


















STAR BREATH

Dru Yoga






The *Star Breath* is a Dru Yoga sequence to relieve stress, increase oxygen intake, and increase focus and creativity. Dru Yoga emphasises fluidity and soft joints to minimise tension in the body.







Caution: This sequence is suitable for most people. Be cautious if you have a high or low blood pressure or severe osteoporosis or problems with the lower back.






THE PRACTICE


1. Start: Inhale 	2. Exhale 	3. Inhale 	4. Exhale 	5. Inhale 	6. Exhale 
7. Inhale 	8. Exhale 	9. Inhale 	10. Exhale 	11. Inhale 	12. Exhale 
13. Inhale 	14. Exhale 	15. Inhale 	16. Exhale 	Pause and breathe naturally. Start another round on exhalation at position 3 or move to the end and ground.	End 

DETAILS

Position	Breathing	Description	Notes
1 	Inhale	Stand with feet about shoulder-width apart.	
2 	Exhale	Bring hands in front of heart with palms facing each other and fingers pointing upward and have a small bend in the knees.	Imagine you are holding a ball in front of your chest. Ensure that the shoulders are down and relaxed, the knees are tracking out towards the middle toes, and the body is upright.
3 	Inhale	Bring the arms out wide and straighten the knees.	Keep the elbows soft. Imagine that the ball has expanded so there is still a roundness the shape made by the arms and the hands are still about level with the chest.
4 	Exhale	Bring hands in front of heart with palms facing each other and fingers pointing upward and have a small bend in the knees.	Imagine you are holding a ball in front of your chest. Ensure that the shoulders are down and relaxed, the knees are tracking out towards the middle toes, and the body is upright.
5 	Inhale	Bring the arms out wide and straighten the knees.	Keep the elbows soft and have the hands about level with the chest.

Position	Breathing	Description	Notes
6 	Exhale	Bring hands in front of heart with palms facing each other and fingers pointing upward and have a small bend in the knees.	Imagine you are holding a ball in front of your chest. Ensure that the shoulders are down and relaxed, the knees are tracking out towards the middle toes, and the body is upright.
7 	Inhale	Bring the arms out wide, straighten legs, and turn to right.	Keep the elbows soft and have the hands about level with the chest. Lower back problems, osteoporosis: Do not twist too far around to minimise the strain on your back.
8 	Exhale	Come back to centre and bring hands in front of heart with palms facing each other. Have a small bend in the knees.	
9 	Inhale	Bring the arms out wide, straighten legs, and turn to left.	Keep the elbows soft and have the hands about level with the chest. Lower back problems, osteoporosis: Do not twist too far around to minimise the strain on your back.
10 	Exhale	Come back to centre and bring hands in front of heart with palms facing each other. Have a small bend in the knees.	
11 	Inhale	Raise the hands up in front of the body, palms facing each other and straighten the legs.	Keep the elbows soft. High blood pressure, heart conditions: Keep the hands low, no higher than the head. Shoulder problems: Only raise arms as high as comfortable.

Position	Breathing	Description	Notes
12 	Exhale	Come back to centre and bring hands in front of heart with palms facing each other. Have a small bend in the knees.	
13 	Inhale	Straighten the legs.	
14 	Exhale	Turn palms face down with fingers facing towards each other. Push down and bend the knees, coming down as low as possible.	Ensure that the knees are going in the direction of the toes, and the knees are not behind or above the ankle (not too far over the ankle). The body remains upright, core engaged, and weight towards the heels. Knee problems: Only come down as low as comfortable.
15 	Inhale	Turn palms up, fingers facing towards each other, and slowly bring arms up in front of the body whilst straightening the legs	
16 	Exhale	Turn the hands so the palms are facing each other, fingers facing up, and knees slightly bent.	
Pause in position 16		If comfortable, close the eyes, and feel the strength in the position.	
Perform additional rounds by repeating Steps 3-16.			

Position	Breathing	Description	Notes
End 		“Ground” yourself by parting hands and bring them out to the side. Turn palms face down and lower hands, palms down, by your side. Let the hands relax by your side.	