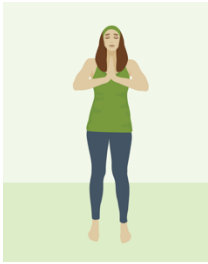


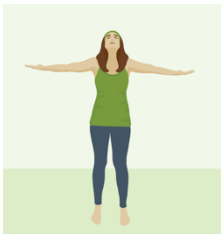
Creation Breath Flow™



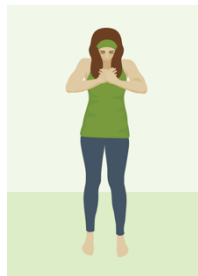
Draw **hands to heart center**. We come to our hearts to begin our Movement Meditation practice. The heart is our first teacher of self-care. In its role of supplying the entire body with the oxygen and nutrients it needs in order to live, it does this only **AFTER** supplying itself with oxygen **FIRST**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



Lifting arms in **extended mountain pose**, breath 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 you breathe and stretch in this pose, ignite the desire to seek wisdom, beauty, and strength outside yourself.



Opening arms into **chest expansion**, you open your heart to the interconnectedness of all things. As you heal, restore, inspire, and strengthen yourself, you become a gift of light and love in the world. You open to the vitality that connects you with your family, communities, the world, and the natural world.



Drawing **hands folded over the heart**, pause to remember your many blessings...gifts and talents...your strengths, health, hopes, and dreams. These graces fuel your meaning and purpose. Pause...recognizing yourself as part of the wonder of Creation.



Hands open...in a gesture of giving. Self-care is **NEVER** a selfish act. By practicing regular self-care, you honor 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 by how you live, move and have your Being in the world.

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.