

Creation Breath Flow™



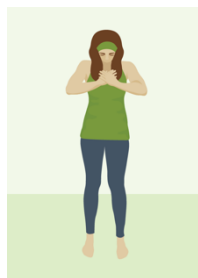
Draw **hands to heart center**. We come to our hearts to begin our Movement Meditation practice. The heart is our first teacher of self-care. In its role of supplying the entire body with the oxygen and nutrients it needs in order to live, it does this only **AFTER** supplying itself with oxygen **FIRST** through the blood flow of the coronary arteries. The heart practices self-care .



Lifting our arms in **extended mountain pose**, we breathe in the essence of mountain...grounded, resilient, and beautiful. Mountains humble us with their majesty, inspire us with beauty, and invite us into adventure with their natural wonder. As we breathe and stretch in this pose, we ignite the desire to seek wisdom, beauty, and strength outside ourselves.



Opening our arms into **chest expansion**, we open our hearts to the interconnectedness of all things. As we heal, restore, inspire, and strengthen ourselves, we become a gift of light and love in the world. We ponder our connectedness to our families, communities, the world, and Mother Nature herself.



Drawing our **hands folder over the heart**, we pause to remember our many blessings...our gifts and talents...our strengths, health, hopes, and dreams. These graces fuel our meaning and purpose. As good stewards of our gifts, we pause with gratitude, and set an intention to use our gifts generously in how we live, and move and have our being in the world.



Hands open...in a gesture of giving. Self-care is **NEVER** a selfish act. By entering into retreat, by practicing regular self-care, you are honoring the spark of creation that was born into you. You are a vessel through which life brings light into the world. Your hands are readied to heal, teach, care for, support, share, guide, nurture, comfort, and love.

This Creation Breath flow can be repeated as often as your meditation remains inspired. Connect each posture with the flow of your breath. Let your breath set your pace and rhythm.