

<b>CORE PRACTICE (about 1.5 hour)</b>	Sequence assumes general ability; refer to your teacher training for appropriate modifications. Be creative. You will likely not have time in Y12SR to do all of these. Remember: It Depends!	Interventions are ways to embody the steps. In 4-9 we clear the vessel and prepare it for sail.	The function of practice is whatever supports balance/ integrating cognitive w/somatic
<b>Pose/Sequence</b>	Cue Ideas	Intervention	Steps/Concepts
<b>Opening/Centering</b>			
	When we consider Core, we are looking at all the ways our practice bring our vital energy back inside us, where it belongs. In active addiction many things take away our vital energy. In Step 3 we have made a decision to turn our will and our lives over to the care of something greater than ourselves. From this point forward our recovery is about plugging into our true power source- with a willingness to release all of that which sits in our way.	You will see many elements of Foundation here. It's a great reminder that we need the foundation of Steps 1-3 which set the vessel right side up, as we move through the deep work of clearing that vessel.  The Core practice is a little more vigorous, still simple and slower.	
<b>GCO</b>	Let's Ground ourselves. Feel what's beneath you, what supports you. Root into that support. Notice your Center, and breathe into and out of your center. Now Orient yourself: notice who and what surrounds you. See the shapes, colors, light and dark, feel the temperature of the air, the clothing on your skin. ("Notice the sensations in each that let you know you're grounded/centered/oriented in present time awareness.")	Keep Coming Back, Practice These Principles in All Our Affairs (every moment there is an opportunity to use one or all three of these)	Foundation or Step 1-3 Acceptance, Honesty, Openmindedness, Willingness, Humility, Awareness, Trauma Resourcing, Seeking Support
<b>5 Body Meditation</b>	Notice what's present in 1)Body, 2)Energy, 3)Mind, 4)What's Your Intention? Our intention is often the fuel for manifestation. What's most important to you? And 5)Heart, the spiritual heart body, bringing hands together or placing in any way that is reverent, nurturing, or meaningful to you. (Cue a deep breath between each to move awareness deeper)	Keep Coming Back, Practice These Principles in All Our Affairs (every moment there is an opportunity to check in with ourselves)	Foundation or Step 1-3 Acceptance, Honesty, Openmindedness, Willingness, Humility, Awareness, Trauma Resourcing, Seeking Support, Honoring Intention, Honoring Connection to Spirit

<b>CGIS</b>	<p>Take a moment to honor your sense of Connection. Take a moment for Gratitude. What are you grateful for? A truly grateful addict won't use. Take a moment to recall your Intention. what you do, how you show up, matters. You have an important role to play in this lifetime. Intention is often the fuel for manifestation so how do your thoughts, breath, and actions support that which is most important to you? And take a moment for Service. We can't keep what we have without giving it away. Remember someone who needs a little extra love and support. Take a big inhale, and with me, a long exhale sending out love, light, support, and prayers for happiness, joy, and freedom. We can always keep coming back to our sense of connection, our gratitude, our intention, and that little bit of service, no matter where we are in our practice or in our day. We keep coming back.</p>	<p>Keep Coming Back, Practice These Principles in All Our Affairs (every moment there is an opportunity to use one or all of these)</p>	<p>Foundation or Step 1-3 Acceptance, Honesty, Openmindedness, Willingness, Humility, Awareness, Trauma Resourcing, Seeking Support, Honoring Intention, Honoring Connection to Spirit Dharma and Svadharma Connection to Spirit, Devotion, Service</p>
<b>Movement/ Active Postures/ Breath</b>			
<b>Kapalabhati/ pumping breath</b>	<p>Let's try a breath practice. Please bring your inner gaze up between brows; Inhale normally, passively; exhale slow belly pumping. After last round, uddiyana and mula bandha; hold, release. Slow Inhale and Exhale between rounds to clear. Repeat 3 rounds of breath 3 times (so 9 breaths with a clearing breath after each set of 3- Can build length and repetition with time and experience).</p>	<p>Issues in the Tissues, Repetition and Stay</p>	<p>Steps 4-9 Fearlessness, Courage, Energy Clearing, Willingness, Steadfastness, Transformation, Renewal</p>

