

Wood Element – Growth & Expansion (Sequence 1 - Recorded)

O – Opening (10 min)

- Starting Pose: Advasana (Crocodile) – relax spine, root belly - Breathwork: 3 min releasing breath - Somatics: Pelvic tilts - Super Human Pose - Pandiculation - Swimmers - 3 x Locust Pose - Upward Dog Flow (back to Advasana and back up), Upward Dog to Downward Dog Flow, Downward Dog Twist - to Ragdoll - Shoulder rinse - Pilates Roll Up to Standing - Arm Circles - Activation” HA Breath Standing Arm Circles – imagine “branches expanding

“Settle into your starting posture. Feel your body arrive. Allow your breath to expand wide into your ribs—notice the growth and expansion with every inhale.”

“Awaken your mind–body connection through small somatic movements. This is your chance to reconnect with your roots before we grow.”

“As you circle your arms, imagine branches expanding outward. Let your shoulders release as you create space.”

F – Foundations (10 min)

- Core Engagement & Adductors: Ball squeeze between thighs with sit up hold, crunch and hold ball - repeat
- Bike Twists - 100s x 2
- Abductors: Bridge with band pulses outward, Legs Up Pulse

“Engage your core by drawing your navel gently toward your spine. This is your strong trunk.”

“Squeeze the ball between your thighs. Feel your inner legs activate—this is your inner stability.”

“Press your knees outward into the band. Feel your outer hips anchor you, like roots grounding into earth.”

P – Progressive (15 min)

- Strength & Resilience:
 - Forearm plank with hip dips (side-to-side “wind sway”) - mountain climbers - Cat cow
 - Bear Flow (hold, walk kick through) Child’s Pose
 - Downward Dog

- Plank Flow
- Bridge Pose
- 3 × 1 min push ups
- Transition/Release: Downward Dog → Pilates Roll Up

“Hold your plank. This is your steady tree trunk—strong, centered, resilient.”

“Lift through your glutes. Imagine growing upward with strength.”

“Stay steady in your push-ups—this is your resilience in action.”

I – Integration (15 min)

- Standing mini flow: Chair Squat → Overhead reach → arms out to the side - x2
- Arms Series Kneeling or standing or seated - to seated tricep dips

“Flow through your standing sequence. Allow your body to move with stability and freedom, like branches swaying.”

“As you roll down and into ragdoll, let your spine cascade like a tree bending with the wind.”

C – Closing (10 min)

- Seated cat cow - shoulder rolls - neck rolls - seated twist - Seated cat cow - eagle arms - Seated cat cow - Side Bend - kapalabhati – clearing energy, preparing for growth

“End with kapalabhati, clearing space for new growth within your body and mind

