

Asana Practice in Dedication to the Ballad of Garudasana

The Asana sequence & recommended Ballad to



Kapalabhati

Say out loud as you
flow (words show in
this blue)

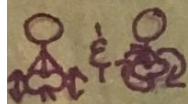


Mantra

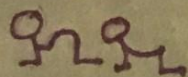


Check in & Arrive

(Switch the cross of
your legs if you'd like)



Baddha Konasana with light knee bounces &
then hip rotations, stimulating
the lumbar spin.



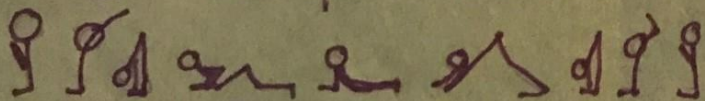
Cat/Cow



Anigneyasana

to
Ardha Hanumanasana

















2 x Surya Namaskara (Classical)



Our bodies are now ready for the Ballad
of Garudasana flow. This flow is a
creative expression to show my gratitude to
and an effort to give in return for ~~the~~
all Garuda & the Grand Eagle have taught me.

The Asana:

The Ballad:

	Tadasana	"Oh Grand Eagle wisdom & Garudaasana, my question to you is;"
	Nitambhasana	"Clear vision -"
	Nitambhasana	"Clear vision,"
	Tadasana w/ cactus arms	"What is my mission?"
	Uttanasana	Surrendering to the wisdom & guidance as you fold forward.
	At the: say →	
	Muladhara → to have	Slowly rising using mudras at the chakra
	Svachhetana → to feel	Say "I have the right..."
	Manipura → to act	
	Anahata → to love	
	Vishuddha → to speak	
	Ajna → to see	
	Tadasana with hands in Angeli Mudra at Ajna	"I see clearly now"
	Ardha Uttanasana	"Thank you, I say with a bow"
	Garudasana * (with elbows and knees touching)	"I have sat perched long enough."
	Garudasana (standing tall)	"Captured in the mind games of all the fluff"



(Flying)
 Garudasana
 Slowly stepping
 to Virabhadrasana
 II

"The time has come to
 spread the wings & soar!"
 "And life will not be
 A bore!"



Virabhadrasana II

"I have the stamina
 and Strength,"



Parsvakonasana

"to move towards my
 wildest dreams, ^{even if they,}
 take me thru ..."



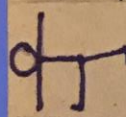
Peaceful Warrior

"with Peace and harmony
 in every step."



Trikonasana

"I am aligned with Mother
 Nature, it gives me Great Pep!"



Ardha
 Chandrasana

"I open my heart to the Polar
 pull of the moon -
 Does that make me a loon?"



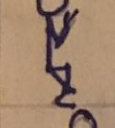
Vrksasana

"Yes - you will project the loon.
 We are all one -
 this will be understood very soon"



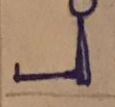
Prasarita
 Padottanasana

"As is above - so is below -
 All the colors of the rainbow"



Garudasana (with
 elbows & knees touching)

Repeat from here on the
 other side.



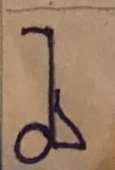
Dandasana

Rooting into the support and
 strength of Mother Earth.



Paschimottasana

Relaxing spine & shoulders, hang
 neck. Increasing Somanas
 Vayu at manipura.



Salamba
 Sarvangasana

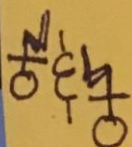
A change of perception often
 helps bring clarity to any
 part of life



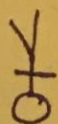
Halasana



Matsyasana



Supta
Matsyendrasana



Savasana

This class will ~~be~~ conclude with
a reading from Earth Medicine -
Ancestors' ways of harmony
for many moons
by: Jamie Sams.
With Peace & Harmony
within my heart - Namaste

