

# Yoga for Steady Strength



**W**hen you practise yoga, you start to notice a feeling of strength that doesn't come from pushing or forcing or shouting, but from stillness. Try this practice each day and you'll start to see what that means.



## 1. Mountain

Stand tall, feet firmly on the ground a hip width apart. Inhale inflating your lungs fully, then exhale all the breath out. Do this five times.



## 2. Forward bend

Hang down, relaxing the upper body, noticing how your strong legs and feet rooted into the earth keep you from falling. Hold for five long, steady breaths, then unroll to standing.



## 3. Hip circles

Circle the hips one way then the other, releasing tension in the hips and lower back.



## 4. Eagle arms

Stand strong, firmly rooted through your feet. Wrap your left arm over your right, noticing the stretch in your shoulders. Hold for five breaths. Repeat the other side.



## 5. Chair

With strong legs, bend your knees and lift your chest and arms. Hold for five slow, steady breaths.



## 6. Warrior 1

Step the right leg forward, bending the knee and lift your arms. Keep the back leg straight and foot at an angle, hips facing forwards. Hold for five breaths each side, noticing how you feel strong without moving.



## 7. Warrior 2

This time your hips face the side. Bend your front leg, and raise your arms. Gaze at your fingertips. Stay focused for five long, slow breaths. Repeat on the other side.



## 8. Cobra

Lie on your front, forehead to floor, then with your hands under your shoulders use your core muscles to lift your chest and look ahead. Stay for five breaths.



## 9. Knees to chest

Rock from side to side, allowing the ground to massage your back and shoulders, helping you to relax after the strong cobra pose.



## 10. Wind releasing pose

Stretch out one leg and squeeze the other over your chest. Take five slow, deep breaths. Repeat on the other side.



## 11. Rest

Tense and release all the muscles in your body five times, then let go. Let your body and mind relax into stillness, staying grounded in your breath and body. Invite yourself to fall deeper into relaxation for five minutes, or longer.



## 12. Sitting

Find a comfortable upright position. In your head, count ten out-breaths, then return to one. Start with five minutes, then build to 10 or 25. With practice, you will start to experience the wonderful power of stillness.

**“We are not going to change the whole world, but we can change ourselves and feel free as birds.”**

Sri S. Satchidananda, *The Yoga Sutras*, commentary