

ENERGY MEDICINE YOGA®



THE FIVE ELEMENT FLOW GUIDEBOOK

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THE FIVE ELEMENT FLOW

The Five Element Flow is a powerful sequence to help you balance emotional energy that may no longer be serving you. Once learned, this sequence takes less than five minutes and is a wonderful daily practice.

There are five parts or “peak poses” to the Five Element Flow. Each peak pose corresponds to one of the five elements. You can do any of the peak poses on their own when you want to focus on moving the energy of the emotion associated with that element, or all together as you are learning here. Although some people will notice a difference after going through the sequence or peak pose once, many find repeating the several times in a row is needed to shift the energy.

Overview of the Five Element Flow



Water → Wood → Fire →



Earth → Metal →

The following pages provide detailed instructions for each part or peak pose of the Five Element Flow and notes about when you might want to practice it.

1. The Water Element

Name of Peak Pose: Blowing Out the Candle

Exhale Sound: Whooooo

Emotions: Fear → Courage

Purpose: Affirm Courage Through the Unknown

When to practice: Anytime you feel fear or sacred, and don't want to do something challenging.



Instructions

Come into a squat position, balancing on the balls of the feet. Hug your arms around your knees. You may place one hand on the earth for balance, if needed. Inhale, bowing your head down. Look up and exhale with the sound whoooo.

Do this three times. You can think about something you're afraid of and visualize yourself blowing out a candle, affirming that you have the courage to be in the dark or the unknown.

2. The Wood Element

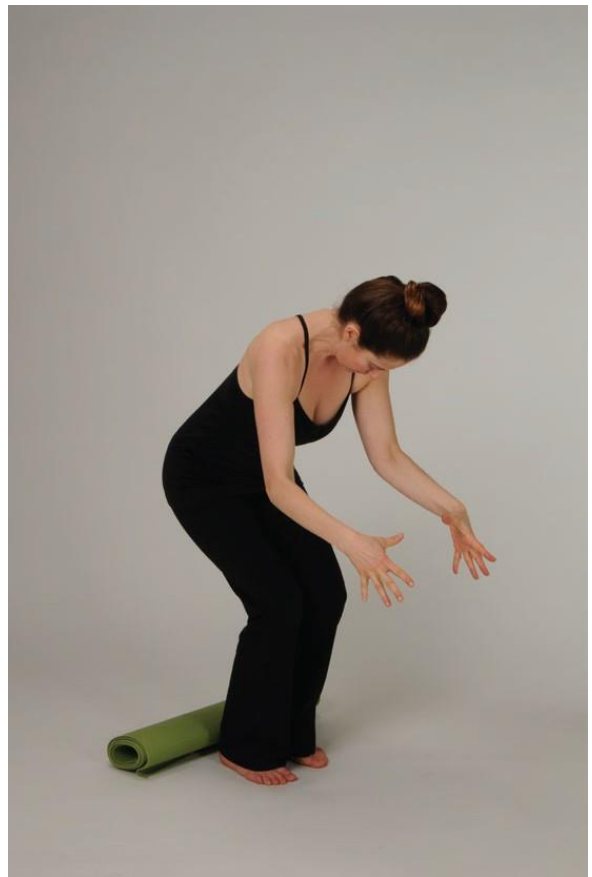
Name of Peak Pose: Expelling the Venom

Exhale Sound: Shhhh

Emotions: Anger → Assertive Action

Purpose: Gather and let go of anger and rage

When to practice: Anytime you feel anger, frustrated, annoyed, irritated, or overly judgmental.



Instructions

In a full forward bend, as if standing in a garden, start to actively pull up the *weeds* in front of you. You are gathering all the junk, the anger, the rage, and pulling it out from the roots. Then bend your knees as if in Chair Pose, swing your arms up overhead, and throw down the *weeds* you just pulled up with a strong and audible *shhhh* sound. Do these actions two more times. Execute once more, very slowly and deliberately.

3. The Fire Element

Name of Peak Pose: Bringing Down the Flame

Exhale Sound: Haaaa

Emotions: Panic → Joy

Purpose: Transforming Anxiety to Inspiration and Joy

When to Practice: Anytime you feel overwhelmed, anxious or panic.



Instructions

Inhale and sweep your arms out to the sides and overhead. Tent the hands so the fingertips and thumbs are touching. Exhale with a *haaaa* sound as you bring the thumbs to rest on the crown of the head. Release the hands on an inhale, as you sweep them out and around in a circle, tenting the fingertips as you bring the thumbs to the third eye. Exhale *haaaa*. Release on an inhale, sweeping the hands around again, bringing the thumbs this time to the heart center. Exhale *haaaa*.

Once more on an inhale, circle the hands around, bringing the thumbs to rest at the navel. Exhale *haaaa*. This is where the fire wants to be seated, in your navel center. Keep the thumbs here as you inhale and bring the pinky fingers to rest on the pubic bone. Exhale *haaaa*. Inhale, flatten the hands to rest on your low belly, keeping the index fingers and thumbs connected. Exhale *haaaa*.

