

ONLINE MANUAL PLAYPAUSEBE TAROT YOGA DECK

Unleash the Combined Power of Tarot and Yoga

The Tarot Yoga deck is unique fusion of ancient wisdom and modern practice that seamlessly integrates the transformative power of Tarot with the holistic benefits of yoga and meditation. This deck is designed to enhance your daily routine, guiding you through a journey of self-discovery, balance, and inner peace

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Whether you may have any specific question or doubt about any medical matter, you should promptly consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention.

The cards and their manual have been developed, elaborated and designed by Tine Tvinnereim Horn in cooperation with Arianna Sabatino for Strumpi LTD. Illustrations are by Giulia Rosa.

Important! Before you start using the cards, please consult the online version of the manual for precautions, to check if any of these apply to you, checking so forth if you can do the posture. The lists include the most common precautions and contradictions, however, this is not a comprehensive or complete list, this manual is meant to be a guide and it is your responsibility to **clarify with your healthcare professionals whether you can:**

1. Do yoga at all
2. Do the position at hand

3. *How you should adapt the position for your individual body*

Our points include general recommendations, and every individual is different. Furthermore, the deck is not particularly adapted for pre-and postnatal. Please consult a yoga teacher or healthcare professional before you do any of the postures in the deck if you fall into these categories.

The Tarot Yoga Deck is a Tarot deck of cards illustrating traditional yoga poses and mudras linked to each Major and Minor Arcana.

Introduction to Tarots: Welcome to Your Tarot Journey

Welcome to a journey of discovery, where the ancient art of Tarot becomes your guide to clarity, wisdom, and profound self-understanding.

Our Tarot Philosophy

Tarot is more than just a deck of cards; it is a powerful tool you can use to shape your own destiny.

We believe in empowering you to master the use of this tool for your personal growth and transformation. We don't see Tarot as a way to predict the future, but rather as a mirror reflecting your innermost truths. By learning to interpret its symbols, you begin a journey of self-discovery, where each card reveals a chapter of your unique story.

Craft Your Own Magic

Tarot offers a symbolic language which transcends time and culture. It allows you to delve into universal human experiences to connect deeply with your subconscious. By using Tarot, you can empower your consciousness, deepen the knowledge you have of yourself, and increase your ability to root into your destiny.

Why Learning Tarot with Us?

We go beyond superficial predictions, providing clear insights into Tarot reading techniques, meaning of the cards, and practical methods for personal development.

We combine the ancient wisdom of Tarot with the transformative teachings of Yoga to enrich your self practice. Whether you are experienced or a beginner to one or both disciplines, our resources will empower you to trust your intuition and craft your own narrative.

Unlock Your Potential

It is not about special talents or mysticism—it is about discovering ancient symbols and meanings that will allow you to enter *your* inner wisdom and intuition. Join us as we uncover the profound secrets of Tarot and learn how to actively engage with each card for meditation practices, spiritual alignment, and manifesting your dreams.

Begin Your Journey

The Tarot journey begins with a single card and unfolds into a lifelong exploration of self-awareness and possibilities. Whether you are here to learn, grow, or simply discover, we invite you to explore our lessons, techniques, and insights, and start shaping your future with Tarots today.

Welcome aboard—let's enlighten your path together.

Ways to play with the cards

Even if you are new to tarot (or yoga), don't worry! There are countless ways to use the Tarot Yoga Deck in your yoga or mindfulness practice as well as in your daily life.

Here are some examples of ways to play with the Tarot Yoga Deck. These are just suggestions; you are free to create your own unique practices.

Card of the Day

- **Who this is for:** Anyone seeking daily guidance and inspiration.
- **How to do it:** Draw a card each morning and meditate on its message throughout the day. Use the corresponding yoga pose or mudra to connect with the card's energy.

See the Potential in Every Situation

- **Who this is for:** Those looking to gain a new perspective about a specific challenge or opportunity.
- **How to do it:** Select a card and contemplate its message, using the corresponding pose or mudra to reveal the potential within your current circumstances.

Three-Card Spread for Life Insights

- **Who this is for:** Those seeking more guidance for their life path.
- **How to do it:** Draw three cards to represent the past, present, and future of a specific situation or your overall journey. Reflect on the messages and how they relate to each other to gain deeper understanding and insight.

For Your Yoga Practice

Creative Flow

- **Who this is for:** Yogis who enjoy blending traditional and innovative practices.
- **How to do it:** Mix and match traditional yoga poses with tarot-inspired practices to create a unique and dynamic flow. This integration encourages a harmonious blend of physical and spiritual exercises.

Examples:

- Combine poses from different tarot cards to create a seamless flow.
- Integrate Major Arcana cards with specific poses or mudras to embody their energies.

Deepen Your Self-Awareness with the Archetypes

- **Who this is for:** Individuals seeking profound personal growth and transformation.
- **How to do it:** Engage with one of the 22 Major Arcana cards, each linked to a specific yoga pose or mudra, to embody their profound energies and lessons. By integrating these archetypes into your yoga practice, you can explore and internalize their wisdom, provoking healing and transformation both on and off the mat.

Examples:

- The Fool: Embrace new beginnings and joy with Dancer Pose.
- The Hierophant: Gain clarity and guidance with Sage Pose.
- The High Priestess: Enhance your intuitive wisdom with Mermaid Pose.
- The Emperor: Cultivate authority and control with Warrior 1 Pose.

Mindful Integration

- **Who this is for:** Those seeking to deepen their mindfulness and meditation practices.
- **How to do it:** Select a tarot card and use its corresponding pose or mudra to deepen your mindfulness practices. Focus on the meaning of the card and let it guide your meditation. Integrate these practices into your daily yoga routine or use them as a stand-alone practice on busy days.

Examples:

- Ace of Wands: Ignite new opportunities and enthusiasm with Shiva Linga Mudra.
- Four of Cups: Reflect on missed opportunities and overcome stagnation with Shanmukhi Mudra.
- Ace of Swords: Achieve mental clarity and breakthroughs with Kali Mudra.

Focus of the Day

- **Who this is for:** Those looking to overcome stagnation and bring fresh insights into their yoga practice.
- **How to do it:** Draw a Tarot Yoga card each day and meditate on its message. Ask the deck, "What do I need to focus on today?" Let the card's guidance inspire and re-ignite your practice. This daily ritual brings fresh insights and renewed energy, helping you move past plateaus and deepen your yoga journey.

Examples:

- Use the card's theme to set an intention for your practice.
- Reflect on how the card's message applies to your current life situation.

Limitless Inspiration

- **Who this is for:** Yoga teachers and self-practitioners seeking to infuse fresh themes into their sessions.
- **How to do it:** Draw a card for inspiration and integrate its symbolism, corresponding pose, breathwork, or mudra into your class or self-practice. This approach keeps your sessions engaging and meaningful, guided by the wisdom of the tarot.

Examples:

- Create a class theme around a specific card.
- Use the card's imagery and message to guide your meditation and focus during practice.

Understanding the Arcanas

MAJOR ARCANA

The 22 Major Arcana of the classic Tarot deck are made up of 21 cards numbered from XXI to I plus one unnumbered card. They represent the fulcrum of the tarot deck. Tarot cards differ from common playing cards precisely because of the major arcana, the Triumphs. This series includes 22 cards, each of which has its own name and number. These esoteric cards can be considered the phases of the development of man's spirituality. Each of them illustrates a basic theme with which the Human Being is confronted during his Existence. The representations of these fundamental themes differ considerably from each other.

Each Tarot deck has its own world of images and symbols, which varies depending on the interpretation of the artist who designed and drew them. Unlike the tarot deck that is used, the fundamental themes must be interpreted differently.

But you can analyze the cards in their complexity and not by weighing every single detail, as each deck has imperceptible differences due to the subjective interpretation of the designer himself. Using the Major Arcana as tools of introspection, we can explore our deepest thoughts and feelings, gain clarity on our goals, and find inspiration to overcome obstacles. In this course, we will not only learn the meaning of each card, but we will also explore how to read the cards in relation to our personal and spiritual path. Integrating your understanding of the Major Arcana with practices such as meditation and yoga can amplify their beneficial

effects. Each card can be associated with specific meditation practices or asanas (yoga positions), helping us to embody the principles they represent. For example, the Strength card can be linked to the Warrior position, symbolizing courage and inner resilience.

MINOR ARCANA

Minor Arcana, a fundamental side of the tarot deck that offers a rich understanding of the daily dynamics and specific details of our lives. If the Major Arcana represent the great archetypes and spiritual lessons of our journey, the Minor Arcana focus on the more practical and immediate aspects of our existence.

The Minor Arcana are made up of 56 cards, divided into four suits: Cups, Pentacles, Swords and Wands. Each suit represents a specific element and aspect of human life, and each offers a unique perspective on our daily experiences and challenges.

Structure and Use of the Minor Arcana

The Minor Arcana are divided into ten numbered cards (from Ace to Ten) and four court cards. (Jack, Knight, Queen and King) for each suit. The numbered cards represent the progress and development of each suit, while the court cards embody specific people or qualities linked to that suit.

Use of the Minor Arcana

In a tarot reading, the Minor Arcana provide detail and context to the situations represented by the Major Arcana. The Minor Arcana delve into specifics and practical details. Each card of the Minor Arcana is a fragment of the puzzle of our life, which helps to clarify how the great spiritual lessons manifest themselves in everyday life.

Alejandro Jodorowsky sees tarot as a means for healing and transformation. The Minor Arcana, with their attention to detail and daily dynamics, invite us to look carefully at our lives, recognize patterns and make conscious choices. Each card offers us a lesson, a reflection, an opportunity to grow and to better understand ourselves and our path.

Court Cards Overview

Cups

Element: Water

Symbolism: The Cups represent the world of emotions, feelings and interpersonal relationships. They are linked to love, happiness, sadness and our emotional life in general.

Learn to understand and manage emotions, developing empathy and authentic connections with others.

Pentacles

Element: Earth

Symbolism: Pentacles are associated with the material world, prosperity, career and financial matters. They represent the concreteness, stability and manifestation of our ambitions.

Recognize the value of work and material stability, learning to manage resources with wisdom and gratitude.

Swords

Element: Air

Symbolism: Swords symbolize the mind, intellect, communication and conflict. They represent mental challenges, difficult decisions and the search for truth.

Develop mental clarity and discernment, facing difficulties and conflicts with courage and integrity.

Wands

Element: Fire

Symbolism: Wands represent energy, action, creativity and passion. They are linked to our will, ambitions and drive for change. Embrace creativity and enthusiasm, using our energy to pursue our dreams and overcome obstacles.

Numerology

Ace: Represents new beginnings, potential and opportunities. The number 1 symbolizes beginning, individuality and concentrated creative energy.

Two: Symbolizes duality, balance and cooperation. The number 2 represents diplomacy, collaboration and the search for harmony between opposites.

Three: Represents creative expression, growth and communication. The number 3 symbolizes creativity, self-expression and growth through personal expression.

Four: Symbolizes stability, structure and hard work. The number 4 represents solidity, foundation and building solid foundations.

Five: Represents change, adaptation and freedom. The number 5 symbolizes challenge, dynamism and the need to adapt to unexpected changes.

Six: Symbolizes balance, harmony and responsibility. The number 6 represents family, home, the balance between matter and spirit.

Seven: Represents reflection, analysis and spirituality. The number 7 symbolizes inner searching, contemplation and mystery.

Eight: Symbolizes progress, ambition and material power. The number 8 represents material success, control and the realization of goals.

Nine: Represents completion, success and universal wisdom. The number 9 symbolizes achieving your goals, maturity and deep understanding.

Ten: Symbolizes the completion of a cycle, success and fulfillment. The number 10 represents the culmination, the final result and the completion of a cycle of experiences.

Page: Represents youth, creativity and incoming messages. The number 1 symbolizes new beginnings, potential and a young, energetic approach to life.

Knight: Symbolizes action, movement and passion. The number 2 represents dynamic balance, cooperative action and moving forward with determination.

Queen: Represents maturity, nurturing and female intuition. The number 3 symbolizes creative expansion, self-expression and growth through wisdom and experience.

King: Symbolizes authority, leadership and power. The number 4 represents stability, structure and control, with a particular focus on maintaining order and justice.

MAJOR ARCANA

The Fool - The Dancer Pose

The Fool represents the beginning and pure energy rising into a new life, a new project. This card unifies the beginning and the end of the deck; it is the ground zero for new beginnings, the soil for new roots.

The fool is a young errant who must decide where to go, where to dedicate his unlimited power. The choice of pairing this Major Arcana with Shiva Nataraja (Dancer pose) dares us to transform illusions into power and enlightenment. Only by converting your pure energy into something you can achieve your goals.

Take precautions (or skip) PLAYING if you have:

- Back injury: like a slip disc, you should avoid this position completely
- Carpal tunnel syndrome
- Knee injury
- HBP

How to PLAY the pose:

Make sure you are sufficiently warmed up in your shoulders and hip flexors. Find your balance on your left leg, take hold of the right foot by bringing your right heel towards your buttocks. Squeeze your buttocks and begin to push your foot into your hand, balancing on the left leg and opening the chest. Your left hand is reaching up and forward, whilst you keep your hips square. You can tilt your upper body forward if you want to challenge your balance, but make sure to tilt from the hip as you reach upwards whilst extending the spine. Exhale to come down. Repeat on the other side. If you're doing a standing sequence, try to avoid waiting too long before you do a counter pose.

Moderation: use a strap to moderate around your shin/ankle, holding the strap with your hand if you cannot reach your foot.

The Magician - Lotus Raised Arms Pose

The Magician brings power into use by becoming the first Arcana. It has all the instruments, all the card suits. All the energies living in the whole deck can now be embodied. This wholeness can be put to use or left in disuse— a big choice to make. Are you willing to use your powers, or you will neglect them and become a jester? This card is paired with Lotus Pose to remind you of the infinite power of possibilities, the necessary openness and the connection between body and mind. The raised arms aspect of the pose symbolizes and reinforces the inner relation of your grounding and expanding energies. You can channel the universal energy from above and beyond and put it to use during your life experiences.

Take precautions (or skip) PLAYING if you have:

- Injury or severe hip, knee, or ankle pain
- Severe lower back pain or sciatica

How to PLAY the pose:

Start in an easy cross legged seated position. Take hold of the foot of the leg furthest away from your body. Lift the foot and place it close to the crease of the other knee. Now, walk the bottom foot forwards, press the top knee down and lift the bottom foot, trying to place it on top of your bent knee. Once you have the positioning of your legs, elongate your spine (sit on a block or folded blanket if needed). Place your hands on your knees with arms extended and palms facing up, and keep your gaze straight ahead so your neck is straight. Take 10 full and long breaths here. Note that this position is very difficult for a lot of people and not everyone will have the body structure to achieve the full position. You can do half padmasana by just placing one leg on the opposite thigh. Or, omit the pose altogether if it causes pain.

High Priestess - Mermaid Pose

The High Priestess tarot card symbolizes deep intuition and hidden knowledge, linked with the mystical elements of the moon and water. She sees beyond the surface, foresees future events, and operates from the depths of the psyche, remaining unaffected by negative emotions.

The High Priestess is paired with Mermaid Pose in yoga. Through opening the hips, Mermaid activates the sacral chakra associated with water, which can enhance the practitioner's spiritual serenity and intuitive wisdom. Practicing this pose can cultivate similar qualities of insight and clarity, reflecting the profound depth and serenity of the High Priestess.

