Begin in Reclined Bound Angle Pose. For more heart opening, add Cactus arms, and hold for 8-10 breaths.
2. Bring your knees together to touch but keep your feet wide. Rest in Constructive Breath for at least 5 breaths.
3. Shift into Figure 4 and hold for 5 breaths.
4. On the same side, move into Half Happy Baby and hold for another 3 breaths. Then repeat steps 3-4 on the other leg.
5. Come up to a seated position, and immediately transition into Child's Pose for 3-5 breaths.
6. End in Downward Facing Dog. Hold for at least 3 breaths.



1 Reclined
Bound Angle



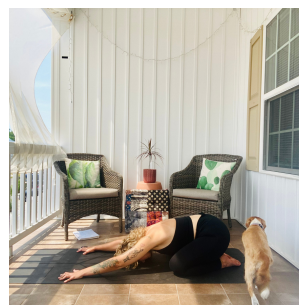
2 Constructive
Breath



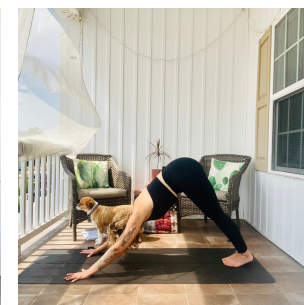
3 Figure 4



4 Half Happy
Baby



5 Child's Pose



6 Downward
Facing Dog

2: OPEN

NOTES:

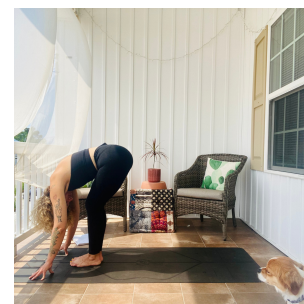
1. Inhale and lift your left leg up for Downdog, 1 leg lifted.
2. Exhale and step forward for Low Lunge.
3. Inhale fully, and on your exhale step forward for Standing Forward Fold.
4. Rise up to standing, arms above your head, on the inhale. Exhale hands to heart. Inhale lift your arms, exhale and step back to Plank Pose.
5. Inhale in Plank. Exhale for Chaturanga.
6. Inhale for Cobra. Exhale for Downdog. Repeat steps 1-6, 3 more times, switching from left leg to right then back to left until you complete all 4 rounds.



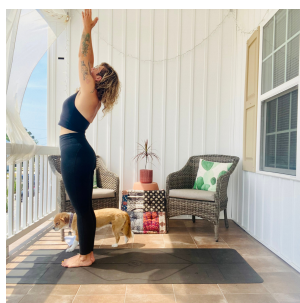
1 Downdog, 1
leg lifted



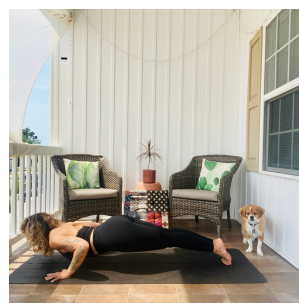
2 Low Lunge



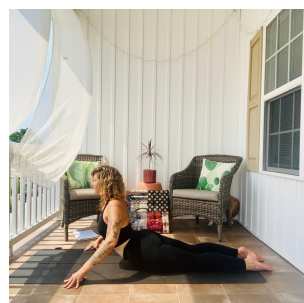
3 Forward



4 Mountain w/
Upward Salute



5 Plank +
Chaturanga



6 Cobra Pose

3: EXPAND

NOTES:

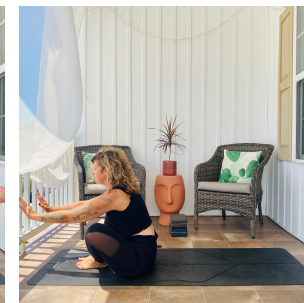
1. Lie down on your mat. Prop your hips up with the backs of your hands, and begin leg lifts. Complete 20 total.
2. Then, bring your hands to your hamstrings, and begin to rock up and down the length of your spine. Complete a total of 5.
3. On your last round, come up for a seated squat.



1 Leg Lifts



2 Spinal Rocking



3 Seated Squat,
prep

NOTES:

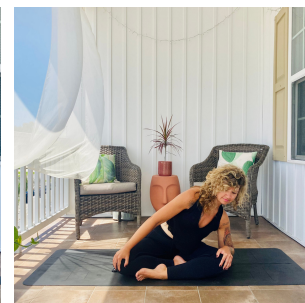
4. Then come into Easy Pose and begin to circle your upper body.
5. Move in 10 complete circles in one direction.
6. Then, switch directions and move through 10 complete circles once's more. End in Downward Facing Dog.



4 Seated Circles, I



5 Seated Circles, II



6 Seated Circles, III

4: STRENGTHEN**NOTES:**

1. Come up to standing, and step wide on your mat. Begin lowering down into a full squat position, and then return to standing. Do 10 rounds total.
2. Next, lift the heel of one foot and do 10 squat pulses.
3. Replant that heel and do one more round of 10, full, wide squats.
4. Then, shift into Supported Side Angle for 3 breaths.
5. Bring your top arm down to the mat, and pivot your back heel up for Revolved Lunge.
6. Finally, stack your legs, squeeze your heels together, and rise up into Side Plank. Hold for 3 breaths. From start to finish, repeat steps 1-6 again, on the second side.



1 Wide Squats



2 Squat Pulses



3 Wide Squats



4 Supported Side Angle



5 Revolved Lunge



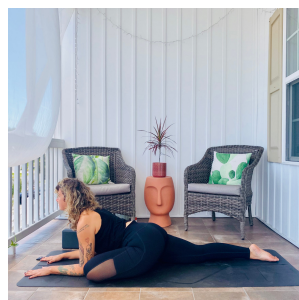
6 Side Plank

5: STRETCH**NOTES:**

1. From Downward Facing Dog, lift one leg on your inhale.
2. Exhale, and transition into Pigeon Pose. Hold for 10 breaths.
3. From Pigeon, shift off onto the front hip and open the back leg out. Fold over the back leg for Janu Sirsasana (use a strap around the extended foot for more support). From start to finish, repeat steps 1-3 on the second side.



1 Downdog, 1 leg lifted



2 Pigeon Pose



3 Janu Sirsasana

6: REST + REFLECT**NOTES:**

1. Rest in Child's Pose for at least 5 breaths.
2. Then, lie down onto your back for our final resting pose for a minimum of 5 breaths.



1 Child's Pose



2 Savasana