



## EARTH SEQUENCE

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## KEY INTENTION

TO TO CREATE A SENSE OF  
SECURITY AND BELONGING

When you feel part of everything, you are able to find the strength and inspiration necessary to fulfil every dream. Fear and hesitation give way to hope and joy. The earth sequence helps you build this firm foundation to your life.



*visualise light rising from  
the base to the throat.*

1  
INHALE

Stand in the mountain posture with your feet hip-width apart. Loosely interlace your fingers in front of the navel, palms facing up. Raise your hands up to your throat.

2  
EXHALE

Smoothly turn your hands over so that palms face down and lower your hands to the navel.



SILENTLY AFFIRM

I FEEL SAFE.

EVERYTHING I NEED  
COMES MY WAY.



*Visualise a fountain  
of light showering  
down around you  
each time you  
lower your hands.*

**3** **INHALE** Move your hands forwards and up in a smooth curve until your hands are above your head, fingers still interlaced. Pause for a moment, lengthen the spine and lift the sternum.

**4** **EXHALE** Gently release your fingers and let your hands separate and float down to your sides.

Repeat these movements until you feel a deep peace.



#### The earth sequence

- ☞ calms the breath and so activates the relaxation response
- ☞ brings optimum benefits if practised out of doors