

A DAY OF PLAY

WITH KUNDALINI YOGA FOR THE FLEXABILITY AND THE SPINE

It is a beautiful summer day. As you open the back door you feel a warm breeze and there are beautiful puffy white clouds in the deep blue sky. You run up the hill to start your day of play. As you run through the trees you see a pine cone high on a limb. You are an archer (1 Archer Pose). You pull powerfully back on your bow and take aim. You toss aside your imaginary bow and look up at the sky. You drop to the grass and float on your back on a huge ocean (2 On Back legs up two ft.). You open your eyes and one of the clouds reminds you of a dolphin. You roll over onto your stomach and imitate a dolphin diving deep into the sea. You lie on your stomach with your hands under you and your feet up in the air (3 Locust Pose). You are diving deep in the ocean like a dolphin. You look back to the sky. Now you are a skydiver. You grab your ankles and you sail through the sky (4 Bow Pose). You feel the breeze and decide you are a strong and powerful windmill (5 Alternate Toe Touches). Your arms become blades slowly rotating in the wind. They reach up, over and down. Now you feel the sun on your face and you are a beautiful sunflower (6 Forward Bend). You reach up with your arms and then bend down. You again feel the breeze as you raise your hands up over your head. Your arms sway in the warm wind (7 Side Bend). As you giggle you fall into the lush grass, your nose is a bee and your toes are flowers you buzz back and forth to gather some golden pollen (8 Sitting legs wide bends). You think wouldn't it be fun if you can create rainbow bubbles. You bring your feet together and grab your toes and move your body like opening and closing a book. (9 Ballistic movement Stretch) imagine that you are creating bubbles of every color. Giggling you end up on your back. You ease your feet back over your head and wiggle your toes in the grass (10 Plow Pose). Still laughing you roll back to the ground and raise your feet high in the sky (11 Shoulder Stand). This is fun so you do it a few times letting your toes touch the horizon, grass, the horizon and the sky (12 Continuous Plow). You now decide to be a rocket blasting off into the atmosphere . You sit on your heels and raise your arms over your head. Your arms hug your ears, your hands are clasped and your index fingers are pointing to the sky (13 Sat Kriya). You smile as you are ready for takeoff. You lower your body forward, head on the ground, your arms still extended with your palms together (14 Gurpranam). As you sit up you see a magnificent eagle flying overhead. You raise your arms up over your head and then lower them to the side (15). You become the eagle flying through the deep blue sky. You stand and think of the oil pump you saw in a field yesterday. You squat down (17) and stand up pretending to be the pump. You think of animals you saw on a farm and fall on to your hands and knees. You make sounds like a cat and cow-Moo, Meow (18 Cat/Cow). Suddenly you are very tired so you rollover on your back and relax (18). After you have rested you skip down the hill back to your house. You slip into the back door thinking what a wonderful day of play you had.

*** by Mataji Graham