

# Peace Within, Quiet All Around **Five Element Yoga®**

This easy but potent flow strengthens your core and allows you to cultivate peace and ease within. Develops breath and increases awareness of body and flow of energy currents that pulse inward and outward to nourish all systems of the body. Allows you to create quiet all around you as you spread your peace outward into the world.

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



## 1. INHALE *"Peace flows within me..."*

Kneel or stand, with palms together in prayer pose. Go inward to create an intention for your day or your practice. Float your hands in prayer pose up to the sky. Feel uplifting energy through the central axis of your body, both grounding you to the Earth and allowing expansion into Sky.



## EXHALE *"Quiet flows all around me."*

Release your hands making a slow, wide circle in the air as you reach out through your fingertips, then bring your hands back to prayer pose. Feel your whole body open to the inner fountain of peace within. Spread quiet peace all around you.



*Repeat 3 or more times.*



## 2. EXHALE *"Retreating inward like a seed, I sense my inner knowing..."*

Lie on your back on the ground. Curl up into a ball hugging everything inward to center, strengthening your core. Feel contained and potent as you look inward.



## INHALE *"Expanding outward as a flower, I share peace with all beings."*

Open your arms and legs outward like a starfish. Stretch and reach through the infinite blue sky. Open your fingers and toes and also open your mouth to stretch your jaws. Become spacious, expanded and free

*Repeat 3 or more times.*

### 3. INHALE "With peace in my heart..."

Come into lunge position, and bring your hands onto your heart facing forward. Sense your breath blessing your body as you breathe in.



### EXHALE "I shower peace on all beings."

Send out the peace and quiet that you've cultivated in your heart by sweeping your left hand in a slow, wide half-circle horizontal with the Earth, like you are spreading seeds. Inhale your left hand back to your heart and repeat on the right side.

*Repeat 3 or more times on both sides.*



### DHYANA MUDRA *meditation mudra* Left hand is underneath the right.

*"With body, mind, and heart integrated, I rest in perfect harmony and peace."*

Dhyana means 'meditation' in Sanskrit. This mudra supports the integration of all five elements, all currents of energy, and all chakra centers of energy to create within you the perfect conditions for effortless meditation. Breath balances through both nostrils equally and evenly bringing you into a state of equilibrium. Enhances breath capacity. Creates awakened alertness. Clears and calms the mind and emotions. Opens the doorway to the True Self.

*Hold for 5-10 natural breaths, then repeat phrase both aloud and silently. Optional: continue to hold mudra for a longer meditation.*

**Five Element Yoga®** is a vibrant practice created by Jennifer Reis. Eastern health traditions of Ayurveda and Traditional Chinese Medicine, yoga are integrated together in this all-levels practice. The result 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 breath and mudras, detoxify with self-massage, and find deep rest and inner peace with Divine Sleep® Yoga Nidra.

*Mudras presented here are used and modified with permission from the book Mudras for Healing and Transformation by Joseph and Lilian LePage. Always consult your physician before beginning any exercise program. The general information displayed here is not intended to substitute for or replace your healthcare professional.*

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