<p><b>Savasana</b></p>	<p>For just a moment, come to the back and lie in savasana. Notice what supports you. Now, let's add a little Tadasana to our Savasana. Engage the legs; the toes point up as the heels press away. Spread your toes. Now, from your feet ignite your core and from your core open your heart. The front of the hips move in and up, as the tailbone roots down toward the heels. Inhale, the belly softens, the heart lifts; exhale, the muscles around and below the navel move in and up. The side body is long, the shoulder blades are down, back and under your back- back of the neck is long as the jaw moves back. So we are rooted into the Mother herself, and opening up toward the sun- we're in the perfect place, right here, between heaven and Earth. Recall that Tadasana is said to be the template for all postures-- that we can embody the mountain in every moment. What does this balance and steadiness feel like, even as you rest?</p>	<p>Foundation/Core/ Expression, Practicing these Principles In All Our Affairs</p>	<p>Steps 1-12, Back to Basics, Honesty, Openmindedness, Willingness, Reclaiming Energy, Inner Strength, Trust, Faith, Communication</p>
<p><b>Head and Neck Movements</b></p>	<p>Take a moment to roll the jaw, releasing it. The jaw is one place we often hold the unsaid. Turn your head gently right, then left. Remember that "no" is a complete sentence!</p>	<p>Issues in the Tissues</p>	<p>Expression, Boundaries, Communication, Steps 4-12</p>
<p><b>Supine Leg and Core Work, Spinal Twist</b></p>	<p>Inhale; exhale the right knee comes into the body. Hold here, breathe. Rotate the ankle, flex and point the heel and the toes. Then extend the right leg. Holding behind the right leg anywhere it works; Inhale, exhale lift the chest, the chin, and the forehead toward the knee; exhale, lower the upper body down half way. Inhale lift; exhale release halfway. You could release the grip on the leg and extend the arms. 6 more times- hold, contract the muscles below the navel; then exhale and release. Take a twist- right knee over left. Breathe. Switch sides.</p>	<p>Grounding, Repetition and Stay, Issues In the Tissues</p>	<p>Steps 4-9, Changing Patterns, Clearing Energy, Steadiness, Focus, Ease of Effort</p>

<p><b>Isometric Core Work (aka “Air Chair”), Psoas work, Navasana (boat pose) with twist</b></p>	<p>Bring knees into the chest, then let the knees move away until your hips, knees, and ankles are each at about 90 degrees and legs are touching. Place your right hand on your right thigh and your left hand on your left thigh with the fingers pointed up to the knees. Inhale, pressing the hands firmly into the legs, legs into hands; exhale, now squeeze the knees together. Inhale press the hands; exhale squeeze the knees. Inhale, Exhale. Inhale press, squeeze and hold... exhale to apanasana. Recall we use the pause button to restore us to sanity- anytime the breath is jerky, jumpy or erratic. Two more rounds.</p> <p>Now, keeping the knees together, with the hands on the knees, straighten the arms out fully, This is your inhale, Exhale, squeeze the muscles around and below the navel and bend the elbows by the sides, bringing the knees in close. Inhale straighten, exhale, pull the knees in with your belly. Inhale, Exhale. Inhale hold... exhale apanasana. Two more rounds.</p> <p>Rocking and rolling, let’s take a few of those and come up to balance in navasana or boat- perhaps with the arms outstretched- remember that vessel and the clearing we are doing in steps 4-9. It’s okay if you’re a little wobbly! We’re building our steadiness. Progress, not perfection! Hold this vessel, bring the palms together over the heart and inhale; exhale twist right. Inhale; exhale twist left. Inhale, Exhale. 6 more. Release and come to table.</p>	<p>Grounding, Repetition and Stay, Issues In the Tissues, Pause Button</p>	<p>Steps 4-9, Changing Patterns, Clearing Energy, Steadiness, Focus, Ease of Effort, Balanced Action, “Pause When Agitated”, Progress, not Perfection</p>
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<p><b>Table</b></p>	<p>Notice your base has changed. Notice your elbows, softening the elbow joints for energy flow. When we lock a joint, it's often said we block the flow of energy. We want that energy to move. Connect to Mother Earth, hug in all that energy. What is that like?</p> <p>Connect to your source of strength and stability. Feel the connection between the top of the pelvis, to the lower ribs, then to the heart, then to the jawline-- hug the muscles of the arms and legs in toward the bones, feel your shoulder blades down and back and on your back. Reclaim that energy. Notice as you breathe you also release that which is not yours to carry. What does that feel like?</p> <p>Draw the jawline back and connect to your ability to speak your truth. It's a powerful thing to speak your truth.</p>	<p>Foundation/Core/ Expression, Practicing these Principles In All Our Affairs</p>	<p>Steps 1-12, Back to Basics, Honesty, Openmindedness, Willingness, Reclaiming Energy, Inner Strength, Trust, Faith, Communication</p>
<p><b>Chakravakasana Flow (Cat and Cow Flow; Spinal Balance Flow)</b></p>	<p>From Table, now extend your right arm and your left leg. Hold, inhale; exhale, lower both to the floor. Switch sides-- your left arm and your right leg. Hold, inhale; exhale, lower to the floor. 2x. Now, inhale, extend your right arm and your left leg; as you exhale, bring your right elbow and your left knee together. Inhale extend; exhale together. 2x. Switch sides. 2x. Inhale extend right arm and left leg... lift a little higher... breathe... inhale reach, exhale release. Switch sides. 2x Then come to Table, or Down Dog.</p>	<p>Core, Issues in the Tissues</p>	<p>Steps 4-9, Clearing and Reclaiming Energy, Inner Strength, Focus, Ease of Effort, Paying Attention, Steadiness, Commitment</p>
<p><b>Down Dog</b></p>	<p>Long hold in down dog (remind pause button also available)— hug energy in-- when challenged, it's often said we should “stay close to the program.” As the back body opens, we trust that something/someone has got our back. Inhale through the nose; exhale through the mouth. Let that stuff go. Walk to top of mat and with a strong, straight spine, come up to stand.</p>	<p>Issues in the Tissues, Dual Action</p>	<p>Step 3, Resourcing Support, “Thy Will, Not Mine,”</p>