Take precautions (or skip) PLAYING if you have:

- Back pain, spinal injury, or sciatica
- Hip, knee, shoulder, or groin injury
- Pregnancy

How to PLAY the pose:

From Downward Facing Dog, step your right foot forwards in between the hands. Walk the foot to the left side, dropping the knee to the right side in Pigeon Pose. Sink the hips low, placing a block or cushion under the right hip if needed. Walk your hands close to your body, straightening the spine. Bend the back knee, lifting the foot, and reach behind with your left hand to grab the foot. Pull your left shoulder back to open the chest to the left side. Slowly slide the back toes down your forearm, aiming to bring them to the inner elbow. If you can hook them here, bend the arm and reach up and over with your right arm trying to grab the left fingers. Press the chest forwards, arching the spine deeper and continue to sink the hips. Hold here for five to ten breaths. To come out, release your hands, turn your torso back to the top of the mat, press your hands into the floor and carefully make your way back to a Downward Facing Dog. Take a few breaths here before repeating on the other side. If the Mermaid pose is not accessible, use a strap to build up to the posture. Place a looped strap around the top of the back foot. Reach your right arm up and over so you are grabbing the strap with both hands. Focus on opening the chest and shoulders and walk your hands as far down the strap as possible. If you feel any sharp, stabbing sensations in the back, back away and find a gentler version of the pose.

The Empress - Goddess Pose

The Empress is depicted as a regal figure, often surrounded by lush nature, symbolizing abundance and growth. It brings fertility, creativity and abundance. This card is the archetype of the nurturing mother and the creative force of nature. She signifies the power of creation, not only in terms of birth, but also in bringing ideas, projects, and relationships to fruition. This card highlights the importance of embracing one's creative potential and nurturing it to full expression.

The Empress emphasizes our connection to nature, the earth, and the cycles of life. She encourages the seeker to cultivate their creative energies, foster growth, and appreciate the beauty and abundance around them. She reminds us: cultivate love and care for yourself. Feed your creativity and let your ideas flourish. Honor your connection to nature, embrace your ability to manifest abundance in your life.

Goddess Pose (Utkata Konasana), or Fierce Angle Pose (Utkata = powerful or fierce, Kona = angle, and Asana = posture) strongly complements the Empress, echoing powerful feminine energy. This yoga pose draws its inspiration from the Hindu Goddess Kali, known for her fierce battle stance and victoriousness, representing the strength and power of feminine energy.

The shape of Utkata Konasana therefore is both powerful and feminine, reminiscent of how our ancestors gave birth, both hips and heart open, unafraid. This pose allows us to face the world head-on, wide open, as powerful and courageous as Kali.

Take precautions (or skip) PLAYING if you have:

- Hip injury
- Knee injury or chronic knee pain
- Shoulder injury - keep the hands on the hips instead

How to PLAY the pose:

Start in a wide legged standing position with the legs 3–4 feet apart. Turn the toes out to 45 degrees, then bend your knees until they stack over your ankles; thighs should be parallel to the floor. Spread your weight evenly between all four corners of the feet, engaging your upper and lower legs. Bring your arms out to the side and bend the elbows, palms facing forwards. Relax your shoulders away from the ears and press the chest forwards. Keep your arms active and gaze forwards, chin parallel to the floor. Hold for five breaths then inhale to straighten the legs and release.

The Emperor - Warrior 1 Pose

The Emperor tarot card symbolizes earthly power, authority, and leadership, contrasting with the spiritual influence of The High Priestess. This card represents mastery of the material world, experience, self-discipline, and the dominance of logic over emotion.

It emphasizes the need for concentration, structure, stability, and focus to turn ideas into reality. The Emperor can also represent the archetype of the patriarchal qualities of the persona.

Warrior 1 Pose, or Virabhadrasana, embodies the spirit of the fierce warrior Virabhadra, an avatar of Lord Shiva created from his dreadlock in a moment of grief and rage over the demise of his wife Sati. This pose captures the essence of a warrior ready to sacrifice for a divine cause, demanding focus and devotion. It also reflects the ability to navigate intense emotions and regain composure, resonating with the Emperor's themes of control and authority. In practicing Warrior 1, one learns to balance the acquisition of power with humility, echoing the Emperor's leadership and inner strength.

Take precautions (or skip) PLAYING if you have:

- Heart problems and HBP: consult your doctor first. If you are cleared to do the position keep your hands in front of the heart or on your hips.
- Neck problems: look forward instead of up.
- Shoulder problems: if it's painful to keep your palms together, open your hands wider or place them in front of your heart or on your hips.

How to PLAY the pose:

From '13. Mountain Pose' take a big step back with your left leg. Right foot pointing forward, left foot pointing 45 degrees to the side. Heels are in one line. Bend your right knee, make sure it is straight above your ankle. Engage your glutes. Hips square, and facing forward. If you do not manage to have your hips facing forward, move your left foot towards the left edge of your mat, widening the space between your legs. Widen until you are able to face the hips forward. If it is not possible for you to keep your hips square with your left heel still on the ground (Warrior 1), you can always exchange this card with '17. Crescent Lunge – High Lunge'. In your Warrior 1: engage your quadriceps and pull the kneecap up on your left leg, to protect your knee. Make sure it is not bending in any way. Arms up above your head, either straight or palms together. Look forward or up into your hands. Chest and shoulders all pointing forward. Stay and breath for five breaths.

The Hierophant or The Pope - Sage Marichi Pose

The Hierophant is a symbol of established belief systems and the guidance they provide. The Hierophant is the Arcana of wisdom, spirituality and spiritual authority, a spiritual teacher or mentor who bridges the divine and the human worlds. The card represents the connection between traditions and the search for deeper truths. It indicates the need to align one's values with daily actions and the search for a deeper understanding of existence. We must become aware of the divine. The Hierophant reminds us to listen to advice and reflect on the feedback we receive. This card advises us to seek our mentors or spiritual teachers who can help you as you search for meaning and deep connection. Remember that wisdom and truth can be found through soul-searching, honoring your traditions and following inner guidance.

Sage Marichi Pose (Marichyasana) and its variations (Sage Twist Pose B, Marichi Pose C, and Marichi Pose D), named after Sage Marichi, a "ray of light" created by Brahma, align with the Hierophant's themes. These poses range from intermediate to advanced and involve forward bends and twists with binds, enhancing strength and flexibility. They symbolize the emanation of light and wisdom, offering insights and revealing true selves, much like the Hierophant who enlightens and guides. The practice of these poses not only strengthens the body but also offers spiritual revelations, mirroring the Hierophant's role in transmitting and embodying deep, traditional knowledge.

Take precautions (or skip) PLAYING if you have:

- Back or spine injury
- Hip, SI joint, or knee issues (square hips and gentle variation)
- HBP
- LBP
- Migraine
- Diarrhea
- Pregnancy: avoid completely
- Headache

How to PLAY the pose: There are several variants of this pose. No matter which one you choose, you start seated with your legs extended in front of you on the mat. Legs together, straight back, sit up nice and tall – do not hang into your lower back. Feel both seat bones on the ground.

The Lovers - Camel Pose

The major Arcana The Lover represents a life choice that must be made. This card motivates us to examine our personal beliefs and values, while also achieving balance in life for greater success. Are you willing to move forward, or are you stuck in your past? We wrongly tend to see this card as representative of a love affair, when in reality it tells us how we must choose to progress. We must ask ourselves important questions like: How is your love life? Are you doing something you love? Camel Pose (Ustrasana) complements the Lovers by activating the Heart Chakra (Anahata), the center of self- and universal love. This yoga pose encourages openness and vulnerability, similar to the emotional sincerity required by The Lovers. By opening the chest and heart space, Camel Pose facilitates emotional cleansing and promotes compassion and giving. The extension and exposure of the throat in this pose stimulate the Throat Chakra, enhancing clear communication, which is crucial in matters of love and relationship. Together, The Lovers and Camel Pose underscore the importance of openness, communication, and the courageous pursuit of heartfelt connections.

Take precautions (or skip) PLAYING if you have:

- HBP
- LBP
- Pregnancy
- Migraine
- Back injury (particularly lower back)
- Neck injury

How to PLAY the pose:

Kneeling on your shins, legs hip distance apart and with your hips elevated away from the heels. Tuck your toes under. Squeeze your buttocks. Place your hands above your buttocks, where your buttocks meet the spine, fingers pointing down thumbs facing outwards. Squeeze the elbows in. Inhale to lift and extend your spine. Exhale squeeze your shoulder blades and open your chest as you let your hips press forward and breath here. You can either let go of your neck, fully backwards, relax, or keep your chin towards your chest. Do not hold your head with a tense neck.

The Chariot - Warrior II Pose

The Chariot embodies the journey of self-discovery and the integration of dualities within oneself. The charioteer is a symbol of the conscious mind mastering both instinctual drives and spiritual aspirations. The two creatures pulling the chariot represent these opposing forces, and their harmony is essential for forward movement.

The Chariot emphasizes the importance of inner strength, self-discipline, and the ability to steer one's life path with confidence. It is about harnessing internal conflicts and using them to propel oneself toward personal and spiritual growth. This card signifies a moment of progress where the seeker takes control of their destiny, balancing material desires with higher purpose.

Combining the meaning of the Warrior II - Virabhadrasana II - with The Chariot tarot card creates a powerful symbol of focused determination, inner strength, and balanced progress. Together, they signify a moment of clarity and progress, where the seeker stands strong, embraces their inner power, and confidently steers their life path toward a harmonious and purposeful destiny. This combination highlights the blend of physical strength, mental focus, and spiritual balance required to overcome obstacles and achieve true self-discovery. Just as the charioteer controls the chariot with focused willpower and balance, the practitioner of Warrior II channels their inner strength and discipline to maintain the pose's stability and alignment. Both emphasize the importance of harnessing opposing forces—instinctual drives and spiritual aspirations—to achieve forward movement and personal growth.

Take precautions (or skip) PLAYING if you have:

- Neck problems: you can still do the position, but look to the side and let your neck be an extension of your spine. Do not look forward above your hand
- Diarrhea
- Heart condition and HBP

How to PLAY the pose:

Legs wide apart, right foot pointing forward, left foot pointing ninety degrees to the side. Opening the hips and the shoulders to the side. Exhale to bend your right knee, make sure your right knee is above your ankle, and not bending in or outwards. Do not let your knee go beyond your ankle and only bend it to ninety degrees, this is important to protect your knee. Strong standing back leg pulling your kneecaps up and engaging quadriceps. Push the outer side of your left foot down into the ground. Arms are opening wide level with your shoulders to the sides. Look over the middle finger of your right hand. Shoulders are relaxed down away from your ears. Remember to relax your face and jaw, even if this is a strong position for your legs, you are a strong and calm warrior. Repeat on the other side. Stay and breath for at least five breaths.

The Strength or The Force - Lion Pose

The Strength tarot card symbolizes inner power, courage, and the gentle mastery of one's instincts and emotions. It is a representation of the harmonious integration of primal desires with higher consciousness. Rather than brute force, the card highlights the power of compassion, patience, and inner calm. It signifies the strength found in vulnerability and the ability to face challenges with grace and resilience. True strength comes from self-awareness and the compassionate control of one's inner forces.

Simhasana, or Lion Pose, aligns deeply with the Strength card's themes. Derived from the Sanskrit words "Simha" (lion) and "asana" (pose), Simhasana involves adopting a posture that mimics a roaring lion, symbolizing power, will, and determination. This pose, celebrated for cultivating qualities like fearlessness, boldness, and self-confidence, mirrors the mastery of internal challenges depicted in the Strength card. It involves powerful breathing techniques which enhance these effects, emphasizing a fearless and commanding presence, much like the control and harmony between the maiden and the lion in the tarot card.

Take precautions (or skip) PLAYING if you have:

- Ankles injury
- Knees injury
- Wrist injury

How to PLAY the pose:

To practice Simhasana II (Lion Pose II), start seated in Padmasana (Lotus Pose) with a straight spine and relaxed shoulders. Lean forward, lifting onto your knees with your hands grounded shoulder-width apart. For lion's breath, inhale deeply, then exhale with a loud roar, extending your tongue and gazing up, repeating for five rounds. Finally, release to Padmasana, shake out your legs, and relax in Child Pose to finish.

Suggestions: if you cannot seat in Padmasana, you can opt for Sukhasana (Easy cross leg pose) or Vajrasana (kneeling pose)

The Hermit - Staff Pose

The Hermit symbolizes introspection, wisdom and conscious solitude. It represents the internal search for truth and true identity. This card indicates a return to oneself, an analysis of the path taken, and the need for alone time to reflect and seek inner wisdom. The Hermit suggests that we should find time for reflection and introspection, a time alone where we can regenerate our strength. It is in moments of conscious solitude that we can find the answers we seek within ourselves. It gives you the chance to find your inner light and brighten your path for a deeper understanding of life.

The Hermit moves slowly and cautiously, often preferring stillness, embodying deep spiritual richness despite material poverty.

Staff Pose (Dandasana) complements The Hermit well, as it is known as the foundation of all seated yoga poses, symbolizing stability and groundedness. The pose is named after the staff carried by Indian renunciates, or danda swamis, who have dedicated their lives to spiritual practice and teaching. The straight, strong line of the spine in Dandasana represents the staff, a symbol of the energy of self-awakening. Like The Hermit, who stands as a symbol of wisdom, Dandasana emphasizes alignment, stability, and the cultivation of an inner reserve of spiritual strength. Together, The Hermit and Staff Pose highlight the virtues of spiritual depth and the steady pursuit of enlightenment.

Take precautions (or skip) PLAYING if you have:

- Severe knee and ankle injuries
- Recent spinal surgery

How to PLAY the pose:

Find a seated position with your legs extended out in front of you. Place your hands by your hips (arms extended) with palms flat on the floor. Sit upright with shoulders stacked directly above your hips. To ensure a straight spine, pull the flesh of the buttocks out or sit on a pillow or folded blanket. Draw your shoulders away from your ears, engage your thighs and flex your feet as you hold for five to 10 breaths. With your feet engaged, keep the heels rooting into the ground. Focus on slowing and deepening your breathing. Senior citizens, pregnant women, and people with very tight hamstrings can do this pose with wall support to sup

The Wheel of Fortune - Wheel Pose

The Wheel is the Arcana of change, destiny and opportunity. It indicates the incessant repetition of the same scenarios, the same attitudes, the same situations that give the idea of being chained. As long as we don't go back to the origin, we don't go to the epicenter, things can reproduce with the same regularity. The only thing that can free us from this repetitive mechanism is awareness. We need to evolve gently, not resist changes, welcome them and benefit from them.

Life is an eternal new beginning; rather than opposing the rhythms we must merge with them. Acceptance of this movement is the real secret. Welcome changes as opportunities for growth and transformation. This card reminds us to be flexible and move in harmony with the universal rhythms, rather than trying to control everything. .

The Wheel pose in yoga resonates with this theme of cyclical change and openness to the universe's flow. Often considered a joyous and expansive posture, Wheel Pose is about opening up and embracing life with enthusiasm, much like a flower greeting the sun. It requires careful preparation and strength, symbolizing the need to harmoniously align our efforts with the natural rhythms of life, avoiding the temptation to force outcomes. This alignment mirrors the Wheel of Fortune's lesson to trust in larger patterns and cycles, allowing life to unfold without resistance. Together, these elements underscore a message of embracing change with strength and grace, recognizing the interconnectedness of all things.

