

# Nature's Elements Sequence

## 2. Water Element Explanation

### Preparation

- Lay down in a straight line with your stomach touching the floor
- Legs stretched/straight
- Bend your arms
- Place your hands underneath your shoulders

### Water Pose 1

- Untuck your toes and lift your body up. Toes and hands on the floor, with stretched arms - Plank Position

### Water Pose 2

- Lift your bottom up and shift the weight to the back feet - Downward Facing Dog

### Water Pose 3

- Sway forward with your body - shifting the weight back to centre into - Plank Position

### Water Pose 4

- Bend your arms/elbows
- Sway forward with your head and lower your body closer to the floor
- Look up with your head as you bend your lower back - Snake/Cobra Pose

***Repeat this flow for around 5 to 10 times.***

Roxanna Marie Scicluna

RockSea Yoga

Water Element

Explanation

***Start off the first 2 rounds at a slow pace; counting to 3 in each pose.  
Continue the other rounds at a faster more flowing pace***

<https://www.youtube.com/watch?v=h2eJ9tkPOKw>