

# YOGA AS THERAPY

Life asks us to be strong, and receptive. When the mind is challenged, *the body can teach the mind what is possible*. The following sequence is designed to help you *strengthen your capacity to move between strength, and ease*. You contain within you, already, all the tools you need to construct a joyfull existence.

**All is within. Seek, and Find.**

## Open Heart, Protected Heart:

Sphinx to Sukha Sphinx



**{EM} POWER**  
YOGA & WELLNESS

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### Directions:

- From down dog, roll body forward, and lower slowly to the mat.
- Find Sphinx: With elbows beneath shoulders, press palms and forearms to mat. Ground through forearms. Root downward to rise upward.
- Reach heart forward as shoulders roll down back body. Breathe in.
- On exhale, let shoulder blades press toward each other. Let head grow heavy, forehead releasing toward mat.
- Notice ease.
- On inhale, return to Sphinx. Notice strength.
- On exhale, find Sukha (ease-full) Sphinx.
- Move between poses, linking breath. Repeat for 7-10 rounds, or until body asks you for stillness.

### Focus:

- Notice space "in between." Notice relationship between poses.
- Notice space in between breaths. Notice transition between breaths.
- Notice sensation. Breathe.