<p><b>Psoas lunge Sequence</b></p>	<p>From Mountain, step right leg back; up on toes, lunge hands on hips, inhale straighten both legs, elbows in, exhale arms up, bend the right knee. 6x, hold for three breaths in lunge, then switch sides. The psoas is often one of the places that we hold the issues in our tissues. It's said to be a "guy wire" for the upper and lower bodies. So as we move energy we need to move the psoas, to strengthen, tone, and release it. The psoas is also said to be the muscle of the soul, so as we grow this muscle in its integrity so do our souls become more vibrant, luminous, and healthy. As you hold your lunge, feel your strong base. Resource your breath. And what can you soften? Where can you find a little bit of ease?</p>	<p>Issues in the Tissues; Repetition and Stay; Practice these Principles in All Our Affairs; Foundation, Core, Expression</p>	<p>Steps 4-9, Clearing and Reclaiming Energy, Inner Strength, Focus, Ease of Effort, Paying Attention, Steadiness, Commitment</p>
<p><b>Standing Flow</b> (a slightly more accessible substitute for Sun Salutation)- could use slow Sun Salutations here as well.</p>	<p>From Tadasana, on an inhale, arms up, rise onto the balls of the feet, gaze a little up; exhale, bend the knees and bring your chest toward your thighs (looks like a skier or chair pose with the arms back). Inhale the arms up for chair pose; exhale, hands at heart and return to tadasana. Repeat 6 or more times. Stay: Chair pose 6 breaths. Inhale, exhale release. Pause in Mountain.</p>	<p>Repetition and stay, Practice these Principles In All Our Affairs, Simple, Not Easy</p>	<p>Steps 1-12, Back to Basics, Focus, Steadiness, Keep It Simple, One (pose/movement/ breath/step/day) At A Time</p>
<p><b>CGIS, GCO, 5 Body Meditation</b></p>	<p>Can call attention back to any of these here, to notice what's present now.</p>	<p>Keep Coming Back</p>	<p>Keep Coming Back, Awareness, Interoception and Self-Care</p>

