



## E A R T H   E L E M E N T

**Theme:** Centered, grounded, peaceful

**Action:** Right side / left side energy

**Oil:** Peppermint

**Mudra:** Prithvi

**Pranayama:** Bastrika

**Tapping Point:** 14 (middle of bridge of nose)

**Meridians:** Spleen (yin), Stomach (yang)

**Strengths / Emotions:** grounded, happy, connected, worry, envy

### **Meditation Script:**

Set up for seated meditation.

Sit tall and confident, allow your head to balance on top of your spine. Connect to the parts of your body touching the earth. Allow this tangible connection to create a grounded feeling of ease and peace. Take a moment to connect to the natural flow of your breath. Begin to lengthen your breath, taking your breath all the way down into your belly. As you breathe in, do so slowly, and allow your inhale to fill your belly; allow a slight pause at the top of your inhale. Open your mouth and breathe out slowly. Repeat this deep and cleansing breath. As you do so, imagine your breath is a clean, blue river containing healing energy to balance your emotions, open your mind, and cleanse your digestive system. Pause here for a few moments with your cleansing river breath. (Pause for 1 minute). Now allow your natural breath to flow as you reconnect to the grounded energy of ease and peace. Bask in this ease and peace. There is nothing to do, nothing to think about, no where to be, other than in this moment now here. You are ease. You are peace. (Pause for 1 minute - pepper in words of ease and peace). Ground down to the parts of your body that are touching your mat. Feel the energy of ease and peace. Bring your hands to the floor, connect to the earth. Close meditation.

## **60 Minute Asana Sequence For Earth Element:**

Savasana with peppermint oil aromatherapy and tapping point

Wind Removing Pose

Supine Twist

Happy Baby

Half Happy Baby

Hug Knees

Rock and Roll to Navasana

Low Boat

Hug Knees

Bicycle Twists

Hug Knees

Rock and Roll to Downdog w/ variations - 3 legged, flip

Childs Pose

Downdog

Plank w/ variations: Knee to elbow

Downdog

Feet to hands for Ragdoll

Tadasana

Sun A x 5

Sun B x 3

Triangle

Wide legged forward fold

Malasana

To seated for pranayama & meditation

Reclined pyramid

Wide wipers

Hug Knees

Happy Baby

Half Happy Baby

Supine Twist

Savasana with peppermint oil aromatherapy and tapping point



## M E T A L   E L E M E N T

**Theme:** Courage, acceptance, grace

**Action:** Feeling breath in lungs, letting go

**Oil:** Eucalyptus

**Mudra:** Varun

**Pranayama:** Kumbhaka

**Tapping Point:** 22 (between top of lip and side of nostril, top of canine teeth)

**Meridians:** Lung (yin), Large Intestine (yang)

**Strengths / Emotions:** Determined, realistic, strong, grief, sadness, over sensitive

### **Meditation Script:**

Set up for seated meditation.

Connect to the natural flow of your breath. Feel the cool air swirl in through your nostrils, and the warm air swirl out. (Pause). Begin to lengthen your breath feeling the air fill up each lung, and expand your rib cage. As you inhale, visualise the words I AM, and you exhale, see the words LETTING GO. Inhale I AM, exhale LETTING GO. Recite this mantra silently with your breath for the next few moments. (Pause 1 minute). ... Inhale I AM, exhale LETTING GO... Inhale I AM, exhale LETTING GO...

Close meditation.

## **60 Minute Asana Sequence For Metal Element:**

Sukasana with eucalyptus oil and tapping point  
Meditation & Pranayama  
Sufi rolls  
Seated shoulder stretch (interlaced fingers + strap)  
Arm stretch (tricep)  
Side bend  
Wide legged forward fold (seated)  
Wide legged side bend  
Pachimotanasana  
To all 4s for Cat Cow  
Advasana  
Broken wing, Advasana, Locust  
Upward Dog  
Downward Dog  
Cat Cow  
Bird Dog w/ bind  
Hold plank 1 minute  
Downward Dog  
Child's pose w/ walkover, Dynamic child's pose  
Downward Dog  
Malasana  
Navasana, Low Boat  
Bicycle Twists  
To back, leg lifts  
Straight leg crunches  
Reclined pyramid  
Wide Wipers, Hug Knees  
Supine Twist  
Dynamic Bridge, Wheel or bridge  
Wipers  
Hug knees in  
Supine Twist  
Savasana





## W A T E R   E L E M E N T

**Theme:** Presence, ease, flow

**Action:** Slow down

**Oil:** Pine

**Mudra:** Gyan

**Pranayama:** Ujjayi

**Tapping Point:** 1 (top / middle forehead / hairline)

**Meridians:** Kidney (yin), Urinary Bladder (yang)

**Strengths / Emotions:** Adaptable, visionary, go with the flow, fear, stress, scattered

### **Meditation Script:**

Set up for seated meditation.

Sit tall, allow your head to float on top of your spine. Begin to notice the flow of your natural breath - change nothing, simply notice. Now, ever so slightly, begin to slow your breath down, allow the flow of your slow, smooth breath to create a feeling of presence and ease. Allow all of the parts within your physical body that are holding tension to melt into this flow of presence and ease. Feel softness. (Pause). Further soften your face, jaw, throat and neck. Slightly separate your teeth and relax your tongue. Let this softness run down your spine, taking away any tension with it. Let each finger curl naturally. Relax your pelvis and legs and each toe. Breathe in, breathe out. Commit to taking this easeful, peaceful flow with you into the rest of your day (or evening or practice)..

