

BOOK TWO

embodiment of shine

developing your truenorthness  
**a visual guide + a seasonal yoga experience**

by Ann Green



JANUARY



INTUITIVELY  
*I am calm*



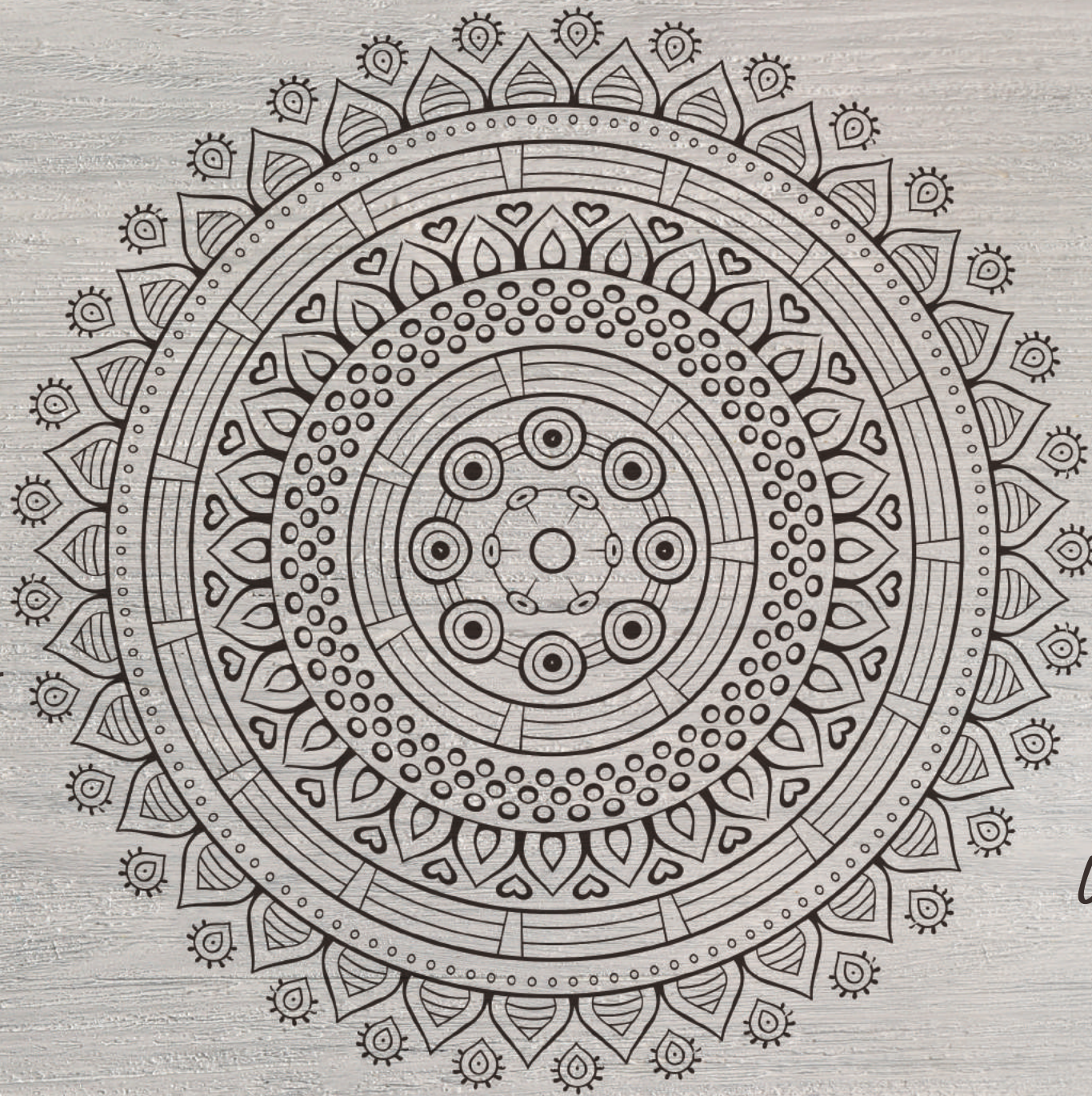


January is a time  
of fresh beginnings  
and getting back  
the groove in oneself  
to reverently reveal  
*you are amazing!*





I hope for you  
a soulful look at  
how you groove  
it up in your life  
to shine on and  
be the ambassador  
of change; to be  
your soul all day.



This change is  
within your very  
being. It is a part  
of every cell,  
and a collective  
part of your  
*universal heart.*





All the answers  
you seek are  
within; you know  
how to heal this;  
how to feel this;  
how to reverently  
*be.*



*Remember,*  
there are  
unexpected joys  
that lay even in  
the most dormant  
of places.





JOURNAL  
*Questions*

What do you need for a fresh start?

What would be your ideal *new beginning*?

What does a beginning mean to you?

What brings *you peace*?

How are you feeling today?





*Asana Focus*  
Upavista Trikonasana



Triangle pose is a beautiful place of *connection.*



This slight shift in your body helps you to understand your digestion and connect you to your intuitive gut.

Allow your feet to assimilate into the earth, Take a moment to feel and to become rooted. Pay attention to the strength in your legs, feet and toes. Triangle is an earthing posture that beautifully integrates rooting with lifting. When there is strength and power in our foundation, it opens up our body to rise. Triangle is a lifting posture. Let your feet be the roots as your body rises up as branches. Gently allow your body to evolve, as you twist and fall into alignment. This a conscious movement, which you bring one arm down towards your rooted leg and foot as the other continues to reach for the stars.


At the same time, there is an evolution, a twist of falling into ourselves, as you fall in line with alignment.



