

The Triangle Posture and the Elements

Very tranquilly... We're going to come to the standing posture. We can establish a separation of our legs of more or less one meter; it's a comfortable separation. Let's not be too fearful; let's take the right distance to be able to explore.

Let the body, that the feet, discover the floor. Don't make adjustments yet, only the feet very alive, a very alive floor under your feet. We're going to push the outer edge of our feet against the floor.

The base of the pubis advances projected slightly forward, rejecting the frontal space. The chest expands, shoulders descend. Feel the active dynamics in the legs, from the hips to the feet.

And preserving the left hip where it is, we're going to open the right foot toward the right. You can flex subtly the front leg. Attention to the base of the pubis forward, and the coccyx that lengthens: a dynamic that pulls us toward the earth. Both arms open.

Let's keep the left hip oriented toward its side and retained backward. The right arm slides and advances toward the front. We will stay on the same plane. You can bend slightly the front leg, but keep the back leg well extended.

The left hip remains back, retained. And then the right arm comes to be located in the interior of the right leg. The left hand on the left hip. We won't go further; it's a sketch of Trikonasana. We don't want to go further to favor the opening of the pelvis and chest.

Feel the opening of the chest right here. The head continues in the continuation of the spine. Don't let the head fall. Open the hip, open the chest. The ebb and flow of the breath. And return.

The ten toes toward the front. Feel the reactions. Maybe a notable difference between the left and right side? Only constat.

We dynamize the legs: a slight push of the outer edge of the feet against the floor. Legs tonified. The base of the pubis advances, the coccyx long. The chest expands, the shoulders descend.

The left foot toward the left. The front leg slightly flexed. The back leg extended. The arms open. Attention to the pubis: keep it forward, shoulders well relaxed. The left hand slides far toward the left.

The right hip remains anchored there, retreats and protects the balance. Let the left hand deposit in the interior of the left leg; the right hand on the hip.

We stay there, the whole body on a single plane, as if we could stick to a wall from behind. The pelvis opens, the chest opens. The ebb and flow of the breath. The face very distended... the tongue passive.

Return with the ten toes pointing toward the front. I let the feet traverse the floor. The globality of the body, its habitat, the space around and maybe beyond.

This time, the body will leave itself loose and relaxed. Don't seek to make it tonic or firm now. Open rotating the right foot to the right; the pelvis will follow naturally the posture. Come to face that front right leg.

The torso abandons itself, cede to weight towards the front. Relax the belly, the chest, the head. You can bend the front leg if necessary. Come to place the right hand to the left of the right leg, either flat or in a crown.

The left hand on the left hip. The chest opens and rises toward the sky. Maybe the head follows the movement. Feel the hips, shoulders, feet. No need to push the floor: the feet can oscillate to constantly seek balance.

Return to center, ten toes forward. Relax the abdomen, the chest, the head. Well inhale, well exhale. Open the left foot, the bust comes toward the left. You can bend the left leg, the right is extended. Adjust feet.

The left hand in front of the left leg, the right hand on the right hip and open the chest toward the high. Let yourself be done by the breath, the very alive ebb and flow. Breathe. Come on, exhale.

You return with the ten fingers forward and relax the whole body. Lower the torso. Well exhale, sigh. The heels approach each other and the pelvis descends. Squatting.

Maybe you can place the whole foot, maybe you're on the toes: it's fine like that. The coccyx long, the intention of not falling back. Elbows to the interior of the legs, pushing slightly the knees outward.

Hands in prayer. Chest rises, shoulders lower. If you're on tools, accept it. Maybe a light pressure on outer part of feet to open a bit more. Chin in. Shoulders low.

Return. You can place one knee and then the other. In the lying position, lying on the back. Feet separated, fall to sides. Arms each side.

Palm to floor to feel the earth. Head aligned? If there are lumbar tensions...

Place a cushion under knees or under thighs. And starting from global sensation, let's let body expand by itself. Maybe with feeling your body dilates and enters more in contact with floor.

With the earth. As if you felt your body dissolve in the earth... or join the Earth. The Earth which is the body of the universe. Appreciate in your way this sensation of unity.

Return to limits of your body. Perceive it in its globality to take awareness of element water in you: lymph, blood circulating. Whole body fluid, liquid.

Your awareness can dissolve in this fluid, expand like a mantle of water. A great lake that joins the sea.

And the sea to the ocean. Savor this sensation of immensity.

Listen to the music of your own breath. The breath animating your lungs and body. Feel the air that lightens your body.

And the sensation that your respiration goes much beyond your body.

That it enlarges in the whole room you find yourself, and maybe even beyond. Being in contact with element air of the body, joining the atmosphere.

You are also a being of air, and your respiration joins the respiration of the earth.

And because you are... Take awareness of quality of your presence now. You are in this awareness of being and can appreciate its nature.

Your awareness that opens, that expands, that widens in space... space that is the spirit of the universe. Your body as a point in middle of consciousness.

Tranquilly, we return to seated position.

Let a natural verticality install and that all lived during session can simply re-orchestrate along the vertebral axis. And no more doing. Thank you.