

Nature's Elements Sequence

1. Earth Element Explanation

Preparation:

- Sit on the floor
- Cross your legs in a comfortable position
- Spine/ back straight

Earth Sitting Pose 1

- Raise your arms up
- Interlock your fingers with palms facing up
- Stretch your arms up- keep them straight
- Put your shoulders down- creating a space between your ears and shoulders
- Breathe in and as you breathe out- bend to the side (a small bend)
- Breathe in and come back to centre
- Repeat on the each side for a few times

Earth Sitting Pose 2

- Stretch your arms in front of your
- Place them behind you towards the back
- Put your hands together- interlock your fingers with palms facing each other
- Bend forward towards the floor with your upper body
- Your arms at the back go up as your upper body moves forward
- Keep your bottom on the ground- do not lift it off the floor
- Repeat for a few times- keeping your balance

Earth Sitting Pose 3

- **Place your hands next to/near your feet**
- **Slowly walk your hands forward - keep your bottom on the ground/floor at all times**
- **Stretch your arms forward as much as you can**
- **Criss cross your hands to one side till the hand reaches the knee**
- **Place the hand (same side of the knee) onto the floor in line with the knee**
- **Lift the other arm up- stretch it over your head**
- **Look up with your head (over the lifted arm)**
- **Place the lifted hand back onto the floor**
- **With your hands- walk over to the other side and repeat**

Remember to repeat these poses with different legs.

Example, if you're sitting down with your left leg in front, repeat the pose again with the right leg in front.

This is to make sure you get a balanced stretch (stretching both sides)

[https://www.youtube.com/watch?v=Em0NVMd2I2E&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW &index=21&t=0s](https://www.youtube.com/watch?v=Em0NVMd2I2E&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=21&t=0s)