



Christmas Tree

Dru Yoga Class

(60 - 75 min)

Intention: Creating balance and calmness. Cultivating gratitude and reverence towards mother earth. Grounding to open up for the inner tree. Igniting the inner light.

Opening with Gayatri Mantra (optional)

Activation:

- Bouncing
- Tri spinal Movement
- Hip Opening and balancing

Earth Sequence

With the intention of connecting to mother earth and inviting the feeling of gratitude towards the abundance of nature.

Tree posture

With focus on Ajna centering and the intention of grounding, rooting and opening the heart for love and joy as preparation for the tree of transformation.

Tree of Transformation Sequence

Setting the intentions:

- "May all my actions, emotions and thoughts be for the benefit of mother earth."
- "I care."
- "I am grateful."
- "I am full of joy."

Pranayama (Savitri Pranayama)

With focus on the breath visualizing the inner tree in the lungs
Breathing consciously and if wanted count the breath in the ratio of 4:1:4:1, can lead up to 7:1:7:1 (Savitri Pranayama). Allow the feeling of gratitude to arise and rest in your heart.

Deep Relaxation:

Listening to the sound of the Gayatri Mantra (optional) and after relaxing the physical body visualizing the whole body shining in bright golden light.