Take precautions (or skip) PLAYING if you have:

- Back injury
- Carpal tunnel syndrome
- Headache
- Heart problems
- HBP
- LBP
- Constipation or diarrhea

How to PLAY the pose: After your '33. Bridge Pose', laying on your back with your feet hip distance apart and knees above ankles. Place your hands with the thumbs next to your ears, fingertips facing towards your shoulders. Make sure your elbows are above your wrists, shoulder distance apart. Inhale lift your hips into your bridge, squeezing your glutes, shoulders still on the ground. From here press through your hands and feet to lift your shoulders off the ground and find your Wheel pose. Work on moving your chest in the direction of your arms. Remember to always squeeze your buttocks and engage your core to protect your lumbar spine. Make sure your knees are not pointing outwards to the sides, but remain parallel. Your head can drop back if you don't feel any discomfort in the neck. Stay and breath. Work on opening in the chest and shoulders and working towards extending your arms

straight. However, there should be no pain in your lower back and the opening in this backbend should mainly happen in your thoracic spine. Exhale to come down. Take it slowly, keeping your chin towards your chest as you come down. Repeat as many times as you want. Remember to stay in a neutral spine, simply laying on the mat, before you do your counter poses. Make sure you have warmed up your spine, opened the chest and hip flexors sufficiently before you enter this position. We recommend doing at least a couple of repetitions of '33. Bridge Pose' right before you enter in this position. Note on breathing: usually, you inhale to come up. For some, however, it might help to exhale when you lift up if you have very tense breathing muscles in your rib cage. A deep inhalation therefore can restrict the mobility of your spine.

Justice - Scale Pose

Justice is the Arcana of balance, truth and responsibility. It represents fairness and the search for justice. This card also represents inner stability, responsibility for one's actions, and the need to face the consequences of one's choices to find balance in life. Justice always illuminates and never darkens because it applies to everyone, it is the divine order. We must tread a path of equity, neither too much nor too little

The scales symbolize the precise measurement of deeds, ensuring that the outcomes are commensurate with actions taken.

This card reminds us that all actions have repercussions and that individuals must face the consequences of their deeds, whether good or bad. We must take responsibility for our actions, and allow our consciences to guide us in finding the right path to put our lives in order. Although it might be difficult sometimes, we must honor truth, justice, and fairness.

Tolasana, or Scale Pose, closely aligns with the themes of Justice. The term "tola" means "scale" in Sanskrit, and this pose involves balancing the body while elevated in the Lotus Pose, reflecting the balance and precision required in the administration of justice. Tolasana is challenging and tests the strength of the arms and shoulders as the body remains suspended. It represents the idea of lifting oneself by one's own efforts and being held accountable for one's stability and balance. Just as Justice demands responsibility for actions, Tolasana demands physical and mental discipline, illustrating the balance between effort and alignment in both body and conscience.

Take precautions (or skip) PLAYING if you have:

- Injury or recent surgery to the wrist, arm, shoulder, hips, knees, ankle, or abdominal area.
- Carpal Tunnel Syndrome
- Tight hips or thighs - Bring legs into half lotus or easy pose instead.

How to PLAY the pose:

It is recommended to use blocks when learning this pose. Start in a seated position and enter full 152. Lotus Pose. Cross the legs and take hold of the foot of the leg furthest away from your body. Lift the foot and place it close to the crease of the other knee. Now, walk the bottom foot forwards, press the top knee down and lift the bottom foot, trying to place it on top of your bent knee. Place blocks either side of your hips, close to your thighs. Place your hands on the blocks. Engage your core and as you exhale, push your hands against the blocks, contracting your shoulder and arms muscles and lifting the buttocks off the floor. Draw your inner groins up into the core and keep the spine straight and body still, trying not to rock forwards and back. Hold for five breaths or as long as you can then bend your elbows to release your buttocks on an exhale. Release your legs, cross them the other way and repeat once more.

The Hanged Man - Headstand Pose

Suspension and perspective. The Hanged Man represents the moment in which we are forced to stop. It shows us the need to let go of control and adapt to circumstances, imprisonment and closure happen due to previous mistakes. On the material level, we are unable to act, but on a spiritual level we can have another vision of reality, a different perspective on things.

The symbolic deprivation of movement increases mental activity. It teaches you that individual resistance to testing is revealed in difficulty and not in comfort. Doubt is necessary and constructive if it proceeds from the desire to understand.

The card suggests looking at things anew and embracing a pause, allowing insights to emerge as you relinquish control.

Headstand (Sirsasana), referred to as the king of all yoga poses, complements the themes of The Hanged Man beautifully.

Described in B.K.S. Iyengar's "Light on Yoga," Headstand revitalizes the body by enhancing blood flow to the brain, stimulating the

pituitary and pineal glands. This inversion provides physical benefits like improved metabolism, resistance to colds, and increased energy, and it also offers profound psychological impacts. Practicing Headstand forces a new physical perspective, mirroring The Hanged Man's call for a mental shift. It increases mental clarity, focus, and courage, helping practitioners see their situations from an upside-down perspective, thus encouraging fresh perceptions and a reassessment of life's challenges. Just as The Hanged Man suggests that pausing and surrendering can bring clarity, Headstand demonstrates that turning things around can lead to significant insights and personal growth.

Take precautions (or skip) PLAYING if you have:

- Back injury
- Headache
- Neck injury, consult your doctor and avoid if you are unsure.
- Heart conditions
- HBP • LBP • Pregnancy
- Glaucoma/eye disorders

How to PLAY the pose:

To perform the pose, start seated on your heels with your buttocks, feet, and knees together. Place your elbows on the ground in front of your knees, gripping your elbows from the inside to keep them stationary. Spread your forearms to form a triangle and interlace your fingers, pressing this 'nest' firmly into the ground to support your head. Rest the back of your head in the nest and the crown on the floor. Tuck your toes, lift your buttocks, and walk your feet toward your face, pressing down through your shoulders, forearms, and hands. Imagine being able to slide a piece of paper under your head to gauge the lift from your arms. Engage your core, tuck your legs one at a time towards your belly, and if stable, extend your legs into a straight headstand. Focus on aligning your spine, engaging muscles without swaying your back. Breathe deeply throughout and exit the pose slowly and controlled, using a wall for support if needed. After, rest in Child's Pose to recenter. Advanced practitioners can explore different entries and exits, like floating up with straight legs. If you have a neck injury, ensure you take precautions.

Death - Corpse Pose

Death is an Arcana of transformation, rebirth and the end of a cycle. It represents the need to let go of what is no longer needed to open up space for new possibilities. It is the end of an era and the opportunity for a new beginning. It indicates the need to face losses and embrace change. It evokes the most radical transformation that can occur.

This card reminds us that it is sometimes necessary to firmly close the doors of the past, and that we must face losses with courage. We must have confidence in the process of rebirth and draw strength from the knowledge that every ending leads to a new start.

Shavasana is the Yoga posture that mimics the absence of life. Shava comes from the god Shiva, with an "a" it deprives the life forces of the god living it to a full absence, to an apparent death. The body is still but the mind has to be fully aware and alive, meaning the strength of the mind which goes beyond corporal restriction. This is not a posture to relax, sleep or let go of stress and tension but it's your chance to experience the full meaning of Yoga: stillness to achieve liberation.

Take precautions (or skip) PLAYING if you have:

- Back injury or discomfort: place a bolster or pillows under your knees to elongate your lumbar spine.
- Pregnancy: when laying on your back for an extended period of time, pay attention to numbness in the legs, or if you experience dizziness then move over to your side (particularly towards the middle of the second trimester and onwards)

How to PLAY the pose:

Lay down on your back. Let your feet fall gently out to the side. Let your arms fall down alongside but a little away from your body. Palms facing upwards. Relax your face and your jaw. Relax your whole body and soften the muscles. Tune into your natural breathing. If it is uncomfortable for your lower back, you can place a pillow under your knees. Take your time in Savasana to just be. Tune into how your body feels after the practice. Do not skip Savasana, take at least two minutes, preferably five to ten, or even fifteen. Lay in total stillness to absorb all the benefits of your practice. Take your time, this is what you came for!

Temperance - Tree Pose

Temperance is the Arcana of balance, moderation and harmony. It represents the fusion of opposing elements to create perfect synchrony and harmony. It represents the principle of exchange par excellence, the exchange without waiting for a result. It is the adaptation phase necessary after a transformation; the balance this arcana symbolizes allows you to live. The suggested virtue is moderation, the harmony of things. This card reminds us to avoid destructive passions, and instead focus on establishing a relationship with those around us through communication without expectations. We need to live in harmony .

Temperance is illustrated by an angel mixing water between two cups, symbolizing the reconciliation and integration of dual forces. This card emphasizes the virtue of patience and the importance of adopting a gentle approach rather than exerting force. It teaches the art of bringing together opposing energies to create equilibrium and synergy in relationships, situations, and personal growth.

Tree Pose (Vrksasana) in yoga closely aligns with the themes of Temperance. As described in the Gheranda Samhita, this pose involves balancing on one leg while placing the other foot on the thigh, embodying the stability and stillness of a tree. This posture requires a calm and focused mind, much like the moderating spirit of Temperance. Practicing Tree Pose helps cultivate steadiness and equanimity, essential for maintaining physical and mental balance. It mirrors the Temperance card's message of integration and balance, emphasizing the importance of grounding oneself like a tree while reaching for spiritual growth. Together, Temperance and Tree Pose teach the harmony of blending and balancing life's diverse elements through steady, centered calmness.

Take precautions (or skip) PLAYING if you have:

- HBP: have your hands in front of your heart, not above your head.

How to PLAY the pose:

Find your balance on the left leg, place your right foot on your ankle, calf or thigh (not on your knee, as this can injure your knee) and open your right knee out to the side. Encourage your hips to stay square by squeezing your buttocks and engaging the quadriceps of your standing leg, pulling the kneecap up. Relax the shoulders, jaw, face, open the chest, place hands in front of your heart - palms together. Find one point of focus for your eyes. For an extra challenge to your balance lift the arms above your head and look up to them, either with the palms together or apart. Moderation: place your lifted foot on the ankle or shin rather than the thigh.

The Devil - Scorpion Pose

Temptation, sensuality, vices. The Devil represents the dark forces that can hold back and limit a person, and the relationships of dependence and necessity. It governs the world of instincts and passions. It is a stage of individual evolution, the essential thing is to overcome it (or not); it is therefore a passage or a stop. You have to balance your desires and drives. This card reminds us to face our fears with courage and determination, to observe our addictions and find strategies to overcome them. Freedom lies in the ability to evolve internally more than owning and obtaining material things.

Scorpion Pose (Vrschikasana) in yoga complements the themes of the Devil card by embodying the transformation and challenge of turning inward and confronting one's limitations. Mimicking the scorpion's tail ready to strike, this advanced pose demands balance, flexibility, and mental focus, symbolizing the readiness to address and rid oneself of life's poisons or negative influences. The pose strengthens the spine and energizes the body, promoting a physical and mental realignment that can help dispel the metaphorical toxins that The Devil card warns against.

Together, The Devil and Scorpion Pose encourage a powerful journey of transformation and renewal, suggesting that through physical discipline and mental resolve, one can overcome the bonds of addiction or negativity and initiate significant personal change, mirroring the scorpion's readiness to shed its old self for new growth.

Take precautions (or skip) PLAYING if you have:

- Shoulder, elbow, spinal or knee injury
- HBP, vertigo, cerebral thrombosis, chronic catarrh, or heart disease

- Pregnancy

How to PLAY the pose:

It is recommended to practice this pose with a wall or chair to avoid injury. From a tabletop position, bring your forearms to the ground, palms facing down. Tuck your toes and lift your hips into 49. Dolphin Pose then walk your feet towards your hands until your shoulders are stacked directly above your elbows; ideally, your hips will stack over your shoulders. Lift your dominant leg then on an exhale, bend the knee of the other leg and kick off the floor. Once both legs are lifted, bring both feet to the wall. Slowly bend your knees, bring your feet off the wall, and curve your spine as you look slightly forward to lift your head, be careful not to compress the back of your neck. Drop your hips and pelvis forward to bring your toes close to your head. Bring both big toes to touch as you open the knees. Keep your core and upper body engaged as you hold for five to ten breaths. To come out, first straighten your spine into a 71. Forearm Stand then lower one leg followed by the other. To avoid injury, spend 10 minutes or so warming up the joints with simple rotations of the ankles, knees, hips, shoulders, elbows, wrists, and neck. If your backbend is not strong enough to hold away from the wall, stay with your feet on the wall, walking the feet down the wall to create a supported backbend.

The Tower - Mountain Pose

The Tower is an Arcana of destruction, revelation and sudden change. It represents the collapse of old structures to make room for a new awareness. It indicates the overcoming of limiting thought patterns and the need to face the truth, even if it is painful, because it indicates the possibility of radical liberation and profound transformation.

This card reminds us to accept the collapse of old structures and embrace change; to face the truth with courage and use this opportunity to rebuild your life on a solid foundation. It is important to remember that the possibility of a new awareness arises from the rubble. When faced with failures, don't just look at the negative side. Adversity is painful, but it also pushes for change.

Mountain Pose (Tadasana), with its rich symbolism of stability and grounding, contrasts yet complements the themes of The Tower. In yoga, Tadasana embodies the qualities of a mountain—stillness, solidity, and an unshakeable base—providing a foundation from which all other poses emerge. Mountains, such as the Himalayas, are revered in many cultures as places of spiritual retreat and natural strength, and practicing Mountain Pose helps cultivate these qualities of serenity and firm grounding. Together, The Tower and Mountain Pose reflect a balance between chaos and stability. While The Tower deals with the upheaval and the sometimes chaotic nature of change, Mountain Pose offers a grounding counterpoint, reminding us to stay centered and balanced amidst turmoil. This association teaches that even in times of significant disruption, maintaining a grounded and calm demeanor can help manage and adapt to new realities, allowing for personal growth and transformation.

Take precautions (or skip) PLAYING if you have:

- Headache
- LBP

How to PLAY the pose:

Feet together or adjust your stand with your feet slightly apart (whatever is OK for your knees), usually you stay at the front of the mat. Feel grounded through the soles of your feet. But at the same time standing tall like a mountain, elongating up through the crown of your head. Tilt your pelvis slightly to find your neutral spine. Roll your shoulders back and down to open your chest. Engage your abdominals so you avoid going into a backbend. Pull your kneecaps up and engage your quadriceps and buttocks. Relax your face and jaw. Where to PLAY the pose: Mountain Pose is a good position to start with a standing sequence and to return to, as a way of centering yourself during your practice. Try placing your hands in namaste in front of your heart, close your eyes and feel the pose before you continue.

The Star - Star Pose

The Star is an Arcana of hope, inspiration and healing. It represents the light that shines in the darkness, and a trust in providence. It is the ability to receive and welcome; it is the abandonment to external forces, the harmony of the natural rhythms of life. Receiving means opening up to better appreciate, grow and develop. We must keep hope alive and bright even in the darkest

situation. Believe in your dreams, your talents and continue to pursue what inspires you. This card encourages us to go back to the basics, embrace a happy moment, be receptive to what life is bringing you. Knowing how to receive is the art of happiness. The presence of water in the imagery of the card underscores themes of cleansing and spiritual refreshment, assuring us that the universe supports our journey, with the stars offering protection and guidance.

In yoga, Star Pose, or Utthita Tadasana (Five Pointed Star Pose), mirrors these themes beautifully. The pose, which makes the body resemble a star with limbs stretched out, symbolizes openness and receptivity. It is a standing pose which promotes stability and grounding while allowing for a significant sense of expansion throughout the body. Practicing this pose encourages an outward stretch of the limbs and you can further enhance this expansion by turning inward, focusing on light and energy radiating from the heart center, feeling connected to and an integral part of the cosmos.

Together, the Star tarot card and the Star Pose emphasize alignment with high ideals and the pursuit of one's highest potential. They both promote a purity of action and thought, inspiring an expansive mindset and a connection to universal energies. This combination reflects a harmonious blend of aspiration, inspiration, and grounding, offering a powerful visual and symbolic meditation on reaching for the stars while being firmly rooted in one's core values and visions.

