

Zest Up Your Energy! Five Element Yoga®

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Created by Jennifer Reis, **Five Element Yoga** is a vibrant and colorful flowing practice that draws from Eastern traditions of Ayurveda and Traditional Chinese Medicine as well as Integrative Yoga Therapy and Kripalu Yoga. The result of practice both nourishes and balances your inner earth, water, fire, air, and ether elements to cultivate harmony and increase health. **Five Element Yoga** invites you to celebrate your body with yoga postures, balance your energy with breathing and mudras, detoxify with self-massage, and find deep rest and inner peace with Divine Sleep Yoga Nidra. For more information please visit www.JenniferReisYoga.com. Join Jennifer in Iceland, Martha's Vineyard, Kripalu Center, and other locations for Five Element Yoga!



1. MERUDANDA sacred mountain-staff mudra *place both fists on lap with thumbs raised*
"Rooted in the Earth, energy ascends through my inner axis for balance."

'Meru' is a sacred mountain in India, and 'danda' means staff. Both grounding and uplifting, Merudanda balances both Earth and Air Elements by directing breath and awareness through your body's central axis. It supports alignment of the spine, allowing for optimal functioning of all organs and systems and balances all chakras.

Hold for 5-10 natural breaths, repeating phrase both aloud and silently.

State phrases aloud or silently while you move to the rhythm of your breath in these dynamic posture repetitions:



2. EXHALE *"Like a bud in springtime..."*

Kneel (or stand) with elbows bent at your sides, opening your chest as a tulip waiting to rise up and open. Sense your potential.

INHALE *"My heart expands and radiates light."*

Radiate your arms from your heart-center like rays of the sun. Gently backbend to open your front body. Feel the sun's energy blessing you.

Repeat three times.



3. INHALE *"I reach upward and I receive..."*

This is the same position as above: Reach upward as the fountain of life and let your body be showered by energy from the vitality in your own wellspring with arms and heart open wide.

EXHALE *"Deep cleansing warmth."*

Interlace your fingers behind your head. Bring your right elbow to the outside of your left knee. Rise up and repeat on the other side. (If you are standing bend your knees and bring your right elbow to the outside of your left knee in squat pose.)

Repeat three times on each side.



4. INHALE *"Aligned from Earth to Sky..."*

From table pose, reach one arm out to the side and all the way up to the sun.

EXHALE *"I am integrated."*

Lower hand down. Repeat with other arm.

Repeat three times on each side.





5. **PRESS Stomach 36 energy points** by crossing your arms and holding just underneath your knees on the outside of the shin to **REVITALIZE** your energy well.

ROCK Back and forth numerous times while holding Stomach 36 points. This relieves fatigue and massages your back which is a whole body treatment. (Or hold the points and roll side to side if rolling back and forth is uncomfortable.)



6. **EXHALE 'HA'** sound as you lift your hips into the air as though you were tossing a ball from your belly high up into the sky. Make the 'HA' sound sharp like a karate-chop kick sound.

INHALE lowering buttocks *almost* to the ground. Energizing!

Repeat 5-10 times.



7. **BREATHE EVENLY "I am stable and strong."**

Extend your right arm and left leg while keeping your pelvis squared to the ground. Feel your strength and stability. Chakravakasana Sun Bird Pose. Repeat on the other side.



8. **INHALE "My heart is overjoyed..."**

Hands under your shoulders and legs close together, root your pelvis into the Earth. Lengthen your crown forward and lift your heart, keeping the elbows bent 90' or so for Cobra Bhujangasana.

EXHALE "Let me listen to the sounds of spring."

Hands under forehead, rest and open your heart to spring.

Repeat three times.

9. **DIRGHA SWARA lengthened breath mudra** hands are in front of your heart *"Released from constriction, I am filled with radiant energy."*

Breath capacity is naturally lengthened and expanded through the heart center, chest and into the entire body increasing Air Element. The diaphragm expands with more freedom and this helps to energize, revitalize and bring enthusiasm into your life.

Hold for 5-10 natural breaths, then repeat phrase both aloud and silently.

