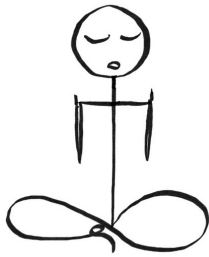


CAROLYN COWAN

PATH TO STILLNESS

Use this sequence of breath practises and gentle postures to play with becoming safe enough to be still. Any one of these can be taken on as a daily practise. In combination they will work to profoundly change hormonal flow, rhythms of body and mind, and open up new experiences of the self.

1.



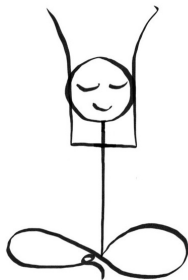
BREATH OF FIRE
THROUGH MOUTH
GYAN MUDRA PULLED
BACK BY SHOULDERS
(INDEX FINGER & THUMB
TOUCHING, OTHER
FINGERS EXTENDED)

2.



BREATH OF FIRE
TONGUE OUT, HANDS
ON OPPOSITE SHOULDER
BLADES.

3.



BREATH OF FIRE NOSE
ARMS UP, EAR SANDWICH

4.

1 MIN
CHANGE
DIRECTION
1 MIN
THEN 30
SECONDS
EACH
DIRECTION



SUFI GRIND
PUSH RIBS TO ONE
SIDE, INHALE PUSH
FORWARD, ROTATE
AROUND PELVIC
GIRDLE, INHALING
FORWARD, EXHALING
BACK

5.



FLEX WITH BREATH
INHALE FORWARD
CHEST OPEN,
CHIN UP,
EXHALE, CURL UP,
DROP CHIN TO CHEST

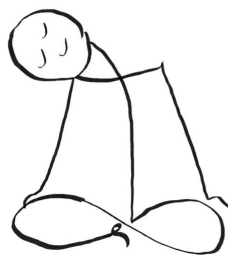
6.



THUMBS AT BACK OF SHOULDERS
FINGERS AT FRONT
EMPTY LUNGS
TWIST TO LEFT, INHALE
TWIST TO RIGHT, EXHALE
CONTINUE

7.

INHALE CENTRE
EXHALE DROP LEFT EAR
TO LEFT SHOULDER
INHALE CENTRE
EXHALE DROP RIGHT EAR
TO RIGHT SHOULDER
CONTINUE, GENTLY SWAYING
SIDE-TO-SIDE, DROPPING
SLIGHTLY LOWER ON EACH
EXHALE



NOTES.

BREATH OF FIRE: A RAPID, PUMPING BREATH.
EXHALE FORCEFULLY, FLICKING DIAPHRAGM
IN AND UP. INHALE IS PASSIVE, ALLOW DIAPHRAGM
TO RELAX. START SLOWLY, IT IS A LEARNED
BREATH.

PRACTISE EACH FOR 3 MINUTES
IF YOU CAN, KEEP EYES CLOSED
BETWEEN EACH POSTURE, PAUSE,
SOFTEN, PERHAPS LIE BACK,
NOTICE HOW YOU FEEL