Take precautions (or skip) PLAYING if you have:

- Hip injury
- Ankle injury
- Shoulders injury

How to PLAY the pose:

For Five Pointed Star Pose (Utthita Tadasana), start in Tadasana (Mountain Pose) with feet close and body aligned, then widen your stance. Distribute weight evenly on your feet, lifting the kneecaps to engage the legs. Inhale, stretch your arms to shoulder height, palms down, aligning chin, chest, and pelvis. Hold for several breaths, feeling the stretch and focusing on balance and breath awareness. To release, step back into Tadasana, using this pose to deepen body awareness and find balance between both sides.

The Moon - Half Moon Pose

The Moon card symbolizes the realm of the unconscious, illusions, and intuition giving us the idea of the dual nature of the subconscious mind. This is an invitation to explore the depths of the psyche, acknowledging both its illuminating and deceptive qualities. It represents the inner journey through dreams, fears, and hidden emotions. The card encourages embracing intuition and accepting the unknown aspects of oneself.

The Moon highlights the importance of navigating illusions and confronting fears to achieve deeper self-awareness and emotional understanding. It brings up the process of uncovering hidden truths and gaining insight through introspection and intuitive exploration. The card warns us not to get lost in your thoughts, but rather to harmonize and organize what is chaotic in your mind. A correct relationship with reality is based on the ability to overcome individual perceptions. Use your sensitivity and intuition to find solutions to problems and not to daydream.

Half Moon Pose (Ardha Chandrasana) in yoga reflects the qualities of balance and integration represented by the Moon card. The name "Ardha Chandrasana" translates to "Half Moon Pose," capturing the duality and balance between the sun's active, bright energy (Ha) and the moon's reflective, cool energy (Tha). This pose requires maintaining stability while one side of the body is more engaged than the other, symbolizing the effort to bring light to and strengthen our weaker, less visible parts. This balance between active and passive elements mimics the Moon card's theme of navigating through the shadowy realms of our psyche and external life.

Together, The Moon tarot card and Half Moon Pose emphasize the importance of awareness, intuition, and emotional equilibrium. They teach us to recognize and integrate the different facets of our being—both seen and unseen, active and reflective—encouraging a harmonious balance that aligns with our deeper truths and instincts.

Take precautions (or skip) PLAYING if you have:

- Neck problems
- Headache or migraine
- LBP

- Diarrhea
- Knee- and ankle injury

How to PLAY the pose:

To practice this pose, begin in either Triangle Pose or Warrior 2 with your right leg forward. Heel-toe your left foot slightly closer to the right. Bend your right leg while placing your right fingertips on the ground in front of you, directly under your shoulder and ideally in line with your right foot. Inhale and straighten your right leg while lifting your left leg off the ground, opening your hip to the side. Align your left hip, knee, and foot to face the side of the room, with your right leg, knee, and foot pointing forward. Ensure your left shoulder stacks above the right and extend your left hand skyward, opening your chest and shoulders. Optionally, use a block under your right hand for support or challenge your balance by hovering your right hand off the ground. Flex your left foot and extend through the heel, maintaining your balance as you open and extend in the pose. Breathe deeply and hold for five breaths, keeping your face and jaw relaxed. Ensure your standing leg is active but not hyperextended. If needed, bend the standing leg slightly for comfort. Transition out by bending your right leg and stepping back into Warrior 2 or Triangle Pose, or pivot into Warrior 3 or transition into Standing Split. Repeat on the other side to balance the practice.

The Sun - Low Lunge Raised Arms Pose

Joy, vitality and enlightenment. The Sun represents the light that shines within us and the full expression of our essence. A period of satisfaction and joy. Becoming aware of authentic abilities and the realization of some desires. By reducing your needs, you can achieve happiness. Remember, this is not a forever happiness: the Sun stays up only for a certain time during the day, so use it wisely to amplify your powers and all the positive things in your life.

The Sun reminds us to embrace our authenticity and let our inner light shine. We should cultivate joy through being happy for what we have, who we are, and what we experience. Smile and life will smile back at you. This is also a card expressing the desire of true love, a love that mirrors ourselves in our partners, a symbiotic healthy love.

Crescent Low Lunge Pose, or Anjaneyasana, echoes these themes of strength and positivity. Named after Lord Hanuman, known as Anjaneya, who is celebrated for his heroic vigor and strength, this pose embodies the uplifting and energizing qualities of The Sun card. Introduced in the 20th century and inspired by Indian martial arts, Crescent Low Lunge is a dynamic pose that builds physical power and promotes an expansive, open chest, akin to embracing the sunlight. It is a staple in the classic Surya Namaskar (Sun Salutation) sequence, further aligning it with the radiant energy of The Sun tarot card.

Together, The Sun tarot card and Crescent Low Lunge Pose represent a harmonious blend of joy, openness, and the dynamic energy required to embrace life's positive experiences. They encourage an optimistic outlook, personal confidence, and the strength to face truths and challenges with a renewed vigor and clear vision.

Take precautions (or skip) PLAYING if you have:

- Heart problems

How to PLAY the pose:

Start with your left (or right) foot forward and the leg bent with your knee straight above your ankle, foot facing forward. Extend your right leg behind you, hip distance across with hips facing forward. Keep the hips level and try to not lean forward too much so that you collapse into the hips. Think about pulling the thigh of the front leg back towards the hips, and keep engaging the legs, as if they were scissors closing to create engagement. Actively tuck the tailbone down to protect your lumbar spine. Options for the upper body: 1) Have both hands on the ground, for stability. 2) Place your hands on your left knee and lift your upper body up. Use your core for balance. 3) Open your arms above your head towards the sky. If you find it difficult to balance here, tuck the toes of the right foot under. Make sure your knee is in line with your hip, which is again in line with the right foot. Breathe here.

Judgement - Fallen Angel Pose

Awakening, renewal and evaluation. The Judgment represents the final test of conscience, the possibility of a new awareness and an internal resurrection. It's the opportunity to make an honest assessment of yourself and face your mistakes. Free yourself from

old conditioning and embrace a new perspective. This card urges us to free ourselves from old conditioning and allow inner wisdom to guide our choices. Remember that when you are unable to recognize your past, you are forced to relive it. Judgment emphasizes the importance of listening to this inner call and embracing the transformation it brings. It is about reconciling with one's past, accepting personal truths, and stepping into a more authentic and enlightened version of oneself. This card underscores the power of forgiveness, liberation, and the pursuit of higher spiritual truths. Judgment invites the seeker to rise to a new level of awareness and align with their higher purpose, leading to a profound and transformative renewal.

Fallen Angel Pose (Devaduuta Panna Asana), a complex variation of Side Crow, embodies similar themes of redemption and recovery. This pose, which involves a twist and the dramatic single-leg lift while maintaining a grounding through the hands, symbolizes the balance between heavenly aspirations and earthly experiences. It reflects the human journey of falling and rising, teaching that even from a fall, one can find the strength and grace to ascend. The pose beautifully illustrates the spiritual narrative of enduring trials, embracing vulnerabilities, and ultimately, recovering one's grace and dignity.

Together, the Judgment card and Fallen Angel Pose highlight themes of redemption, self-discovery, and transformation. Both encourage embracing the challenges and setbacks as opportunities for profound personal growth and spiritual awakening. They remind us that it's never too late to start anew, urging a rise to our highest selves by acknowledging and overcoming past falls with resilience and grace.

Take precautions (or skip) PLAYING if you have:

- Neck strain or injury
- Lower back pain
- Wrist discomfort or injury
- Dizziness or headache
- Pregnancy

How to PLAY the pose:

To practice Fallen Angel Pose (Devaduuta Panna Asana), start with Sun Salutations to warm up, then move into Side Crane Pose (Parsva Bakasana) with your outer knee resting on the opposite elbow. Lower your right cheek to the floor while balancing on your arms, then extend your left leg parallel to the floor, lifting it upwards if possible. Hold for a few breaths, maintaining alignment and core stability. Gently release, returning to Vajrasana to rest, and repeat on the other side. This challenging pose strengthens wrists, shoulders, and core while enhancing balance.

The World - Shiva Nataraja / Tandavasana Pose

Realization, completion and unity. The World represents the achievement of a cycle and inner harmony, the final realization. It is the integration of all parts of oneself and the feeling of completeness. It indicates the possibility of achieving one's goals and achieving a sense of accomplishment, connection and understanding.

The World asks you to celebrate your wholeness and recognize your worth. Achieve your goals with gratitude and joy; you are able to fulfill yourself, find your way, and give meaning to your existence. Remember to put your personal fulfillment before everything else, and eliminate what is superfluous. This is the last card of the major Arcana. You may have finished this journey, but a new one is waiting for you.

The Cosmic Tandava of Shiva represents the dance of the Hindu god Shiva, embodying the dynamic cosmic cycle of creation, preservation, and destruction. This dance symbolizes the continuous process of creation and destruction that sustains the universe. The Tandava is a symbol of both Shiva's power and his role as the cosmic dancer who maintains the balance of the universe. In essence, it highlights the cyclical nature of existence and the interconnectedness of all life, portraying Shiva as the force behind the universe's perpetual rhythm and transformation. This asana teaches us to embrace the rhythmic flow of life and its cycles, much like The World card, which celebrates the conclusion and renewal that follow each other in endless succession. Together, they inspire a holistic understanding of life's perpetual motion and the joy found in its constant renewal, urging us to participate fully and joyously in the dance of existence.

Take precautions (or skip) PLAYING if you have:

- Shoulder pain or injury
- Hip injury
- Ankle pain or injury
- Knees injury
- Pregnancy or vertigo

How to PLAY the pose:

To practice Tandavasana, stand with feet slightly apart, bending the left knee so the thigh is horizontal and foot points outward. Place your left arm across the body in line with the thigh, palm facing down, and bend the right elbow with the forearm vertical, palm forward in jnana mudra. Gaze at the horizon, holding this position to build balance and focus.

MINOR ARCANA

WANDS

Ace of Wands - Shiva Linga Mudra

The Ace of Wands tarot card symbolizes new beginnings, passion, and enthusiasm. The Shiva Linga mudra, representing the transformative power of Lord Shiva, embodies the creative spark and boldness indicated by the Ace of Wands. Practicing Shiva Linga Mudra ignites a sense of urgency and potential, much like the Ace of Wands inspires one to accept challenges and discover hidden talents. This union of card and mudra encourages spontaneity, excitement, and the birth of new ideas, fostering a dynamic and fertile environment for personal growth and creative endeavors.

Contraindications / Note: It's advisable to avoid consuming foods that elevate body temperature, such as red meat, animal fats, processed items, and rich dairy products, before practicing this mudra. Also, abstain from activities that increase body heat throughout the day, especially after performing this mudra.

Two of Wands - Standing Hand To Big Toe Pose

The Two of Wands represents choices, planning, and looking ahead. On the other hand, Standing Hand to Big Toe Pose, which strengthens the grounded leg and enhances stability, mirrors the card's encouragement to stand firm and plan your next steps confidently. Just as the Two of Wands invites you to face obstacles with composure and self-belief, practicing this pose fosters balance, strength, and focus. Together, the card and pose remind you to stay grounded while exploring your options, ensuring you move forward with clarity and confidence.

Take precautions (or skip) PLAYING if you have:

- Ankle injuries
- Shoulder injury: keep your knee bent if it is too challenging for your shoulder to keep it straight
- Low back injuries: if you're cleared by your doctor to do the position you can adapt by bending your lifted leg.

How to PLAY the pose:

Find your balance on your left leg. Start bending the knee of the right leg and bring the thigh of your right leg upwards towards your belly. Take hold of your big toe with your right thumb, index and middle fingers. Whilst keeping your hips square and rest the left hand on the left hip. This is a great place to be. If you wish to extend your right leg, try to extend it in front of you all the way. Keep your shoulders straight and avoid the right shoulder leaning forwards, following your extended leg out. Breath. Stay for at least five breaths. Look in front of you. Option B (on card): Inhale, start moving your leg out wide to the side whilst you balance on the standing leg and open your hip. Look above your left shoulder, down to the ground away from your extended leg. Breath open the hip as much as you can. Let your hip remain level, do not lift the right hip with the leg. Stay for at least five breaths. Inhale to bring the leg back to the front. Exhale release your hand. If you want an extra challenge for your strength: you can try to stay with your leg lifted off the ground for five breaths before you release it down to the floor. Shake out your legs and repeat on the other side.

Three of Wands - Triangle Pose

The Three of Wands symbolizes travel, foresight, and expansion. As a lateral yoga pose, Triangle activates Vyana vayu, the energy of expansion, mirroring the card's encouragement to explore new paths and engage in synergy with others. Just as the Three of Wands urges you to venture beyond your comfort zone and embrace new opportunities, the Triangle Pose symbolizes the union of mind, body, and spirit, extending toward the future. Together, they inspire you to move forward with vision and confidence, balancing the present while reaching for new horizons.

Take precautions (or skip) PLAYING if you have:

- Diarrhea
- Headache
- Heart condition: consult your doctor to check if the position is OK for you. Keep the upper arm on the hip and practice against the wall
- HBP: keep your upper arm on your hip, not extended up above your heart, and look down
- LBP
- Neck problems: look down or to the side instead of up, or wherever is comfortable for your neck.

How to PLAY the pose:

From 'Mountain Pose' take a big step back with your left leg. Left foot pointing 90 degrees to the side, right foot pointing straight forward, open your left hip to the side. Engage quadriceps on both legs, pulling the kneecaps up. Arms out to the sides, level with your shoulders. Inhale, extend your upper body forward, when you cannot extend any more tilt your upper body and arms and take hold of your leg with your right hand. Your left arm is opening towards the sky. Shoulders away from ears. Imagine that you have a wall behind you, and that you are opening your left shoulder towards that wall, opening your chest. Engage your buttocks, so that they are not sticking out. The neck is an extension of your spine. Look up towards your left hand, or down on the ground if you feel discomfort in the neck. Breath here for at least five breaths. Come up on an inhale. Pivot your feet and find the position on the other side or include a flow before you repeat on the other side. If you wish you can take hold of your big toe with your thumb and two fingers. Or for an extra core challenge, try to not hold on to your leg, but instead have it inside or outside of your shin, hovering. Alternatively place your hand on the ground on the outside of your foot (pinkie toe side). You can also use a block here to place your hand on.

Four of Wands - Garland Pose

The Four of Wands represents success, prosperity, and stability. This pose, which roots the practitioner deeply to the earth, enhances a sense of grounding and connection, reflecting the card's themes of laying down roots and celebrating achievements. As Malasana opens the hips and strengthens the lower body, it fosters a sense of stability and readiness to receive prosperity and security. Together, the card and pose signify a triumphant moment of harmony and community support, emphasizing that true success is achieved with the help of others and benefits the whole community.

Take precautions (or skip) PLAYING if you have:

- Hip injury or recent hip replacement surgery
- Knee injury or chronic knee pain
- Ankle injury such as ligament tear
- Chronic lower back pain such as sciatica

How to PLAY the pose:

From Mountain Pose, bring your feet to mat width and turn the toes out and heels in. Bend your knees and lower your hips into a squat position. Bring your hands into a prayer position at the heart center, placing the elbows inside the knees. Gaze forwards and keep your spine straight, trying to touch your thumbs to your sternum. If you want more sensation, you can gently press the knees apart with the elbows. Keep the soles of the feet on the ground. If this proves difficult or you feel tension in your hips, place blocks under the heels. You may also find it beneficial to rock gently side to side to loosen the hip joints. Hold for five to ten breaths. Engage the core and press into the feet to rise back up to mountain pose.

