








Summer Solstice Yoga!

Themes:

- Allow Earth to nourish you- rebuild energy expended during winter & spring months
- Great time to appreciate where you were & set goals for where to go
- Create balance between ACTION & BEING (slow down- relax- be patient)

POSE	TIME ALLOWED	PROPS/OIL/ACUPRESSURE/HELPFUL TIPS
	1-2 min	Place hands according to desired outcome: Heart = being; Belly= action Left = being; Right = action
Unshakable trust mudra	1 min	Heart; reverse with palms forward; overhead with breath 1. Build self confidence 2. Cultivate inner strength 3. Restore faith in something greater
Unshakable trust	5 min	Unshakable trust- front; ceiling; side bend; twist each side ** Switch cross of legs & repeat **
Seated forward fold 	3 min/leg	Make table using blocks/bolster; forearms & head rest Lemongrass: clear space/congestion
Cat/Cow/Childs 	Cat/Cow- 1 min Child's pose- 3 min	Blocks under hands for cat/cow- creates extra space in chest Bolster for child's pose- embrace the earth rising to support you Grapefruit: strong self-worth/esteem; lymphatic system; get crud out!
	3 min	Strap around wrists or in hands: Up and down front body with baby backbend 10X side to side 5X behind hips for 5 breaths; fold 5 breaths
Supported malasana 	3-5 min	Blocks under hips or use wall/blocks/bolster- be realistic about what support you need! Get close to Earth; feel your roots; stand firm! Patchouli: celebrate your body; support mind/body connection
Myofascial release hand Supported bananasana 	3 min/side	Tennis ball for myofascial release in hand- carpals/wrist Hold L9 point on wrist for 30 seconds before each side- L9 located just below wrist crease on thumb side of hand Use rolled blanket to create support for ribs- 1 or 2 blankets depending on desired side bend. Block overhead for extended arm to land. Lavender: soothe lungs, relax tension, breathe deep; meet where you are!
Pectoral release with tennis ball	1-2 min/side	Lay prone & place tennis ball on L1. To locate L1 put fingers on collar bone near sternum and move out toward shoulder. Find small indentation below collarbone just before getting to shoulder. Put tennis ball there and let body weight sink to apply pressure. Can put tennis ball on block for more pressure
Child's pose twist 	3-5 min/side	Bolster/blanket to support twisted shoulder and/or hips Reconnect with life's plan; reflect on your journey; honor & celebrate cycles of life Clary sage: nourish Po- what is vital to move forward; see clearly & reconnect to instinct. Nourish blood (embrace creation & find comfort in stillness)
Sphinx/seal 	3-4 min	Blocks side by side covered with blanket under lowest rib/diaphragm See the potential & light within- bring it forward thru chest Bergamot- soothes heart; ease irritability/frustration/grief

<p>Deer</p> 	5 min/side	<p>Use bolster/blocks to create ramp; blanket under hips for low back strain. Feel how deeply you are breathing by noticing body against bolster- breathe into belly (FIRE!) As you settle look at the big picture and see where you are out of alignment- what isn't serving your personal growth? Eucalyptus- instill change; give yourself room to breathe</p>
<p>Hearts pose</p> 	5 min	<p>Rub/hold H7 point for 30 seconds each hand to tonify/settle heart H7 located below wrist crease on little finger side Bolster/rolled blanket under chest or chest resting on floor. Pad knees with blanket. Forehead/chin down to keep head neutral or cheek down and switch half way thru to stretch sides of neck</p>
<p>Child's pose</p> 	3 min	<p>Bolster under chest; get close to earth. Solstice is highest point of energy all year- bathe in the fullness of your power. Breathe it in!</p>
<p>Heart Bench</p> 	3 min	<p>Blocks under head & between scapula- cover with blanket if blocks are too hard. Open your chest- seeds of spring & potential were planted in your body now its time to let them bloom. We can't rush nature- it moves at its own pace- rest & allow. Seated twist to release!</p>
<p>Supported bound angle</p> 	8-10 min	<p>Rub/hold P6 point for 30 seconds each hand to free chest & calm spirit for rest. P6 located 3 finger widths down from wrist crease in middle- triangulates with H7 & L9. Make your restorative throne- blocks/bolster for spine; blankets under knees; eye pillow; hand bags to feel support of earth behind your body Neroli- soothe emotional intensity; willpower to stay the course</p>
<p>Savasana</p>	8-10 min	<p>Make yourself cozy- support knees, cover up with blankets, eye pillows, weight down hands with hand bags or blocks Frankincense- builds body defense; cut ties to past that block growth</p>