Inhale as you smooth the hands down your legs and off the feet; shake the hands off. Exhale with the *Haaaa* sound as you rise up to stand.

4. The Earth Element

Name of Peak Pose: Cradling the Baby

Exhale Sound: The Ujjayi breath

Emotions: Worry → Self-love

Purpose: Transform Worry into self-compassion

When to Practice: Anytime you feel worried and / or exhausted.



Instructions

Using a strong ujjayi breath throughout this flow, wrap the arms around your body, giving yourself a big hug, as you rock side to side. Inhale and sweep your arms up overhead. Hold your breath in as you reach the right hand up, then the left, the right again, and the left again, simulating pulling down blessings from the heavens. Trace behind the ears three times, as if you were pushing your hair back. Inhale; on the exhale, sweep your arms out and down, coming into a standing forward bend. Slide the hands under your feet. Inhale, and pull up and away from your body; exhale, and fold back over the legs. Repeat two more times. Release your hands and slowly come back up.

5. The Metal Element

Name of Peak Pose: Human Touching Divine

Exhale Sound: Sssss

Emotions: Grief, sadness → Letting Go, Faith

Purpose: To surrender and release control

When to Practice: Anytime you are going through grief and / or sadness.



Instructions

Inhale and take a slight backbend, opening your arms at the level of your hips, with the palms facing up. Exhale with an ssss sound as you bring your hands forward, as if you were forming a circle in front of you with the fingers almost, but not quite touching. With your next inhale, take a slightly higher backbend with the arms opening up at the level of your chest. Exhale with an ssss sound and draw the hands around again, without joining the fingertips. Inhale, take a deeper backbend with your arms either shoulder-height or above your head.

Exhale with the ssss sound, bringing your hands together, this time allowing them to touch and cross over, smoothing up your arms and over the shoulders. Cross the hands over the chest, resting each palm on the upper chest over the lungs.

Inhale and exhale with the ssss sound.

THE 21-DAY FIVE ELEMENT FLOW CHALLENGE



Photo by WanderLabs

Welcome

Welcome to the EMYoga 21-Day Five Element Flow Challenge. Congratulations on committing to make your emotional and energetic health a priority! Over the next 21-days, you are not only going to master one of Lauren's powerful EMYoga sequences, The Five Element Flow, but you are also going to begin to create a new energetic pattern for greater emotional awareness and balance. We can't wait to see how this experience unfolds for you.

Instructions

Before you watch the video and practice The Five Element Flow with Lauren, take a few minutes to fill in that day's notes in this guidebook. Taking time to journal and reflect on your experience after you practice is a great way to track your progress and see change happen in real time! The Five Element Flow and journaling practice will take less than 10 minutes a day (although you are welcome to spend as much time as you wish).

Day 1: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 2: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 3: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 4: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 5: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 6: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 7: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 8: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 9: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 10: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 11: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 12: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 13: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 14: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 15: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 16: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 17: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 18: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 19: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

Day 20: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

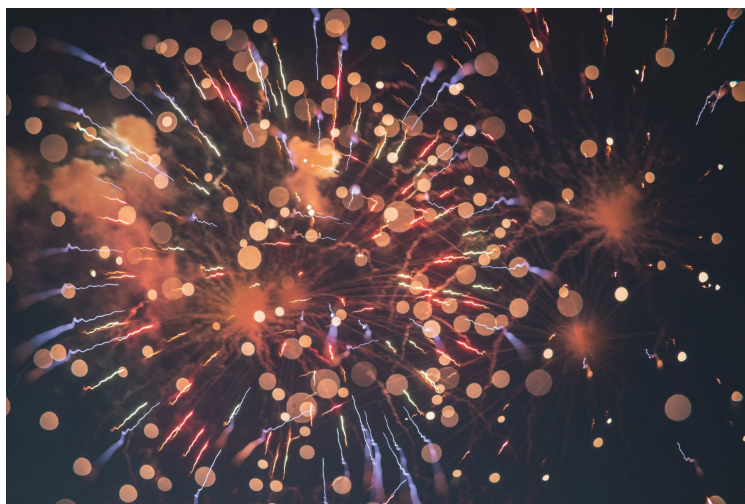
Day 21: _____ (date)

What emotion is most up for you right now? _____

Before you practice: How do you feel?

After you practice the Five Element Flow: How do you feel?

CONGRATULATIONS!



YOU DID IT!

Medical Disclaimer:

Energy Medicine Yoga does not diagnose or treat any illness, disease, or physical or mental disorder. The techniques presented here are not a substitute for medical advice or treatment for specific medical conditions or disorders. Consult your physician or other health care professional before starting this or any other exercise program or lifestyle change - especially if you are overweight, pregnant, nursing, taking medications, or have any existing medical conditions. Do not delay seeking a diagnosis or any medical advice or treatments based on information contained in this material. Energy Medicine Yoga, not limited to its creator, the company, and all who distribute its products, assumes no liability or responsibility for any and all claims of injuries and illnesses suffered while practicing these techniques. By using this material, you are accepting that you have read, understood and agreed to these terms and conditions.