<p><b>Cobra flow</b></p>	<p>Inhale, exhale forward fold, then lower to the floor, onto the belly. Bring your hands by your heart, along the ribs, your hip bones reach toward the floor as your feet reach back. Legs are close together. Your tailbone is long toward the heels as the belly releases on the floor. On an inhale, raise your chest, your head and your shoulders; exhale lower. 2x. Inhale, turn your head to center, raise your chest, your head and your right leg, any amount; exhale lower and turn your head to the left. Inhale, turn your head to center, raise your chest, your head and your left leg, any amount; exhale lower and turn your head to the right. 2x. Inhale, turn your head to center, raise your chest, your head and both legs; exhale and lower. 2x. Inhale, raise your chest, your head and both legs, hold here, stay present, exhale. Inhale stay lifted; open your legs in a “V”; exhale, close the legs. Inhale open, exhale close. Inhale raise a little higher, everything up; exhale and release to the mat. Inhale, and exhale through the mouth. And then inhale back to tabletop; exhale slowly the hips to the heels into child’s pose. Surrender it all to Mother Earth.</p> <p>Remember, it’s important to open our hearts. But just as important as it is to open our heart, we need to have our own back. Both energies are equally necessary for our survival. It’s not either/or, it’s both/and. This becomes very important in our relationships in recovery.</p> <p>Take a big inhale with me... exhale this one through the mouth. And now come back to table, tuck the toes, Downward Dog, walk to forward fold. Pause, then rise. Short pause in Tadasana</p>	<p>Sustainability and Self Care, Dual Action</p>	<p>Steps 4-12, Core and Expression, Boundaries, Self-Care, Balance, Moderation, Middle Path, Discernment, Discipline, Self-Respect, Restraint</p>
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<p><b>Warrior 2 Flow</b></p>	<p>From Tadasana, step back with left leg and create <b>Warrior Two</b>. (Cue alignment) What does it mean to be a warrior? It means we reclaim our energy. We stand up for ourselves so we don't fall for anything. In active alcoholism we fall for anything- very shaky or no foundation. In active recovery, we find foundation, reclaim our energy, and can stand tall and walk in the world with ease. Inhale arms up, palms together, legs straighten; exhale warrior two. Inhale, exhale. Keep moving. We're creating new patterns of breath and body, united as one. When we're in our breath we're in our power. (Repeat 6 or more times) Then hold Warrior Two. Find sustainability in the posture. As you reach out, through the fingertips, hug the shoulder blades in toward the spine. Feel your base; your tailbone roots down as you breathe in and out. Crown of the head reaches up. Take a big breath... exhale and step forward. (Switch sides)</p>	<p>Foundation, Core, Expression, Practice These Principles in All Our Affairs, Dual Action, Sustainability and Self-Care</p>	<p>Steps 1-12, Back to Basics, Focus, Steadiness, Keep It Simple, One (pose/movement/ breath/step/day) At A Time, Self-Respect, Strength, Balanced Action</p>
<p><b>Pigeon Prep and Pigeon</b></p>	<p>Come to a low lunge, left knee down, right leg forward. Prep: Stay lifted, hands on top thigh, belly muscles in and up, inhale; exhale deepen by bringing the hips and shoulders forward as the tailbone roots down. Inhale, exhale to dragon(lizard)- hands on mat or block inside right foot. Hold, pause, breathe. Inhale, exhale walk right foot to left hip, level hips, set a solid foundation with support if needed, inhale, exhale fold toward the floor. At this moment we may feel some intensity. Life in recovery is going to get intense. A job loss, death of loved one, financial and legal worries... it will get intense sometimes. "Where can I soften around that intensity? What can I adjust?" Know you have choice. Optional janu padasana-- knee and foot pose (figure four), on back. While we are reclaiming our energy, isn't it equally important to be able to release that which is not ours to carry? It's all about balancing energies. The serenity prayer comes to mind. God grant me the serenity to accept the things I cannot change; the courage to change the things I can, and the wisdom to know the difference. 1-2 mins, switch sides.</p>	<p>Life on Life's Terms</p>	<p>Serenity Prayer, Seeking Support, Steps 4-12, Humility, Discernment</p>



<b>Closing Practices</b>			
<b>Pranayama for Core</b>	Alternate nostril breathing, Nadi Shodhana, helps balance the two sides of the body and create a balance and a harmony between and among our energies. 6 rounds- place your thumb beside the right nostril and the ring and little finger beside the left nostril. Inner gaze up at the third eye, between and above the brows. Close the right nostril and Inhale left, close the left nostril and exhale right. Then inhale right, close the right nostril and exhale left. Repeat this for about 1-2 minutes cueing awareness at the third eye, breathing without gripping. At the end breathe in, retain... exhale. Can do in brief rounds of 3-6 breaths for newcomers.	Issues In the Tissues	Steps 4-9, Reclaiming Energy, Releasing Ama, Clarity, Focus, Balance, Honoring Connection to Divine/HP/Source
<b>Mudra and Meditation: Being Space</b>	(See “Being Space” Meditation) Mandala Mudra the gesture of wholeness. It's wonderful for balancing the mind and emotions, and especially helpful in emotional challenges and bringing greater clarity. Place your right hand on top of the left hand, touching the tips of the thumbs together. If you like, hold this mudra for the meditation, or place your hands any way and anywhere that would feel nourishing and supportive for you.	Core, Mudras: It's In Your Hands, Through Prayer and Meditation	Step 11, Improving Conscious Contact, Emotional Sobriety (awareness in center/limbic brain), letting go, “we have ceased fighting anything or anyone.”
<b>Savasana /Final Rest</b>	Notice the freedom and energy of surrender that comes from working with spiritual principles at the felt level. ... As the time for deep rest comes to a close, know you can come here any time, using your awareness, your breath, and your presence. It's always available.	Surrender	Steps 1-12 (all steps have some element of Surrender), Step 3, Step 10, Step 11
<b>Closing</b>	Take your time coming up, and honor the time it takes for the transitions. So often, we rush through those times. Come to sit. Notice what's present... Bring your hands together at the heart or place them in any way that is supportive, devotional, or nourishing to you. Take a big breath in with me, and as you exhale, allow your chin to fall toward your chest, your head to bow toward your heart. Namaste.		

