

Y H V H Shekhina Yoga

Based on the Sun Salutation

The imprint of the Divine is in our bodies.

Yud - Head

Hey - Upper Shoulder Girdle

Vav - Spine

Hey - Lower Pelvic Girdle

Shin - Arms stretched up beside the head

Yud Stand in Mountain Pose, at Sinai, arms by your side, feet rooted in the earth, head lifting to the sky. Exhale, emptying all thoughts.

Hey Inhale. Lift arms, palms facing, extending straight beside head, shoulders relaxed. You are forming a channel for the divine energy from above.

Vav Exhale. Extend your arms forward, palms facing, bending from the hip sockets. Lengthen your spine as your hands reach toward the ground and the head surrenders downward. The *Vav* is straight but supple, connecting Heaven and Earth.

Hey Breathe in from the Earth through your legs as you bend gently at the knees. Extend the arms forward, palms facing. Lift from the pelvis and reach upward again, straightening pose, bring Earth's wisdom to Heaven.

She- Exhale as the left foot moves to the side. Arms are still extended above head, palms facing each other,

khi- Arms move out from the sides of the ears to form a "*shin*" with the head and two arms. This is the Tree of Life.

na Inhale. Palms turn down and hands make a circle that meet on the heart.

Experience She-Who-Dwells-Within. Then return to Mountain Pose on an exhale.