The pelvis moves in a lateral-horizontal plane to a vertical plane, gently tipping and stacking. As the shoulder aligns with your body, it helps to direct towards the anterior midline while continuing to open up the heart centre.


The back leg also feels that sense of spiraling towards the midline, as the body continues to lift, up towards the sky, opening up the heart and core to the beauty of this posture. Where limitless potential resides.

Consciously bring one arm down towards your rooted leg and foot, as the other continues to reach for the stars. After a few seconds, slightly move the upper arm to draw the thumb towards the body, lessening the space between the fingers. There is a softening of the space, which in turn helps create a stacking of your body, wrist over shoulder cultivating a long line of connection. . In an elegant consistency of rootedness, the body continues to take flight. It should be almost effortless to lift up, taking like a sail in a boat, being full yet vulnerable, embracing the beauty of triangle.



There is strength  
in the vulnerability,  
beauty in the alignment.

There is direction in  
your forces; alignment  
*in your soul.*





Triangle is so much more than an inversion, or a rotation;  
this pose will help bring you back to your very core.

It is about celebrating  
who you are as a being;  
your personal rose compass -  
*your true northness refined.*

New in the now! It is about shaking up your body, twisting it and discovering that unexpected surprise; a body of joy. Fluid and viscose in a solution of tensile lift. In the end, triangle restores you to the beautiful being you are. It is both calming and soothing. Take a moment to simply let things be, exactly as they are. Feel the strength and rootedness in your body. There is a duality to this asana. Triangle is not forced, it is fluid, it is movement aligned with the balance that our body needs at the moment.





# Peace

spinal undulation: the moment we see the truth we have a longing to serve it



in  
create space



ex  
hold space

*breath cues*

“give permission  
to the breath  
to craft an elegant  
consistency of  
*equilibrium.*”

“luxuriate in the  
tender elixir of the space  
between the breath  
~ peace filled observation  
here opens limitless  
possibility in this  
*gift of now.*”

awaken: integrate ~ calibrate + ground ~ awaken to your amazing



hurdler



cocoon



hurdler



half saddle

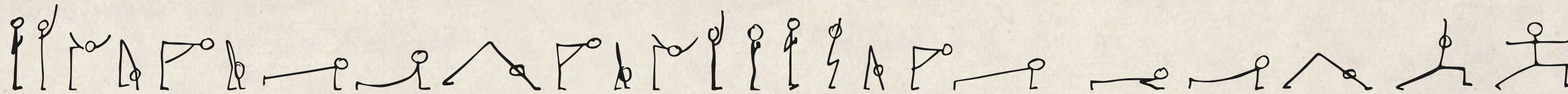


half saddle child's



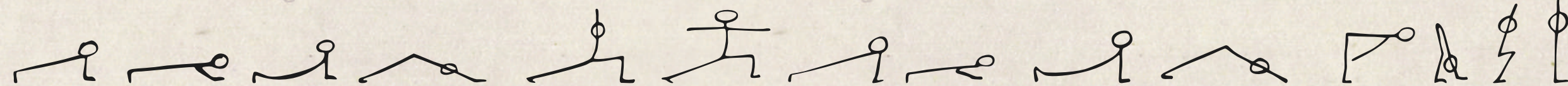
breath meditate

cultivate: warrior one ~ sun salutations + spinal integrations



Sunshine Eh

drink the  
wild air



hold yourself  
inspire

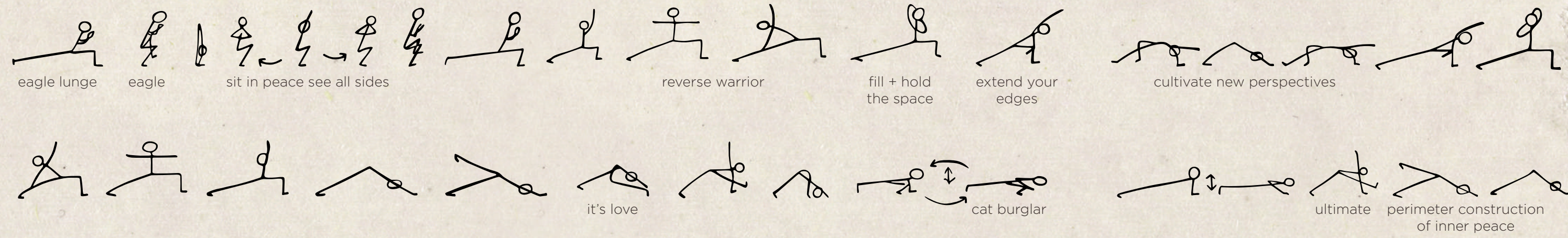
Sunshine be

JANUARY  
*Sequence*





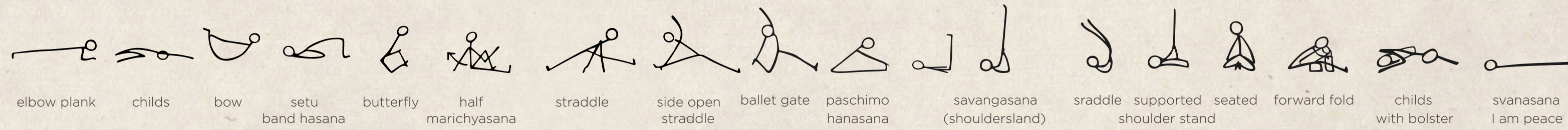
grow: second wave ~ spine opening; strength; arm + core awareness



blossom: third wave ~ around the hip; triangles + arm balances



shine: fourth wave + seated revolutions; heart openers; inversions



close: slow the breath savour the love embody the light... and so you shine!