Five of Wands - Eagle Pose

The Five of Wands represents conflict, arguments, and challenges. Garudasana (from the two Sanskrit words 'garuda' = 'eagle' and 'asana' = 'posture'), also known as the Eagle Pose, brings together the two sides of the body, offering a remedy to the themes of discord and struggle depicted by this card.

In Garudasana, the practitioner embodies the qualities of Garuda, the king of birds, known for his clear vision and ability to see the truth without ignorance or misconception. This pose requires one-pointed focus (drishti) and mindful breathing, anchoring the body and mind in the present moment. Just as the Five of Wands calls for overcoming external obstacles and persevering through quarrels and misunderstandings, Garudasana symbolizes strength, balance, and unity. It encourages stability, grounding, and a strong core, aiding in the transcendence of conflicts and the promotion of a deeper mind-body connection.

Together, the card and the pose inspire resilience, clarity, and inner harmony, fostering determination and perseverance amidst challenges. Teaching Garudasana can also instill humility and gratitude, further aiding in overcoming ego-driven conflicts.

Take precautions (or skip) PLAYING if you have:

- Knee injuries: should avoid this posture or could alternatively take the arm bind.

How to PLAY the pose: From your 'Mountain Pose' take your arms out wide to the side and cross your right arm underneath the left in front of you, placing the back of the left upper arm/elbow into the inside of the elbow of the right arm. Let your right arm wrap around your left forearm. Aim at bringing your lower arms together squeezing them towards each other as you try to reach your palms together. With your arms wrapped like this, keep your shoulders low and bring your elbows and upper arms forward away from your face to open across the shoulder blades. Moderation for arms: if you don't manage to wrap your hands like the description above, you can instead do the following: after you have brought the right hand beneath the left, place the right hand on the opposite left shoulder and the left arm on the right shoulder and then continue to encourage the elbows forward to open across the shoulder blades, as above. Legs: Find your balance on your left leg, remember the equal distribution of weight. Lift your right leg up, bending your knee and bring your right thigh towards your belly. Now bend your left standing leg slightly, and guide your right leg across your left thigh. The right leg could rest across the thigh or continue to wrap around the back of the left calf. If you manage a double wrap here, you bring your toes of the right leg behind the calf of the left leg. If this is hurting your knee, or you don't have the flexibility to wrap all the way around that is OK, wrap as much as you manage and breathe. Try to keep your hips square and stable. Stay in the position for at least five to ten breaths. If you want an extra challenge you can hinge forward from your hips with your legs in the same position and start moving your upper body forward into a low flying eagle, leaning with your arms and upper body forward and down towards your legs. When you have finished here inhale to come up before you exhale to release both arms and legs. Shake out the arms and legs well before you change and repeat on the other side. Remember to relax your jaw and face and breath. This position requires coordination and focus like an eagle.

Six of Wands - Dragonfly Pose

The Six of Wands represents success, victory, and leadership. On the other hand, Dragonfly Pose is a challenging arm balance and twist that requires core strength, flexibility, and determination, mirroring the qualities of commitment and courage that the card represents. Just as the Six of Wands denotes individual triumph and the ability to inspire others through personal achievements, mastering Dragonfly Pose showcases one's strength, balance, and body awareness. Both the card and the pose emphasize self-mastery and the confidence to lead and influence others positively, embodying the spirit of a victorious and inspiring leader.

Take precautions (or skip) PLAYING if you have:

- Wrist, elbow, shoulder or neck injury
- Carpal Tunnel Syndrome
- Hip, back or knee injury or pain
- Pregnancy

How to PLAY the pose:

From a Figure Four with the right leg on top, twist your torso towards the left. Place the right upper arm in the hollow part of your right foot. Squat down so you are sitting on your left heel. Place your hands on the mat, slightly in front of you - giving you space to shift your weight forward. Gaze forward as you create a shelf with your upper arms, shifting your weight onto your arms. Start by playing with picking up your left leg, and move towards extending it completely. Remember to keep your gaze and focus forward. Engage your abdominals.

Seven of Wands - Visvamitrasana

The Seven of Wands represents defense, determination, and resilience. Visvamitrasana, named after the sage Visvamitra (one of the most venerated rishis or sages of ancient India), embodies elements of balance, strength, and flexibility, requiring patience and perseverance. Just as the Seven of Wands calls for inner strength and tenacity to overcome obstacles and assert one's position, mastering Visvamitrasana demands unwavering commitment and courage. Both the card and the pose symbolize the relentless pursuit of one's goals, urging you to stand firm and fight for your dreams, drawing on your inner reserves to achieve success despite challenges.

Take precautions (or skip) PLAYING if you have:

- Injury to the wrist, elbow, shoulder, knee or rib cage
- Carpal Tunnel Syndrome
- Recent abdominal surgery or hernia
- Hamstring injury
- Pregnancy

How to PLAY the pose:

Start in Downward Facing Dog. On an inhale, reach your right leg up to the sky into a 3-legged dog. As you exhale, bend the right knee and draw it towards your nose, curving your back slightly. Hold this position, keeping the leg off the floor. Engage your core and slowly shift your weight into your right hand. Slowly lift your left hand, bringing it to your right knee and hugging it to the upper chest as you open your body towards the left side. Move your left hand to the foot, trying to catch it from the outside. Keeping your core engaged and body balanced, slowly extend the right leg as much as possible. Turn your torso and chest up toward the sky as you pull your leg towards your head so that it is pointing to the front of your mat. If stable, turn your head to gaze up to the sky and bend your left elbow to pull your head closer to your shin. Hold for five breaths then pivot your body to the floor and reach the right leg back up to a 3-legged dog. Release and repeat on the other side

Eight of Wands - Upward Plank Pose

The Eight of Wands symbolizes sudden action, excitement, and rapid progress. The Upward Plank Pose, known as Purvottanasana, represents forward momentum and energy, perfectly resonating with the card's themes of swift movement and travel. The Upward Plank Pose, which opens the throat and extends the front of the body, mirrors the Eight of Wands' emphasis on effective communication and seizing opportunities. Symbolically linked to the east, the direction of the rising sun and new beginnings, this pose and the card together inspire a sense of renewal and readiness to act. Embrace the invigorating energy of the east and move forward with clarity and enthusiasm, leaving behind doubts and welcoming the exciting times ahead.

Take precautions (or skip) PLAYING if you have:

- Wrist, elbow, and shoulder injury
- Carpal tunnel syndrome
- Neck injury: adapt by having your chin toward your chest, or avoid completely depending on your situation
- HBP
- Pregnancy

How to PLAY the pose:

Start seated on your buttocks and bend your knees placing your feet on the ground hip distance apart. Place your hands behind your buttocks approximately a fist distance away from your buttocks, shoulder width apart, fingers wide and facing towards the buttocks. Inhale lifting your hips up towards the sky, push down through your feet and hands, squeeze your glutes. Your knees should now be above your ankles and your hands underneath your shoulders. Breathe here, open your chest. You can look towards your belly if that feels best for your neck or if it's ok for your neck let your head go all the way back, releasing the head and neck to feel a good stretch in the front of your throat. Breathe here engaging your core and glutes and when you are ready to come down, exhale and slowly release your buttocks to the ground. Upward plank: Start seated on the ground with your legs extended out and together in front of you. Place your hands behind your buttocks approximately a fist distance away from your hips, shoulder width apart. Spread your fingers wide facing in the direction of the buttocks. Point your toes. As you inhale, push your hands and heels

down into the ground and lift your hips up to the sky, squeeze your buttocks and legs together. Open your chest. Try to make your big toes come down to the ground and together. Stay and breath here and try to lift your hips as high as you can if it feels ok for your shoulders. Here you have the same options for your head and neck as you had in upward table. You can let your head go backwards all the way relaxing your neck or you can keep looking towards your belly. Stay and breath, try to stay for at least five breaths before you come back down. Exhale to come down, sit back on your buttocks and release. Upward plank is a quite challenging position, so if it is too uncomfortable for you, upward table is a great option with similar benefits. If it feels b

Nine of Wands - Plank Pose

The Nine of Wands represents an ongoing battle, fatigue, and resilience. Meanwhile, Plank Pose, also known as Phalakasana, embodies endurance and strength, perfectly reflecting the card's themes of perseverance and stability. Just as the Nine of Wands advises us to fortify one's position and draw on remaining strength to push forward, Plank Pose strengthens the core and builds a solid foundation, symbolizing unwavering determination. Both the card and the pose emphasize the importance of holding firm and using inner strength to overcome challenges, encouraging you to remain steadfast and resilient as you navigate life's trials.

Take precautions (or skip) PLAYING if you have:

- Carpal tunnel syndrome
- Shoulder, wrist, and elbow injury

How to PLAY the pose:

Option 1: Traditional plank on your hands and toes. Place your hands underneath your shoulders, fingers widespread. Push the ground away from you and create space between your shoulder blades. Rotate your elbows backwards so that the inside of the elbows points forwards (do not hyperextend your elbows). Press your toes on the ground, hip distance apart and extend the legs strongly. Your body is a stiff plank, your glutes are engaged, trying to create one straight line from the crown of your head all the way out to your heels. Make sure your neck is an elongation of your spine looking down on the mat. Remember to engage your core, pulling your bellybutton into the spine.

Option 2: On the knees. Hands in the same position as the option above and place your knees on the ground, still hip distance apart. Glutes and core muscles engaged, same as above, so that you create a straight line from your knees on the ground through your spine to the crown of your head.

Ten of Wands - Legs Up the Wall

The Ten of Wands symbolizes overburdened responsibilities and stress, and finds its restorative counterpart in the Legs Up the Wall Pose. This pose, known for promoting relaxation and a sense of letting go, offers a peaceful respite from the weight of daily burdens. By lying on your back and extending your legs up against a wall, you encourage circulation and relieve tired legs and feet, mirroring the card's advice to accept responsibilities with serenity. Together, the card and pose emphasize the importance of finding moments of rest and relaxation amidst heavy workloads, helping to alleviate stress and promote a sense of calm and balance.

Take precautions (or skip) PLAYING if you have:

- Heart condition consult your doctor
- Pregnancy: when laying on your back for an extended period of time, pay attention to numbness in the legs, or if you experience dizziness then move over to your side (particularly towards the middle of the second trimester and onwards).

How to PLAY the pose:

Lay down on the ground with your buttocks close to the wall. Let your feet rest up towards the wall. Your legs and feet can be relaxed. If you want you can also place a pillow or block under your buttocks, resting on the sacrum for a slightly different lower back release and a gentle lift through the pelvis. Close your eyes with your arms relaxed. Enjoy.

Page of Wands

The Page of Wands, representing freshness, cheerfulness, and playful optimism, finds its counterpart in Ganesha. The elephant-headed son of Shiva and Parvati, among its many significances, symbolizes wisdom, effortlessness, and the removal of obstacles. The Page of Wands heralds good news, inspiration, creativity, and exciting new plans, encouraging a playful and

enthusiastic approach to life. It's an invitation to explore our ability to embrace new experiences and be open to the unknown. It also represents the need to maintain a positive attitude and be ready to seize opportunities with enthusiasm and courage.

Svadhya Exercise: How can you let your inner child guide you to have fun and be creative in achieving your goals?

Knight of Wands

The Knight of Wands, symbolizing adventure, energy, and fearlessness, finds its counterpart in Hanuman. This Court Card represents an individual on a journey of growth, embodying vigor, passion, and enthusiasm, much like Hanuman's dynamic actions in the Ramayana.

The camel, symbolizing inner strength and perseverance in Hinduism, complements the Knight's qualities of enduring challenges and pushing forward. Both figures are charismatic leaders, capable of engaging others with their energy, but they must be cautious of becoming hasty or fanatical. The Knight of Wands signifies getting things done and finishing what has been started, while advising against rushing in without thought. This card also represents free-spirited adventure and travel, echoing Hanuman's courageous and devoted endeavors.

Svadhya Exercise: Consider the unexpected. Is there an area of your life where you feel a change might be imminent? How can you prepare yourself mentally and emotionally for sudden shifts? Write about how you can stay flexible and open to new possibilities, embracing change with the adventurous spirit of the Knight of Wands.

Queen of Wands

The Queen of Wands, representing an energetic, vivacious, and strong female or feminine presence, aligns beautifully with the goddess Durga. This Court Card shows an independent and capable woman who leads by example and provides protection and confidence to those around her.

Much like Durga, the Goddess of Fire known as Jwala Devi, the Queen of Wands embodies courage, passion, and the ability to overcome obstacles head-on. Durga, meaning "invincible" and "unassailable," symbolizes power, truth, and the victory of good over evil, reflecting the Queen's fiery strength and resilience. Both figures are natural leaders, full of energy, and always on the go, inspiring others through their actions. To embody the qualities of the Queen of Wands in your life, consider dedicating your yoga practice to Durga. Chanting the mantra "Om Sri Durgaya Namah" regularly can help invoke Durga's energy, removing physical, mental, and worldly problems, and allowing you to reclaim the shakti, or feminine power, that lies within everyone.

Svadhya Exercise: Think about the qualities of the Queen of Wands—independence, courage, passion, and the ability to lead by example. How can you embody these traits in your current life? Write down specific actions you can take to demonstrate these qualities.

King of Wands

The King of Wands, symbolizing a dynamic, resourceful, and charismatic leader, finds its counterpart in the deity Shiva. This card signifies stepping into a position of authority, inspiring and guiding others, and daring to be unique. Shiva, the god of yogis, embodies both destruction and restoration, representing inner strength and the union of mind, body, and spirit. Drawing the King of Wands indicates taking control of your life with courage and vision. To embody these qualities, consider chanting the name of Shiva (with one of the most famous mantras, "Om Shivaya Namaha") to invoke his powerful essence in your practice and life.

Svadhya Exercise: Among the several characteristics, the King of Wands also symbolizes daring to be unique and inspiring others. How can you express your individuality and motivate those around you? Write about ways you can lead with creativity and authenticity.

CUPS

Ace of Cups - Kilaka Mudra

The Ace of Cups symbolizes new beginnings, relationships, and love. This card represents the Grail, the Sacred Cup of Spiritual Regeneration, signifying a powerful spiritual force at work. It heralds new ventures, artistic projects, and the conception of new ideas or beings, marking a time when the forces of heaven favor us if we follow our hearts. Kilaka Mudra, also known as the Key to Good Health gesture, harmonizes the mind and body by joining the little fingers (water element or Shakti) with the thumb, index, and middle fingers (supreme consciousness or Shiva). This Mudra balances the Sushumna Nadi and the nervous system, promoting optimal well-being and enhancing relationships. Practicing Kilaka Mudra complements the Ace of Cups by fostering

love, creativity, and spiritual harmony, making it an ideal gesture to embrace during times of new beginnings and emotional growth.

Two of Cups - Boat Pose

The Two of Cups symbolizes partnership, unity, love, and compatibility. This card represents an emotional and spiritual union and is favorable for those seeking new love or friendship, as well as group projects under shared values.

Practicing Boat Pose with a friend or partner embodies these themes of balance and union.

Known as Paripurna Navasana, this pose involves balancing on the sit bones, forming a 'V' shape with the body. The pose requires strong engagement of the core muscles, promoting strength and stability (the qualities needed for a good relationship, metaphorically). There are many references to boats in Indian narratives. The story of Satyawati from the Mahabharata enriches this symbolism. Satyawati, a fisherwoman, ferried the sage Parasara across a river. Captivated by her beauty, Parasara created a mystical fog and they fell in love on the boat. Their union resulted in the birth of Vyasa, who became a great sage and compiler of important scriptures. This story underscores the themes of partnership and creation, reflecting the harmonious and balanced energy of the Two of Cups. By practicing Boat Pose together, you can enhance your sense of connection and unity, mirroring the profound and transformative relationships represented by this card.

