

Nature's Elements Sequence

3. Fire Element Explanation

Preparation

- Lay down on your back
- Legs straight
- Arms straight next to your body

Fire Element Pose 1

Part 1

- Lift one leg and bend the knee
- Bring the knee close to your face
- Grab the knee with your hands
- Lift your head off the floor and touch the knee with your nose
- Repeat this a few times changing legs

Part 2

- Bend both legs/knee
- Bring the knees close to your face
- Grab the knees with your hands
- Lift your head off the floor and touch your nose with your knees
- Repeat this a few times

Fire Element Pose 2

Part 1

- **Bend your knees**
- **Grab your legs with your hands**
- **Bring your knees closer to your body/stomach**
- **Rock from side to side**
- **Use the elbow that touches the floor to push you to the other side**
- **Repeat this a few times**

Part 2

- **Bend your knees**
- **Grab your legs with your hands**
- **Bring your knees closer to your body/stomach**
- **Now swing forward and backwards**
- **Repeat this for a few times**

Fire Element Pose 3

- **Bend one leg (example the right leg)**
- **Bring the knee of the bent leg close to your body**
- **With the opposite hand (example the left hand) pull the bent knee towards the opposite side of the knee (example the right knee pulled towards the left side)**
- **Keep both shoulders on the floor/ground**
- **Turn your head to the opposite side (to the right)**
- **Stretch your other arm (example the right arm) to the side**
- **And look at your fingers of the stretched arm (the right arm)**
- **Breathe here for a few moments**
- **Repeat with the other leg**

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Explanation

Fire Element

[https://www.youtube.com/watch?v=jnlhUiFTk4U&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW &index=23&t=61s](https://www.youtube.com/watch?v=jnlhUiFTk4U&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=23&t=61s)