

# 12 POSES FOR WHEN YOU FEEL STUCK OR NEED A LITTLE INSPIRATION

## The Creative Flow

### Easy Pose

Come into a comfortable seat. Sitting up tall, allow your shoulders to relax. Feel your hips connected to the mat. Close your eyes and begin to observe your breath. You can place one hand over your heart and the other over your belly. Breathing in and out through your nose, slowly begin to deepen your breath. Stay here for a few cycles of breath. Your slow deep breathing allows you to connect to yourself.



### Cat and Cow

From Easy Pose, come onto your hands and knees in tabletop position. As you inhale, drop the belly and lift the heart (cow) and as you exhale, round the spine and tuck chin to chest (cat). Move here at your own pace, closing your eyes and listening to the sound of your breath. Cat Cows help to move any stagnant or stuck energy and create space in the body for your creativity to flow.



### Child's Pose

From tabletop, open your knees as wide as your mat, send your hips back toward your heels. Surrender here. Give your thinking mind a break by tuning into your heart space and the sensations in your body. Remember that stillness is just as important as movement. Listen. Notice. Be.



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### Downward Facing Dog

From tabletop, walk your hands out in front of you, curl your toes under and slowly lift your hips up high and back. Let your head and neck relax. Pedal out your feet by bending one knee and then the other. In this introspective pose, get curious about the sensations happening in your body. Curiosity inspires creativity.



### Forward Fold

From Down Dog, bend your knees and slowly walk your feet towards your hands and come into Forward Fold. With a soft bend of your knees, allow your upper body to relax. You can hold onto opposite elbows and find a gentle sway. As you deepen your breath, let go of whatever is not serving you...self doubt, worries, judgment.



### Mountain

From Forward Fold, ground through your feet and roll up slowly to stand. With your arms down by your side and palms facing out, stand in your power. Notice your strength and stability, as you feel the support of the earth beneath you



### Standing Side Bends

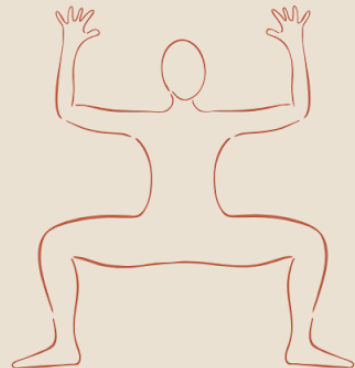
From Mountain pose, reach your arms up and overhead as you breathe in. As you breathe out, gently sweep one arm down by your side and gently reach the lifted arm up and over, opening up your side body. Then slowly take it to the other side. Allow yourself to open up to new possibilities.



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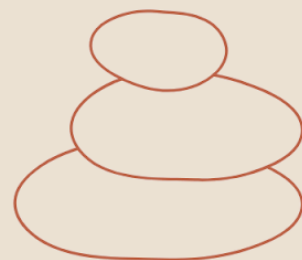
### Goddess Pose

Connect with your courage and radiance in Goddess Pose. Come into a wide stance with toes pointed out, lower your hips toward your heels and bring your arms into cactus arms. You can find a flow here by inhaling to straighten the legs and straighten the arms, and exhaling to bend the knees and arms back into Goddess. Flow here for three rounds. On the last one, straighten your legs and bring your arms out wide to the sides coming into a Five Pointed Star. Hold here for a moment as you take up space and shine your light. Exhale and slowly release.



### Standing Hip Circles

With your legs shoulders-width apart, bring your hands onto your hips. Begin to slowly circle your hips, inhaling as you roll your hip points forward and exhaling to roll back. Make big or small circles. Reverse directions when you are ready. You decide where it ends. We store a lot of stress and emotions in our hips which can stand in the way of our creativity. Release that.



### Apanasana

Slowly come to lie down on your back. Feel yourself grounded and supported. Trust that you always have your back. Hug your knees into your chest and rock a little side to side massaging your lower back. Take this moment to thank yourself for showing up for yourself.



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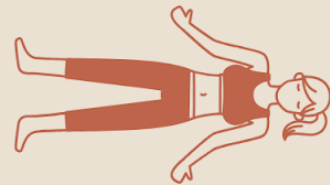
### Happy Baby

From Apanasana, reach around to hold onto the outer or inner arches of your feet. Bend your knees toward your armpits and bring them wider than your torso. Tap into your inner child in this playful pose. Have fun stretching your hips and hamstrings knowing your inner muse is amused.



### Savasana

From Apanasana, reach around to hold onto the outer or inner arches of your feet. Bend your knees toward your armpits and bring them wider than your torso. Tap into your inner child in this playful pose. Have fun stretching your hips and hamstrings knowing your inner muse is amused.



Let Go and Begin:  
A Mindful Creating and Yoga Workshop