Take precautions (or skip) PLAYING if you have:

- Asthma
- Diarrhea
- Headache
- Heart Problems
- LBP
- Neck injury
- Pregnancy

How to PLAY the pose:

Seated on your buttocks with your legs/feet in front of you on the mat. Engage your core and pull your pelvic floor muscles in and up. Elongate your spine so that you maintain a straight lumbar spine. Lift your legs off the ground with your knees bent and your legs squeezing together, shins parallel to the floor. You can hold underneath your knees with your hands to help support your legs if you need to. Lift your chest. Keep elongation through your spine out through the crown of your head. Your neck is an elongation of your spine. Relax your face. Keep pulling your bellybutton in towards the spine. Stay for five breaths. Exhale to come down. Resting your legs on the ground. Repeat as many times as you wish. An option is to let go of your legs, extending your arms out in front of you. You can keep your legs bent, or if you want a challenge yourself further, extend your legs out to straight, squeezing them together. Point your toes for active feet, no matter which position you choose. Make sure that you always keep a straight spine. If you do not manage to keep a straight spine, go back to the moderation with bent legs. Your legs and back extended, should create a V shape. Stay for five breaths. Exhale to come down. Resting your legs on the ground. Repeat as many times as you wish. When learning how to hold a Boat Pose, you can start with fewer breaths, and gradually build the strength to hold for a longer time. Always pay attention to your lower spine and remember to relax the shoulders away from ears and relax the face. You can also extend one leg at the time, while you are learning Boat Pose.

Three of Cups - Wild Thing Pose

The Three of Cups symbolizes reunions, celebrations, and social gatherings. This card represents a time of joy, success, and shared emotions, whether celebrating a project's completion, welcoming new beginnings, or simply enjoying life's pleasures. Wild Thing Pose, or Camatkarasana, is an opening and backbending pose that fosters connection and sociability. In Sanskrit, 'camatkara' means 'astonished' or 'miracle,' reflecting the surprise and joy this pose brings. Wild Thing involves a single-hand balance with a deep backbend, stretching the heart, chest, and upper abdomen, and creating an invigorating rush of energy. Practicing this pose enhances the feelings of celebration and connection depicted in the Three of Cups, making it a perfect embodiment of this card's festive spirit.

Take precautions (or skip) PLAYING if you have:

- Lower back pain / hyperlordosis
- Injury in your shoulders, back, neck, elbows, or wrist

How to PLAY the pose:

Start from '3 legged dog'. Bend the knee of the floating (right) leg and open your hips, pivoting the knee to face the sky. Slightly bend the standing (left) leg as you rotate the hips further. Slowly lift your right arm and bring the floating foot behind you onto the floor. Press the hips up toward the sky, keeping the left knee bent. The left heel can remain lifted or press the foot into the floor. Try to extend your right leg, planting the sole of the foot down as you open the heart and press the chest back behind you. Press all four corners of your left hand into the mat to protect your wrist. Extend your right arm behind you and gaze towards it. Hold for up to 5 breaths, breathing into the heart center. To come out, turn the hips back down towards the ground, placing your right hand back on the mat. Release the right leg and take a few breaths in downward dog or child's pose before repeating on the other side.

Four of Cups - Shanmukhi Mudra

The Four of Cups represents regret, dissatisfaction, and possible stagnation. This card represents a person who, despite lacking nothing materially, feels a deep sense of dissatisfaction and apathy. Things that once brought joy now seem empty, and there is a yearning for something that can reignite enthusiasm for life. The individual struggles to appreciate what they have and lacks the courage to make necessary changes.

Shanmukhi Mudra, known as the Tuning into Silence gesture, is named after Shanmukha (Kartikeya), the son of Shiva. 'Shan' means six and 'Mukha' means face, representing the six senses: the five traditional senses plus the mind. This practice focuses on Pratyahara, the withdrawal from external senses, enhancing inner focus and silence. Complemented by Bhramari breathing, Shanmukhi Mudra helps to isolate the senses and foster a deep internal connection. By warming the hands before practice, one can deepen their connection to inner sound, making it an ideal practice for those feeling stagnant or disconnected. Holding this mudra as long as comfortable can help overcome the apathy and dissatisfaction depicted in the Four of Cups, guiding one towards inner peace and renewed perspective.

Five of Cups - Reclined Hero Pose

The Five of Cups symbolizes sadness, loss, and regret. This card describes an emotional situation of grief or disappointment, often due to the end of a relationship or the loss of trust. Psychologically, this card invites us to confront and accept our feelings of loss, allowing us to process emotional pain and heal. It also represents the need to learn from past experiences and transform pain into a new emotional and spiritual awareness.

Reclined Hero Pose, or Supta Virasana, is a healing counterpart to the Five of Cups. This pose embodies the healing process of slowly opening oneself against sadness and low vibrational emotions. It combines qualities of expansion and grounding, fostering a profound connection between body, breath, and spirit. In this supine practice, the legs are folded in Virasana, while the upper body is grounded with the help of the hands. This pose provides moments of tranquility amidst chaos, making it ideal for fostering healing and emotional balance. Practicing Reclined Hero Pose can help release emotional tension and provide comfort, encouraging one to find hope and resilience even in the face of loss, much like the message of the Five of Cups.

Take precautions (or skip) PLAYING if you have:

- Back pain or sciatica - If mild, lean onto your forearms only, if severe, stay upright
- Foot, ankle or knee injury - Avoid this pose
- Hip pain

How to PLAY the pose:

Start by sitting in Vajrasana with the knees together and the heels just outside of the hips. Bring your hands behind you and lean back, bending the elbows. First, come down onto the forearms. If you can go deeper, release all the way down, bringing your head to rest on the mat. Ensure your knees don't lift off the ground. If that happens, come back onto your forearms. If doing the full variation, place your arms by your sides, on top of your thighs, or reach them overhead, bending the elbows and bringing the opposite hand to the opposite elbow. Hold for up to 10 breaths, then slowly come back up.

Six of Cups - Butterfly Pose

The Six of Cups represents childhood memories, past influences, and simple pleasures. This card indicates the need to explore memories of the past to find inspiration and emotional understanding in the present. It also highlights the importance of treating others with kindness and understanding that the positive seeds sown in the past contribute to current achievements. The Six of Cups also emphasizes the support and protection of family and close friends during tough times. Butterfly Pose, or Baddha Konasana, embodies simplicity, balance, and harmony, mirroring the card's themes. This pose targets the hips and lower back, areas where stress and negative energies accumulate. Practicing Butterfly Pose helps release tension and fosters a sense of peace and well-being, reflecting the gentle and affectionate nature of the Six of Cups.

Take precautions (or skip) PLAYING if you have:

- Groin or knee injury
- Pregnancy - use pillows under your knees, because of the relaxing hormones in the pelvic area, especially in the third trimester.

How to PLAY the pose:

Sit down on your mat. Place the soles of the feet together and bring your heels as close to your pelvis as possible, without curving your lower back. Sit up nice and tall through your spine, open your chest, and let your knees fall out to the side. Hold on to your toes, ankles or further up on your shins. Open your elbows out to the side to create space for your chest. Wiggle your butterfly wings by letting your knees go up and down with small movements to release extra tension. This is why this position is called Butterfly. If you want (with your knees still) keep your spine straight and start to lean your neck and upper body forward, without curving the lumbar spine. And if you are very flexible bringing your head down to your feet.

Seven of Cups - Figure 4

The Seven of Cups symbolizes numerous options, choices, and opportunities. This card represents an individual caught up in many dreams and goals, often with questionable value, risking the dissipation of energy on unrealistic projects. It warns of being dazzled by promises and materialistic values that may not bring lasting happiness, indicating the need to manage choices and avoid feeling overwhelmed. Figure 4 Pose emphasizes contemplation and focus, aligning with the card's themes of decision-making and balance. This pose requires concentration to maintain stability, encouraging you to thoughtfully consider your options and prioritize what truly matters. Practicing Figure 4 Pose can help clear your mind, enhance focus, and bring clarity, reflecting the need to navigate the many possibilities presented by the Seven of Cups.

Take precautions (or skip) PLAYING if you have:

- Spinal, knee, hip, or ankle injury
- Weak ankles (use a wall)
- Pain in the quadriceps

How to PLAY the pose:

From "Mountain Pose", shift your weight into your left foot. Slowly bend your right knee and lift it up. Turn the right knee out to the side as you slowly bend the standing leg. Ensure your hips stay squared. Place the right ankle just above the left knee and sink your hips lower, bending deeper into the standing knee. Your left knee should not bend past your left toes. Bring your hands to a prayer position at the heart center and sit back, keeping your chest lifted. If this makes it difficult to balance, keep your hands on your hips instead. Avoid rounding your spine and keep your gaze fixed on one point straight ahead of you, not down. Keep pressing firmly into your standing foot and engage your core to maintain your balance. Take 5 to 10 breaths here. To come out, bring one hand to the knee and the other hand to the heel. Slowly straighten the leg before releasing it to the ground and repeating on the other side.

Eight of Cups - Standing Forward Fold

The Eight of Cups represents abandonment, letting go, and embarking on new paths. This card indicates a time to leave behind an established lifestyle or plans and embrace new adventures, even if what you leave behind was once satisfying. It represents the courage and strength needed to walk away from the familiar and face an unknown future, often involving introspection and self-analysis in search of truth.

Standing Forward Fold, or Uttanasana, encourages release and letting go, resonating with the Eight of Cups' themes. This pose activates Apana Vayu, the downward-moving energy responsible for elimination and letting go. By stimulating Apana Vayu, Uttanasana helps to physically and emotionally release tension and remove what no longer serves you, aiding in the process of leaving behind the old to make way for new experiences. Practicing Standing Forward Fold can support the transition symbolized by the Eight of Cups, fostering the courage and clarity needed to embrace new journeys and opportunities.

Take precautions (or skip) PLAYING if you have:

- Spinal disc disorder or back injury • LBP and dizziness: legs slightly apart and come up slowly
- Pregnancy: feet wider apart
- Acidity: keep your chest in line with your hips, not lower, creating a flat back (Standing half forward bend)
- Hamstring strain or injury: bend knees and do not go beyond 80% into the stretch
- Headache (depending on the type of headache).

How to PLAY the pose:

From 'Mountain Pose', feet together or hip distance apart, fold forward hinging from the hips. Keep your back straight as long as possible, then release. There are several variations for your arms here. Ragdoll, where you hold onto your elbows and release your neck, head, and upper body to gravity. Another option is to place your hands on the ground (or in the direction of the ground). Keep your legs strong, bend your knees if you have to. If you have your legs straight, engage your quadriceps pulling your kneecaps up, and try to work your weight slightly forward towards your toes (without lifting your heels). Notice how this changes your leg and core activation. Remember to engage your core. When you do your first forward fold in the practice, remember to be gentle in the beginning, e.g. by keeping your legs bent. If you have lower back discomfort or are very inflexible, you can stay with your knees bent. Option for sleep sequence. When done for sleep, choose ragdoll arms for a deeper release in neck and shoulders or arms relaxed down and head resting on blocks. Bend your knees for a deeper rest, the point now is not the hamstring stretch but an inward focus, a calm, blood to the head and tension release. Stay for a few breaths, not minutes, like referred to in the introduction to Sleep.

Nine of Cups - Reclined Butterfly

The Nine of Cups symbolizes wishes coming true and overall happiness. This card represents fulfillment and pride in one's achievements, suggesting confidence in current pursuits and gratitude for present abundance. It encourages pausing to appreciate the joy of the moment, indicating that difficult times are behind and a period of positivity lies ahead.

Reclined Butterfly Pose, or Supta Baddha Konasana, symbolizes opening and fulfillment, echoing the card's themes. Often used to conclude a yoga session, this pose provides relaxation and rest to the back and hips. Though seemingly easy, it requires focus to truly relax the body while maintaining mental presence. This pose boosts energy and reflects the joy and satisfaction depicted in the Nine of Cups, enhancing a sense of contentment and gratitude.

Take precautions (or skip) PLAYING if you have:

- Groin, knee, or lower back injury (adjust feet position, closer or further away from the pelvis, make sure to adapt with bolsters and pillows until you are comfortable)
- Pregnancy: when laying on your back for an extended period of time, pay attention to numbness in the legs, or if you experience any dizziness then move onto your side (particularly towards the middle of the second trimester and onwards.)

How to PLAY the pose:

Start by laying on your back, bring the soles of your feet together and let your knees fall out wide to the side. Bring your heels closer to your pelvis if you want a more intense stretch. Explore by moving your heels and feet further away for a different stretch. If this is too intense for your knees, you can place pillows under them on either side. Let your palms face upwards, with your arms relaxed out to the side, alongside your body. Relax your face, and tune into your breathing. Stay here for five to ten slow breaths.

Ten of Cups - Chair Pose (AcroYoga)

The Ten of Cups tarot card embodies happiness, family unity, and emotional fulfillment.

The AcroYoga pose showcased in the card emphasizes bonding and connection, reflecting the card's themes of joyous family gatherings and shared contentment. Practicing AcroYoga Chair Pose with loved ones fosters a deep sense of unity and collective

well-being, mirroring the Ten of Cups' message of creating lasting, supportive relationships. This dynamic and playful yoga practice not only enhances physical strength and body awareness but also cultivates a profound emotional bond, aligning perfectly with the card's celebration of familial joy and abundance.

Page of Cups

The Page of Cups, symbolizing imagination, creativity, and emotional sensitivity, resonates deeply with one of the qualities of Ganesha. The Page of Cups encourages embracing one's inner child, cultivating emotional maturity, and exploring creative expressions. Similarly, invoking Ganesha reminds us of the importance of honoring your true desires and emotions, fostering a playful and open-hearted approach to life. This yoga practice invites you to reconnect with our senses and inner child, promoting emotional healing and joy. By harmonizing with the Page of Cups' energy, the spirit of Ganesha helps manifest dreams and encourages compassionate self-expression.

Svadhaya Exercise: Reflect on a moment from your childhood when you felt truly happy and carefree. What were you doing, and who were you with? How can you bring some of that joy and playfulness into your life today? Write about how honoring your inner child's desires can help you connect with your true self and foster emotional well-being.

Knight of Cups

The Knight of Cups, depicted in the tarot as a bearer of romantic proposals and invitations, represents someone who is deeply connected to their emotions and intuition. This knight combines the qualities of action and emotional depth, often portrayed as a romantic idealist who follows their heart fearlessly. They are sensitive, compassionate, and imaginative, driven by their dreams and ideals.

However, like all knights, the Knight of Cups is still on a journey of personal growth and maturity.

They may sometimes struggle with balancing their idealism with practicality, risking being overly idealistic or emotionally vulnerable. In tarot symbolism, the Cups suit is associated with the element of water, representing emotions, relationships, creativity, and intuition. The Knight of Cups embodies the fluid and changeable nature of water, showing a willingness to navigate the currents of their feelings and explore the depths of their emotional landscape. This knight is not afraid to express affection or pursue their passions, often embodying chivalry and a romantic spirit.

When considering the Knight of Cups, we can draw parallels in their symbolism of courage, devotion, and emotional connection to Hanuman. Hanuman's legendary devotion to Lord Rama mirrors the Knight's dedication to their ideals and heartfelt pursuits.

Dolphins, associated with the water element and revered in Hindu lore as heralds of goddess Ganga, symbolize playfulness, social bonds, and profound emotional connections. Their connection to the heart chakra signifies their ability to facilitate love, compassion, and emotional healing.