Close meditation.

## **60 Minute Asana Sequence For Water Element:**

Child's Pose (take breath into back body, to kidneys)

Downward dog, paddle feet, flow

Ragdoll

Urdhva Hastasana

Tadasana

Slow Sun A x 3

High plank w/ knee to elbow

Downward dog w/ variations

Crescent lunge w/ twist (right side)

Lizard (right side)

Half Pigeon w/ knee to wrist lifts (right side)

Sphinx release to advasana, wipers, upward dog

Downward dog w/ variations

Crescent lunge w/ twist (left side)

Lizard (left side)

Half Pigeon w/ knee to wrist lifts (left side) to

Seated Buddha Konasana

Rock the Baby

Double Pigeon

Pachimotanasana (breathe into kidneys)

Boat, low boat

Hug knees

Legs up (waterfall)

Finger 4

Hug knees, supine twist

Savasana



## W O O D   E L E M E N T

**Theme:** Compassion, kindness, curiosity

**Action:** Explore

**Oil:** Orange

**Mudra:** Apan

**Pranayama:** Sitali

**Tapping Point:** 17 (below right eye, toward outer edge)

**Meridians:** Liver (yin), Galbladder (yang)

**Strengths / Emotions:** Resilient, resourceful, generous, anger, frustration, annoyance

### **Meditation Script:**

Set up for seated meditation.

Allow your body to soften into your seated position. Relax your face, jaw and throat, and connect to the parts of your body touching the earth. Tune into your thoughts. Notice what thoughts arise. Become very curious and explore each thought. Notice which thoughts are kind. Which thoughts are not kind. Notice which thoughts are repetitive, and which thoughts are new. Rest here for a few moments exploring your thoughts. (Pause). Now shift from noticing your thoughts to creating compassion for each thought that arises. As you notice each thought, silently, within your mind, repeat: I release you with compassion. As each thought arises, no matter what it is, repeat: I release you with compassion. Over and over, as many times as you need to. (Pause for at least 1 minute). Take your compassion with you into the rest of your day (or evening or practice).

Close meditation.

## **60 Minute Asana Sequence For Wood Element:**

Child's pose, Dynamic child's pose  
Downward dog, walk feet, heels to one side  
To all fours - calf stretch, Cat Cow  
Downward dog  
Feet to hands, rag doll  
Urdvha hastasana, Tadasana  
Standing leg raise (l/r), Dancers (l/r)  
Airplane, Standing splits  
High plank to low  
Upward dog  
Downward dog  
Feet to hands, rag doll  
Urdvha hastasana  
Tadasana  
Airplane  
Standing splits  
Tadasana  
Tree pose (both sides)  
Tadasana, reach up fold forward  
Step right leg back to lizard  
Downward Dog  
Other side lizard  
To seated  
Pachimotanasana, to connect to fascia, chin to chest  
Foot yoga, pachimotanasana between sides  
Intense foot stretch - release anger  
Cat Cow  
Downward Dog  
Half pigeon both sides  
Frog pose  
To back body, hug knees into chest  
Happy baby, flowing  
Supine twist  
Savasana



## F I R E E L E M E N T

**Theme:** Love, care

**Action:** Creation

**Oil:** Rose

**Mudra:** Lotus

**Pranayama:** Kapalabhati

**Tapping Point:** 8 (middle of left eyebrow)

**Meridians:** Heart (yin), Small Intestine (yang)

**Strengths / Emotions:** Connected, optimistic, loving, anxiety, needy, critical

### **Meditation Script:**

Set up for seated meditation.

Create a comfortable seated position, one that you feel supported and cared for. Use any props that you need to really become comfortable. Bring your left hand on top of your heart, and your right hand on top of your left. Feel the beat of your physical heart. Imagine a light in the center of your heart - any color at all. Notice what color your light appeared as. Let this light become more and more vibrant with each beat of your heart. Feel a warmth come over your body as your light becomes brighter and brighter. Let this warmth contain a feeling of pure love. Pure love for you. (Pause). As you breathe, silently in your mind with each breath, repeat the words, I am loved. I am loved. I am loved. Let your hands slide around to your back body to give yourself a hug. Repeat: I am loved. I am loved. I am loved. I love me. I love me. I love me.

Close meditation.

## **60 Minute Asana Sequence For Fire Element:**

Begin on your knees in sukasana for your meditation and pranayama.

Side stretch

Child's pose w/ walk over

Dynamic child's pose

Cat Cow, Puppy, Cat Cow

Thread the needle (arm) both sides, Cat Cow

Downward Facing Dog with variations

Fallen star

3 Legged plank, low, upward dog, downward dog - repeat fallen star

Sun A x 5 \* each downward dog do a knee to elbow to fire up core \*

Crescent lunge with twist

Extended side angle to side plank

Vinyasa to other side, crescent lunge etc.

Advasana

Banana (P90x)

Broken wing, interlaced hands locust between sides

Flow bow - roll side to side, release to advasana

Upward dog to knees

Shoulder openers (camel prep)

Half camel (both sides)

Full camel - release to sukasana, seated cat cow

Downward dog

Lizard both sides

Half split variations - both sides, dynamic

Full split both sides

To back body, hug knees in

Dynamic bridge

Wheel

Wipers

Hug knees

Supine twist

Savasana