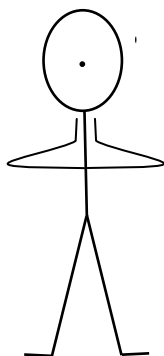


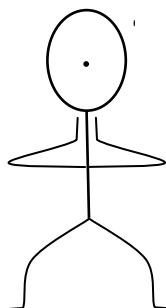
# Greet the Elements

1.



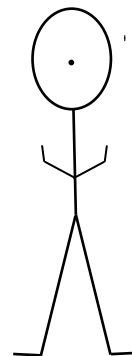
Stand with feet apart and hands in namaste.

2.



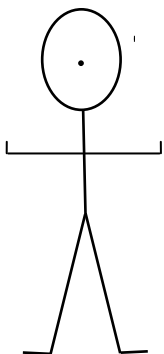
Out-breath, squat.

3.



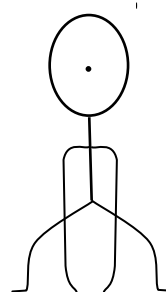
In-breath, standing with arms and palms forward.

4.



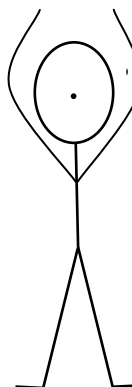
In-breath, arms to side, palms outwards. Greeting Space.

5.



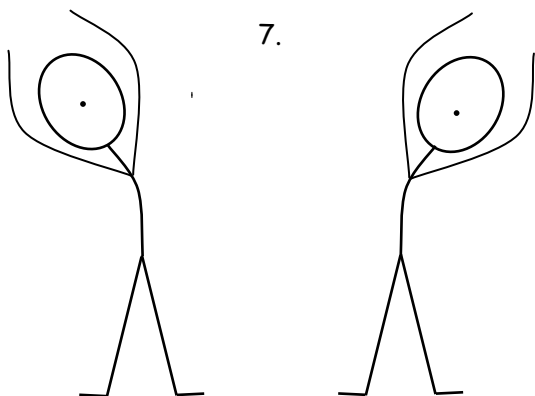
Out-breath, squatting with hands on mat. Greeting Water.

6.



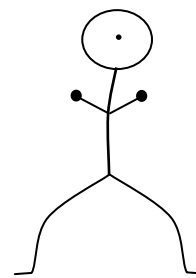
Visualise lifting droplets of water above the head and come to standing.

7.



Out-breath, side bend to right. In-breath, to centre. Out-breath, side bend to left. Greeting Air.

8.



Come to centre. Backbend, hands in fists, knees bent and squeeze buttocks. Greet Fire.