Svadhaya Exercise: Reflecting on these symbols, journal about a time when you followed your heart or took decisive action. How did this experience align with your emotions and personal growth? Consider how Hanuman's courage and the dolphin's symbolism of heart-centered connection can inspire you to take heartfelt action in your own life.

Queen of Cups

The Queen of Cups, embodying maturity, emotional depth, and nurturing femininity, resonates with the qualities of Sita Goddess from Hindu mythology. Sita is revered for her courage, purity, loyalty, and sacrificial love, epitomizing virtues of womanhood and devotion as the consort of Lord Rama in the epic Ramayana. Like the Queen of Cups, Sita possesses a profound intuitive wisdom and empathic ability to understand and heal emotional wounds. She symbolizes one of the aspects of the divine feminine energy (shakti) and is associated with stability, security, and nurturing aspects of the root chakra. If you drew this card, it's time to cultivate your intuition and connect with your inner wisdom, guiding your relationships with kindness and understanding. It also represents the need to listen to and respect our emotions, and to be empathetic with ourselves and others.

Svadhaya Exercise: Reflecting on these qualities, consider how the Queen of Cups' nurturing presence and emotional depth can guide you in providing support and compassion to others, as well as nurturing your own emotional well-being. How can you embody the nurturing and intuitive qualities of the Queen of Cups and Sita in your interactions and relationships?

King of Cups

The King of Cups, representing maturity, compassion, wisdom, and emotional balance, finds resonance in the character of Rama from Hindu mythology. Rama, the heroic figure of the epic Ramayana and an avatar of Lord Vishnu, embodies virtues of

righteousness, tolerance, and devotion to dharma (righteousness). Like the King of Cups, Rama exemplifies emotional maturity and a calm demeanor, demonstrating the ability to balance his emotions and uphold moral principles even in challenging situations. Rama's role as a leader and protector reflects the King of Cups' qualities as a compassionate and caring authority figure. Known for his deep empathy and understanding, Rama is revered for his wisdom in resolving conflicts and guiding others with fairness and integrity. His dedication to truth and justice inspires trust and loyalty from those around him, much like the King of Cups' ability to foster deep relationships based on affection and love.

Svadhya Exercise: Consider how the King of Cups can inspire you to continue cultivating this balance in your daily life. How can you manage to restrain your immediate feelings and impulses to navigate a specific situation effectively? Describe the strategies you can use to maintain this balance.

WORDS

Ace of Swords - Kali Mudra

The Ace of Swords symbolizes new beginnings, mental clarity, and breakthroughs. This Mudra, associated with the goddess Kali, represents the power of letting go and embracing change. Just as the Ace of Swords marks a fresh start on the mental plane, the Kali Mudra channels the energy of death and rebirth, facilitating the release of negative emotions and inviting joy and transformation. Hold the Kali Mudra for 3-5 minutes daily, focusing on releasing negativity and welcoming positive change into your life.

Two of Swords - Child's Pose

The Two of Swords represents difficult decisions and the peace after turmoil. This card suggests a period of rest and recuperation after facing challenging choices or inner conflicts. Similarly, Child's Pose represents a moment to catch one's breath, find inner peace, and regenerate strength. It aligns with the themes of duality and contemplation found in the Two of Swords, encouraging a time of introspection and trusting in the subconscious to find solutions. Practicing Child's Pose can aid in relaxation, connecting deeply with the breath, and fostering a sense of calm amid difficult decisions or stressful situations.

Take precautions (or skip) PLAYING if you have:

- Diarrhea
- Pregnancy (adapt with wide legs to make space for your belly, add bolsters and pillows as your belly grows)
- Ankle, knee, or hip injury (if you are cleared by your doctor you can adapt with pillows under your buttocks, (perhaps also hugging a bolster in the front) until your knees and hips are comfortable).

How to PLAY the pose:

Start kneeling, with the knees and feet together or alternatively knees can be out wide to the edges of the mat, with the big toes together. Press your buttocks towards your heels, you can place a pillow underneath your buttocks if your knees hurt. Let your head rest towards the mat, with your arms relaxed forwards or alongside your body to open more between your shoulder blades. You can always return to Child's Pose if you need a break during your yoga practice

Three of Swords - Fetal Pose

The Three of Swords represents heartbreak, sorrow, and emotional pain. This card signifies a profound period of grief often triggered by loss or betrayal in relationships. Similarly, the fetal position in yoga emphasizes protection and introspection, providing physical and emotional care. By curling into this posture, you can embrace vulnerability and allow yourself to fully experience and process your sorrow. Just as the Three of Swords advises us to face and accept pain rather than avoiding it, the fetal position encourages a gentle approach to healing, fostering a sense of safety and comfort during times of emotional distress.

Take precautions (or skip) PLAYING if you have:

- Shoulder injury: adapt so that you are comfortable
- Neck injury: place a pillow under your head to be comfortable

How to PLAY the pose:

From Savasana, slowly move your fingers and toes. Softly bring movement back into the body and in your own time bend your knees and bring your thighs to your belly and you roll over to the right side. Here you can extend your right arm out, or have it under your head (whatever feels most comfortable). Relax and take a moment to feel how it feels to stay in this safe and supported position. This is a great place to think about three things that you are grateful for in your life. To conclude the practice. When you're ready, in a very relaxed way, use the arms to support yourself up to. If you want to stay for a long time (for instance for a sleep sequence) you can place a pillow or bolster in between your knees and ankles, or even under your head.

Four of Swords - Crocodile Pose

The Four of Swords symbolizes fear, anxiety, and the need for solitude and relaxation. This card suggests a period of mental overwhelm and stress, where solitude and introspection are crucial for regaining balance. Similarly, Crocodile Pose, or Makarasana, encourages rest and rejuvenation by allowing the body to rest face down, symbolically creating a protective barrier from external stressors. It promotes deep relaxation while maintaining awareness, unlike Shavasana, making it ideal for calming the mind and reducing anxiety. Crocodile Pose can be enhanced by practicing abdominal breathing, where deep inhalations and exhalations engage the abdominal muscles. This not only strengthens the abdominal region but also activates the parasympathetic nervous system, triggering the body's relaxation response. By combining Crocodile Pose with abdominal breathing, you can effectively reduce stress levels, promote internal balance, and cultivate a sense of calm and tranquility, aligning with the healing intentions of the Four of Swords.

Take precautions (or skip) PLAYING if you have:

- Recent abdominal surgery or hernia
- Pregnancy

How to PLAY the pose:

Start in a prone position. For variation 1; cross the arms under your head with palms on top of each other. Rest your forehead on your hands, close your eyes, and relax the whole body. Hold for up to 10 breaths, pressing the belly to the floor with each inhalation. For variation 2; cross the arms bringing opposite hand to opposite elbow. Press the forearms into the ground to raise the torso and allow the head to hang towards the floor. Omit this variation if your neck feels uncomfortable.

Five of Swords - Extended Mountain Pose

The Five of Swords symbolizes defeat, surrender, and self-sabotage. This card represents a challenging situation where you may feel defeated or face failure due to internal or external factors. It advises against dwelling in self-pity or succumbing to negative emotions, urging instead to rise above adversity with resilience and determination.

Extended Mountain Pose, a variation of Mountain Pose (Tadasana) with raised arms, can be interpreted as standing tall and looking at challenges from a new perspective. It encourages a posture of strength and stability, reflecting the card's theme of overcoming obstacles and embracing change. By practicing Extended Mountain Pose, you can cultivate a sense of empowerment and readiness to face life's challenges with renewed vigor. This alignment of yoga and tarot encourages moving forward with grace and courage, embodying the spirit of rising above adversity and transforming defeat into growth.

Take precautions (or skip) PLAYING if you have:

- Spinal or shoulder injury
- Severe back pain
- Pregnancy - Avoid after third trimester

How to PLAY the pose:

Find Mountain Pose by standing with your feet together or slightly apart (whatever is OK for your knees). Press into the soles of the feet, spreading weight equally between the four corners of each foot to feel grounded. Energetically pull your kneecaps up to activate your quads then suck your belly button in to engage your core. On an inhale, reach your arms up overhead, arms in line with the shoulders and palms facing each other. Exhale to lean back, extending the chest forwards as you draw your shoulders away from your ears. Keep pressing firmly into your feet with legs engaged for stability. Ensure your pelvis stays neutral and that you are not pushing your hips forwards. Hold for five breaths, if it is comfortable for your neck, you can look up

Six of Swords - Pigeon Pose

The Six of Swords represents progress, moving forward, and overcoming hardships. It signifies a transitional phase where one navigates through challenges towards calmer waters and stability. Moreover, it represents the need to let go of the past and look forward with hope and determination.

Pigeon Pose, or Ardha Kapotasana, embodies this journey of transition and healing in yoga by fostering emotional release. The pose helps release tension from the hips and lower back, facilitating the release of emotional blockages and promoting a sense of freedom and openness.

By practicing Pigeon Pose, you can cultivate resilience and balance amid life's transitions. Practice this pose to cultivate change with calm determination and nurturing a path towards greater stability and inner peace.

Take precautions (or skip) PLAYING if you have:

- Ankle, knee, hip, sacroiliac (issue or injury), back injury
- In case of shoulder injury avoid flipping the grip

How to PLAY the pose:

From your tabletop position, 'Plank Pose' or 'Downward Facing Dog', bring your right leg forward with a bend in the knee and place your right knee on the ground by the right wrist, so that it is in line with your right shoulder and hip. Adjust the shin of your right leg to open it up towards your left wrist until you find a stretch. Flex the foot of your right leg to protect your knee. Make sure you don't have pain in your knee. Extend your left leg out behind you, knee and ankle in line with the hip, and try to keep your hips square (facing forwards). Sit down into the stretch. It's ok to place a pillow underneath the right buttocks/hip to help level the hips. You can also build up with more blocks and pillows according to your flexibility level. The most important thing here is keeping your hips square. A tip can be to tuck the toes under your left foot to help your hip stay square. You can sit up keeping the chest lifted, or lean forward onto your arms. If you want to do sleeping pigeon and feel open enough to do so without any pain in the knee, you can walk your arms forward until you extend the chest towards the ground and feel a good stretch. You can lean onto your elbows or all go all the way down to the floor. You can also rest your head on a block if you want to support the neck. Breathe freely. Come up on an inhale. Generally for all variations, as Pigeon Pose can put a lot of pressure on your knee if not done correctly it is important to adjust. It is also important not to collapse into your stretch, no matter how flexible you are. Try to keep an active stretch, while engaging your glutes, thigh and hips.

Seven of Swords - Head To Knee Forward Bend

The Seven of Swords represents flexibility, adaptability, and strategic thinking. This card suggests the use of wit and resourcefulness in pursuing goals, sometimes resorting to shortcuts or unconventional methods. It advises caution in motivations and actions, urging consideration of whether superficial efforts will yield lasting results. It also represents the need to be aware of possible deceptions and to act with caution. In this seated forward bend (also called Janu Sirsasana), one leg is extended while the other is bent with the foot against the inner thigh. The pose encourages introspection and mindfulness, ensuring actions are grounded in clarity rather than superficiality. By practicing Janu Sirsasana, you can cultivate patience and discernment.

Take precautions (or skip) PLAYING if you have:

- Diarrhea
- Knee or lower back injury
- Asthma
- LBP

How to PLAY the pose:

Sitting on the mat, with both legs stretched out in front of you. Feet together. Hips square. Bend the right knee and place the foot towards the inner thigh of your left leg. Let the right knee fall out to the side. You can adjust how close to the pelvis you want to have the heel of your right foot, according to what feels best for you (high up on the thigh, or lower down the leg). If you need to you can place a pillow or block under your knee. Always keeping your hips square. From here, inhale to extend your arms up above your head, and make a small twist/adjustment towards the leg that is extended in front of you, exhale keep extending and folding over that left leg (now you are adjusting your upper body so that it opens towards your bent leg). Take hold of your left leg, wherever you can reach and try to relax your upper body, neck, and head down towards the leg. Working towards having your

head towards your knee. Flex the toes and foot of your extended leg. Inhale to come up, exhale to release. Remember to do both sides.

Eight of Swords - Constructive Rest Pose

The Eight of Swords symbolizes feelings of being trapped, restricted, or victimized. This card suggests a state of crisis or dilemma where one feels paralyzed by fear or negative thinking. The swords surrounding the figure represent perceived limitations that may be self-imposed or based on external circumstances. The card encourages introspection to identify these constraints and empowers one to take steps towards freedom and liberation. Constructive Rest Pose, a variation of Shavasana with knees bent, offers a healing effect, promoting a sense of release from physical and mental restrictions. In this pose, one lies on the back with the knees bent and feet hip-width apart, allowing the body to rest naturally and align with gravity. Placing one hand on the chest and the other on the belly enhances the practice, building a connection between these two points and fostering deeper awareness of breath and body.

Take precautions (or skip) if you have:

- Acute back pain

How to PLAY the pose:

Lay on your back, with knees bent and feet planted on the ground. Open your feet to the width of your mat, and allow the knees to fall towards one another. Bring the feet closer than mat width if your knees can't touch. Keep your feet flat and parallel.

Nine of Swords - Rabbit Pose

The Nine of Swords symbolizes fear, anxiety, and deep unhappiness. This card reflects a state of overwhelming worry and negative thinking, often leading to insomnia, nightmares, and obsessive thoughts. It suggests that the severity of the inner turmoil may be disproportionate to the actual circumstances. The Nine of Swords advises us to confront fears one step at a time and to stay active to avoid succumbing to apathy and despair. This card correlates to Rabbit Pose in yoga. Rabbit Pose, also known as Sasangasana, embodies introspection. In this pose, practitioners begin on their knees, bending forward to touch their forehead to the mat while extending their arms backward to grasp their heels. This forward bend simultaneously stretches the spine, and opens the body.

Take precautions (or skip) PLAYING if you have:

- Spinal or neck injury
- Knee injury
- Headache
- HBP

How to PLAY the pose:

From a Child's Pose, tuck your chin towards your chest so that the crown of the head is touching the mat. Bring your hands by your feet, grab your heels, and on an inhale, slowly lift the hips with a curved spine. Stop when the hips are stacking directly over the knees. Ensure your weight is on the crown of the head and your forehead is as close to your knees as possible. If you feel pressure under your knees or head when you lift up into this pose, place a folded blanket under this body part. Stay for five breaths then slowly roll down, bringing your hips back to your heels and forehead to the floor. Rest here in 59. Child's Pose for another five breaths.

Ten of Swords - Four Limbed Staff pose

The Ten of Swords represents serious difficulties, exhaustion, and a sense of failure. This tarot card symbolizes the lowest point in one's life, where defeat and depression are prevalent, yet it also suggests the necessity of letting go and finding a small spark of hope. Chaturanga Dandasana, a tiring yet essential pose, embodies this struggle and perseverance. Like the Ten of Swords, Chaturanga demands endurance and resilience, helping to build strength and energy even in the toughest moments. Practicing this pose encourages you to push through adversity, reminding you that, despite the challenges, the sun will rise again.

Take precautions (or skip) PLAYING if you have:

- Carpal tunnel syndrome
- Pregnancy: if you have the strength it's ok to do the pose but avoid going all the way down to the floor
- Shoulder or elbow injury or any pain (avoid e.g. if you feel a pinching sensation in the front of your shoulder)

How to PLAY the pose:

From your 'Plank Pose'. ON an Inhale, move your weight forwards in the direction of your fingertips so your shoulders come forward beyond your fingertips. Exhale bend your elbows and squeeze your upper arms in towards your body so that your elbows do not go out to the sides. Make sure you do not squeeze your elbows underneath your body to help yourself down, that does not strengthen the arms. Elbows are now above the wrists. Stop the movement when your elbows and shoulders are in one line, hovering above the floor. This downward movement is done with a body that is as stiff as a plank. Stay and breath. The movement can also be done by lowering your body all the way to the ground so you are flat on the floor and from there you would move into a 'Cobra' instead of an '30. Upward Facing Dog' in a sun salutation or in a flow.

