

# Liberate Flow! Five Element Yoga®

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1. **KALESHVARA** *the Lord of Time mudra* hands are held in front of heart center; ring and pinky fingers are relaxed and not touching the other fingers

*“As compassion and wisdom unite within me I am free.”*

Gaining freedom within requires both wisdom and compassion which Kaleshvara- the ‘ruler of time’- is free from the limitations of time and space of ‘personality, likes-dislikes’. Practicing this mudra directs breath and energy upwards from the heart/compassion center bringing it to the third eye center of clarity/wisdom. I love that the fingers form a heart! Improves circulation to thymus, thyroid, and pituitary glands. Uplifting and energizing for depression. Balances all five elements. Expands sense of limitlessness.

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

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



2. **INHALE** *“With each heartfelt breath...”*

Scoop tail and heart upward gazing only to the top of your mat as you expand breath through your belly and ribs. Feel the support of the Earth holding and supporting you.

**EXHALE** *“My spine is free again!”*

Round into Halloween cat! Feel your whole back body open and expand like a balloon. Sense length through your spine.



*Repeat numerous times*



3. **INHALE** *“My energy rises and expands into blue sky...”*

Cobra: Bhujangasana. Reach upward as the fountain of life as you draw your shoulder blades down and together to open your heart center.

*Take many breaths here*



4. **EXHALE** *“My roots set me free.”*

Downward Dog: Adho Mukhasvanasana. Press into your hands rooting down into Earth to rise up into the sky with your hips. Feel freedom and lightness in your pelvis. Breathe between the shoulder blades into the heart center on your back body.

*Take many breaths here*



5. **INHALE** *“Aligned from Earth to sky, my heart soars.”*

Walk your hands back to your feet and then hold your knees and roll up like a rag doll- heavy head, rolling through your spine to stretch and create freedom in your back until you’re all the way up, standing like a tall tree.



OR



**6. INHALE "Freedom surrounds me."**

From Standing Squat: Utkatasana, OR Mountain Pose: Tadasana, bring left hand to your heart center and sweep your right arm back to spread your seeds of Freedom all around you. Then EXHALE to center. Then sweep your left hand back with right hand on the heart.

*Repeat 3x on both sides*



**7. EXHALE "My light shines with freedom and ease."**

Expand limbs outward as the radiant star that you are. INHALE into your center, EXHALE out through your limbs. Feel your energy going beyond your fingers and toes like magic hands and feet! You may like to hold **Shunya Mudra** which has many of the same benefits as Kaleshvara Mudra with it's main effect expanding Space Element as it draws energy to the throat and the energy center located there.



**Five Element Yoga** is a vibrant and colorful flowing practice created by Jennifer Reis. She 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 breath 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](http://www.JenniferReisYoga.com).

Join Jennifer for Five Element Yoga retreats in: **Iceland**

Kripalu Center

*Martha's Vineyard* and more!

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

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