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for energy

beginners
 practice

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Discover a new and exciting way to experience yoga that connects your body and mind with the Earth's energy. Filmed on the island of Maui, renowned yoga teacher Rodney Yee guides you through five practice sessions that follow the cycle of the earth from sunrise to sunset using poses that generate the quality of the five elements: Earth, Fire, Water, Air and Ether. There is no narrative instruction—just powerful yoga, energetic landscapes, soothing music and waves on the seashore. The absence of verbal instruction allows you to focus on breath, movement and the energy you feel. Whether you're just beginning, or your yoga practice is already established, discover the energetic power of yoga with *Yoga Journal's Yoga Practice for Energy. 60 Minutes.*



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 YOGA PRACTICE FOR ENERGY

- Awakening:* sunrise stretches that awaken the body (9 MIN.)
- Centering:* early morning practice of standing poses (7 MIN.)
- Creativity:* mid day practice to energize (15 MIN.)
- Reflection:* late afternoon tranquil forward bends (11 MIN.)
- Surrender:* deep relaxation at sunset (4 MIN.)
- Appendices:* modifications of poses using props (3 MIN.)

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