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Heart Yoga - warm up

Joy of life-vitality-energy-heart opener

Basics

- Strength and stability in your lower body.

Make sure you have stability, grounding and strength in your feet, legs, abdomen, hips and pelvis. Ground yourself and empower the 3 lower chakras. The impulse for each movement starts from the 3 lower chakras. Ensure you have a strong and secure base.

- Openness and freedom in your chest-area.

Make sure that your breathing is free and deep. Create openness and space in your lungs, heart and chest and flexibility in your diaphragm and space between your ribs. Your arms move freely, supported by a strong and subtle upper back. *Imagine* your arms are wings that giving you freedom. *Imagine* your arms start at your shoulder blades and serratus anterior and that the movement starts from here. The serratus anterior is a special muscle shaped like a wing that helps to move your arms at the same time and helps to open the area around your heart. Make sure you don't strain your shoulders and neck while moving your arms, but create freedom of movement in your shoulder joints. Open your heart, emotionally, mentally and spiritually. Open yourself to all what is good in life. Be grateful and radiate light and love.

- Light and clarity in your head.

Your neck, shoulders, head, jaw and face remain relaxed and loose during all movements. Your mind observes clear and consciously the flow of movements, the breath and the constant changes in body and spirit. Observe in the here and now.