

Warm up Stretch and Breath

Chest expansion

1. Interlace the hands behind your back.
2. Breathe in to lift the chest.
3. Breathe out to relax.

OR

Cat Cow.

1. Place hands on lower back. Fingertips facing down
2. Breathe in to draw the shoulder blades closer, back and down.
3. Breathe out, hands pushing away as if to push a wall.
4. Dome the back, gazing down with length in the neck, separating the shoulder blades.

Rib Opener

1. Reach up, one hand at a time, breathing in
2. Let go, breathing out
3. Reach up and over the head, one hand at a time, breathing in.
4. Let go, breathing out.
5. Reaching up with both hands, breathing in, shoulder remain down.

Lower back Lengthener

Rag Doll

1. Fold over. Bend knees. Drape belly over thighs.
2. Grab opposite elbows
3. Hips high, belly on thighs, breathe into lengthen, breathe out to release.

OR

Seed Pose

1. Crouch down.
2. Give legs big hug.
3. Breathe.

Beltane: Lighting the Fire

a ritual of voice and release

Beltane celebrates the return of our sun, our fruit, our fertility, and our liveliness. We have a duty to our nature, as summer sets forth, to move and use action to magnify our instinctual intentions and burn away that which clogs our pathways to satisfaction. We reach for the fruit.

“See how the child reaches out instinctively
To feel how the fire will feel”
- Kate Bush

In this ritual, we will practice vocalizing as an act of fire. This outline is intended as a guide to allow for a safe experience for the voice. Remember to hydrate your actual body as you burn from the core of your torso. Make use of the warm up page before performing this ritual, and reference the ritual video.

1. Set intention
 - Adorn/Cleanse/Choose/Make shrine out of physical space
 - Older trees act as bridges between spiritual and physical worlds.
 - Ask what needs cleansing/sorting/sacrificing.
 - Verbalize. Make a promise
2. Breath of Fire
 - This breath involves blowing air out. Can be done through pursed lips or nostrils. Through strong gusts of exhalation, the diaphragm will “bounce” back, pulling air in. Making exhalation forceful and inhalation inactive. Many a yogi tutorial videos can be found on the world wide web.
3. Pant
 - Panting is similar to the breath of fire, but involves a more open mouth, drooping tongue, heat releasing exhalation.
4. Bark
 - The bark functions as an instinctive vocalization and seamless transition from pant into sound production.
5. Howl
 - Yes. Do it for you. Do it for us all. Light that fire.
6. Reach
 - Open vocalization. A space for anything to evolve.
7. Release
 - Go there.
8. Embrace
 - Find the nearest, most pleasing.