

The Chopra Center Weekly Yoga Session with Claire!

www.ClaireDiab.com

This week's Pose: *Reaching Butterfly*



Sitting Upright
Breathe 3-5 Breaths

Reach Right Arm Up
Inhaling

Come to Center
Exhaling

Reach Left Arm Up
Inhaling

Instructions:

- ❖ Sit upright. Clasp your hands underneath the sides of your feet. Breathe in and out 3-5 times.
- ❖ Inhaling reach right arm up toward the sky press your fingertips up. Look up at your hand.
- ❖ Exhaling come back to the center.
- ❖ Inhaling reach your left arm up pressing fingertips toward the sky. Look up at your hand.
- ❖ Repeat 6-9 times. Relax all the muscles in your face and enjoy.
- ❖ Come back to center. Breathe deeply 6-9 breaths.

Benefits

- ❖ Lengthens the muscles around the spine.
- ❖ Massages the liver and kidneys.
- ❖ Lengthens the inner thigh muscles (abductors).
- ❖ Increases blood flow around the lower back and hips.

Safety Tips

- ❖ If your knees bother you move your feet away from your body.
- ❖ If your shoulders are uncomfortable keep your arms down by your sides.
- ❖ Move easily from one side to the other. Notice how your body feels and choose the most nourishing choice.

This Week's Mantra

Om Varunam Namah

Pronunciation: Om Vahr-U-Nahm Nah-Mah

"My life is in harmony with the Universe."

This week:

- ❖ Be gentle with yourself and others.
- ❖ Notice the things you love to do and do more.
- ❖ Notice the people you love to be around and spend more time with them.

If You Have Any Questions or to Order Claire's DVD's and Books Contact Me

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www.ClaireDiab.com

Have a Wonderful Week!

Namaste!