Page of Swords

This Court Card embodies mental agility, curiosity, and quick wit. Just as the Page of Swords navigates ideas and communication with agility, the spirit of Ganesha encourages us to embrace curiosity and to expand knowledge through various avenues, reflecting the card's themes of vigilance, learning, and intellectual exploration in tarot readings.

Svadhya Exercise: What new ideas or areas of knowledge are you eager to explore? Write about how you can cultivate an open mind and a thirst for truth in your daily actions and interactions.

Knight of Swords

The Knight of Swords symbolizes action, intellect, and assertiveness in the Tarot. Representing swift movement and significant change, this card suggests embracing opportunities with courage and decisiveness. It highlights leadership qualities, a penchant for perfectionism, and a willingness to take risks. However, it also warns against impulsiveness and insensitivity. When this card appears, it encourages proactive decision-making and using intellect and communication effectively to overcome challenges, while considering the consequences of one's actions.

Hanuman, revered for his unwavering devotion and dynamic action in the Ramayana, mirrors the Knight's role as a fearless protector and agent of change. The eagle, symbolizing omniscience and connected to the air element, reflects the Knight's quick-wittedness and ability to soar above challenges with keen perception. This card signifies embracing opportunities with courage and decisiveness, highlighting leadership qualities, perfectionism, and a willingness to take risks. However, it also warns against impulsiveness and the need for sensitivity in communication.

Svadhya Exercise: Write about a challenge you faced while pursuing a goal. How did you overcome it? How do you stay motivated and focused when obstacles arise on your path?

Queen of Swords

The Queen of Swords, embodying honesty, intellect, and discernment, suggests dealing with situations where constructive criticism may be offered or where a rational, discerning approach is needed. This card advises embracing open-mindedness, self-reliance, and clear communication, urging you to navigate challenges with intellectual clarity and fairness.

The Queen of Swords resonates deeply with Saraswati, the Hindu goddess of knowledge and wisdom. Saraswati symbolizes eloquence, creativity, and the pursuit of truth through learning and intellectual pursuits. Both figures exemplify the mastery of communication, critical thinking, and the ability to navigate complexities with wisdom and insight, making them embodiments of intellectual strength and clarity in their respective traditions.

Svadhya Exercise: Write down three ways you can improve your communication skills to be more direct and honest. Reflect on your personal boundaries. Are there areas where you need to be more assertive? How can you establish these boundaries?

King of Swords

The King of Swords embodies structure, routine, and intellectual prowess, wielding authority with logic and reason. He represents methodical decision-making and the pursuit of knowledge. Brahma, the Hindu god of creation and wisdom, aligns closely with these qualities as the Creator and patron of knowledge and the Vedas.

You can see Lord Brahma often depicted with four heads pointed to the four cardinal directions, which represent his creation of the four Vedas. If you draw this card, you are encouraged you to navigate your path using logic and intellect.

Both the King of Swords and Brahma in fact suggest that we approach situations with impartiality, anticipate changes or circumstances that might require expert advice, and seek help proactively. By doing so, you can secure your rights and achieve beneficial outcomes. Additionally, finding an advocate or mentor can provide you with valuable guidance.

Svadyaya Exercise: Identify a potential mentor or advisor who can help you with your current goals. How can you approach them for guidance?

PENTACLES

Ace of Pentacles - Prithivi Mudra

The Ace of Pentacles symbolizes financial new beginnings, abundance, and the energy of the Earth Element. This tarot card represents material well-being, prosperity, and the practical realization of ideas and visions. This card aligns perfectly with Prithivi Mudra. Prithivi Mudra harmonizes the elemental forces of water, earth, and fire, infusing the body with renewed energy and vitality. It aids in rejuvenation, clarity, and better self-care, making it an excellent practice to support the grounding and prosperous energy of the Ace of Pentacles. Practicing this mudra daily can enhance your ability to manifest material success and stability.

Two of Pentacles - Chair Pose

The Two of Pentacles symbolizes balance, adaptability, and juggling life's demands. This tarot card represents the challenge of maintaining harmony amidst the changing and often unstable nature of life's circumstances, especially in financial matters. It highlights the importance of being resourceful and flexible to navigate the ups and downs effectively, while also warning against spreading oneself too thin and risking failure and exhaustion.

Chair Pose counteracts the instability of the Two of Pentacles by promoting strength, balance, and grounding. Known as Utkatasana, this fierce pose resembles sitting on an invisible chair, embodying power and intensity. Practicing Chair Pose enhances physical and mental resilience, helping to stabilize and strengthen your foundation. This alignment encourages you to evaluate where your energy goes, ensuring you maintain a balanced, focused approach to life's demands, just as the Two of Pentacles advises.

Take precautions (or skip) PLAYING if you have:

- Headache
- LBP
- HBP and heart problems: keep your hands low in front of your heart, or avoid position completely dependent on your condition.

How to PLAY the pose:

Feet together (if it feels ok for your knees) or hip distance apart. From your 'Mountain Pose' start bending your knees squeezing them together, if you have them hip distance apart keep them in line with your hips and ankles. Bend your knees until your heels are lifting off the ground, when they do you know that you have reached your limit, so go a little bit back until your heels are back on the ground. Now start leaning your upper body slightly forward. Tilt your pelvis slightly to elongate and find your neutral spine. Open your chest, engage your core. Your neck is an elongation of your spine. Raise your hands above your head keeping your arms alongside your ears as an extension of your spine. Or keep them in front of your heart in namaste if you have high blood pressure. Keep engaging your thighs and glutes. Sitting low into this imaginary chair. Stay, breath and let it burn.

Three of Pentacles - Jnana Mudra

The Three of Pentacles represents apprenticeship, learning, and hard work. It's a time for building and laying a solid foundation for future success, particularly in work and finances. It emphasizes dedication, methodical work, and collaboration, ensuring that if you work hard and honestly, success is assured. Having a clear vision and a detailed plan is essential for achieving your goals.

Jnana Mudra, the gesture of wisdom, complements this card by fostering true understanding and removing ignorance through self-study and reflection. The mudra involves touching the thumb and index finger to form a circle, symbolizing wholeness and unity, with the palm facing downwards. Practicing Jnana Mudra for 15 minutes or as long as comfortable invites clarity and insight, helping you to stay focused and dedicated to your tasks. Together, the Three of Pentacles and Jnana Mudra encourage diligent effort, collaboration, and the pursuit of wisdom to build a successful and fulfilling future.

Four of Pentacles - Side Lunge

The Four of Pentacles symbolizes holding on to possessions, control, and material security. This card represents material power and economic wealth achieved through hard work and commitment. It advises a concrete and pragmatic approach to life, emphasizing the importance of holding onto what you have and using resources wisely. It is a time to maximize the yield from your current efforts before embarking on new ventures, avoiding flights of fancy and unnecessary risks.

Skandasana, or Side Lunge, embodies this grounded and strategic approach. This pose, close to the earth, encourages a mindful and deliberate setup, much like how one should approach daily activities with a focus on stability and resourcefulness. Practicing Skandasana helps build strength and flexibility, reflecting the card's themes of holding onto what is valuable and making thoughtful, strategic movements in life. Together, the Four of Pentacles and Skandasana promote a balanced, practical approach to maintaining and securing one's material and economic well-being.

Take precautions (or skip) PLAYING if you have:

- Hip injury or recent hip replacement surgery
- Knee injury or chronic knee pain
- Ankle injury such as ligament tear

How to PLAY the pose:

Begin in a Standing Wide-Legged Forward Fold (Prasarita Padottanasana) with the hands to the ground. Bend your right knee and sink your hips towards the right side into a half squat. Root your right foot firmly into the ground as you straighten the left leg, lifting the toes to flex the foot towards you. If you cannot bring the heel of the bent leg to the ground, stay up higher on the ball of the foot or place a block or rolled up blanket under the heel. Keep your upper body lifted with a straight spine; don't fold forwards. Keep your arms out in front of you with the fingertips on the ground or blocks for support. Or, for an extra challenge, bring your hands into a prayer position at the heart center. Hold for five to ten breaths then bring your hands onto the ground for support as you shift your weight to the other side, bending the left knee and straightening the right leg. You can also practice this as a dynamic flow, going side to side with each breath.

Five of Pentacles - Pyramid Pose

The Five of Pentacles represents temporary financial hardship and negative changes in circumstances. This card indicates potential economic or work-related issues, such as unexpected expenses or delays, but it is not a sign of a complete financial meltdown. The key challenge is to avoid succumbing to feelings of victimhood and depression. True security comes from inner balance, not just financial well-being. It's important to seek help and support, whether from friends, family, or social services, and remember that this hardship is temporary.

Pyramid Pose, or Parsvottanasana is a challenging forward fold that brings stability and balance to both body and mind when practiced regularly. The name of the pose, derived from Sanskrit, emphasizes intense side stretching and the creation of a powerful foundation. Practicing Pyramid Pose fosters resilience and strength, helping to maintain balance and stability during difficult times, much like the message of the Five of Pentacles.

Take precautions (or skip) PLAYING if you have:

- Hyperextension in the knee (or micro bend your knee)
- HBP or LBP
- Ankle, hip, or knee injury
- Pain in the hamstrings
- Hips not leveled (one leg longer than the other, adjust as needed by placing something under your foot to have your hips squared)

How to PLAY the pose:

From 'Mountain Pose' step your right foot back like you are coming into Warrior 1; front toes facing forwards, back toes at a 45 degree angle (pointing to the top right corner of your mat). Keep both hips facing forwards and both heels firmly on the ground. Take time to adjust the position of your legs. If your heel is lifting, bring it closer towards you. If your hips turn out to the side, bring your feet further apart, creating a wider stance. With your hands on your hips, slowly fold forward from the hip joint. Keep your spine straight as you come down, bringing your chest towards the front leg. Focus on keeping the hips squared and back straight rather than how deep you fold. Once you reach your maximum, relax your head, allowing your forehead to come towards your shin.

Your hands can come to the floor or the shin. You can also use blocks to place your hands on. Place blocks either side of the front foot at the level you require. The back leg should stay straight but you can microbend the front knee if needed. Hold the posture for 5 to 10 breaths To come out, bring your hands to your hips and lift your upper body with your core engaged. Repeat on the other side.

Six of Pentacles - Pushpanjali Mudra

The Six of Pentacles, symbolizing gifts, generosity, and community assistance, aligns beautifully with Pushpanjali Mudra. This tarot card represents the exchange of money or energy, emphasizing the importance of sharing what we have and being open to receiving from the Universe, which promotes financial success and community spirit. Pushpanjali Mudra, combining "Anjali" (divine offering) and "Pushpa" (flower), cultivates generosity, non-attachment, and gratitude, which reflect the Six of Pentacles' themes. This mudra enhances appreciation, relieves stress, and improves digestion, reinforcing the Six of Pentacles' message of generosity and support. Practicing Pushpanjali Mudra daily embodies the spirit of giving and receiving, fostering personal well-being and a strong sense of community.

Seven of Pentacles - Celibate's Pose

The Seven of Pentacles represents hard work paying off but also potential dissatisfaction and disappointment. This card depicts someone reflecting on the fruits of their labor, which may not meet expectations, leading to frustration. It suggests the importance of reassessing one's motivations and finding value in the effort itself, rather than the outcome. For those on a spiritual path, the focus should be on acting to the best of one's ability without attachment to the results, to avoid disappointment and unhappiness. Celibate's Pose, symbolizing detachment from the fruits of actions, encourages looking on the bright side and renewing efforts from a disinterested perspective. This pose helps transform sexual energy into subtler forms, enhancing physical, mental, and spiritual well-being. It calms the mind and improves focus, embodying the Seven of Pentacles' message of reassessment and perseverance without attachment. Together, they promote a balanced approach to effort and outcome, fostering resilience and inner peace.

Take precautions (or skip) PLAYING if you have:

- Wrist injury
- Carpal Tunnel Syndrome
- Recent abdominal surgery or hernia

How to PLAY the pose:

It is recommended to try this pose first using blocks. Start in Staff Pose (stick pose) with legs straight. Place a block either side of your hips, and bring your hands onto the blocks. Suck the belly in to engage the core, tilt the chest slightly forwards and send the hips back and up and as you press your hands down and lift the buttocks off the floor. Flex the toes towards you to engage the leg muscles, extending the legs. The legs should come off the floor with only the heels touching the mat. Hold for five to ten breaths. An alternative way to practice this pose is from the reverse tabletop. Use your core and arm muscles to lower your hips down and back, passing through your hands without letting your seat touch the ground. As you do this, your legs will straighten. Flex the toes towards you, keeping the legs off the mat.

Eight of Pentacles - Peacock Pose

The Eight of Pentacles symbolizes new jobs, self-employment, and meticulous craftsmanship. This tarot card suggests that success comes from methodical, hard work and that no new approaches are needed—just perseverance and dedication. When this card appears, it indicates that you are steadily working towards something significant, and though it may seem mundane now, your efforts will lead to great success, pride, and self-confidence.

Peacock Pose, or Mayurasana, represents skill and dedication, mirroring the Eight of Pentacles' themes of craftsmanship and diligence. This challenging pose has been practiced for over 500 years and is mentioned in the Hatha Yoga Pradipika. Ancient yogis believed it could prevent and destroy diseases and enhance digestion. Practicing Peacock Pose requires and builds significant strength and focus, reflecting the card's message of steady, hard work and the mastery of skills. Together, the Eight of Pentacles and Peacock Pose emphasize the value of dedication, perseverance, and the mastery of one's craft.

Take precautions (or skip) PLAYING if you have:

- Shoulder, arm, elbow, or wrist injury
- Carpal tunnel syndrome
- Recent abdominal surgery or hernia
- Pregnancy

How to PLAY the pose:

From Thunderbolt pose, open your knees out to the sides. Bring your hands together and rotate them so the fingers are facing your body but slightly out to the side. Your outer wrists should be almost touching. Place your hands on the mat in the space between your thighs, fingers facing towards you. Round your back, elbows coming in towards your torso. Shift your body weight forwards, ensuring your elbows come to your side body so as you lean forwards, your torso presses into your upper arms. As you lean forwards, bring your head towards the ground and straighten the legs behind you. Engage your core as you shift the weight of your lower body to your upper body. Squeeze your thighs together then lift one foot at a time. If both feet come off the ground, lift your legs until they are parallel to the ground, keeping them straight. Lift your head and look forward, hold for five to ten breaths, keeping your core and thighs engaged. Practice small stepping stones towards the full expression of this pose. You may try a bound angle variation with the legs, keeping them bent, soles of the feet touching, then lifting them keeping your torso and legs parallel to the floor. To lower, release your feet then your knees and sit back in a kneeling position. If you find this pose difficult, lift one leg at a time in the half Peacock variation. Alternatively, keep both feet on the ground and practice rocking back and forth to find the right weight distribution. You can also practice with a block under your pelvis. This will help you stabilize your form and find lift in the legs without losing your balance.

Nine of Pentacles - King Pigeon Pose

The Nine of Pentacles, symbolizes independence, success, financial stability, and abundance. This card represents established wealth and prosperity, often gained through hard work, self-discipline, and sometimes inheritance or good fortune. It predicts economic good luck and self-confidence from enjoying abundant resources, focusing on money, real estate, and social status. The Nine of Pentacles encourages indulging in the luxury and contentment brought by one's accomplishments. Raja Kapotasana, a deep backbend, especially when coordinated with breathing, stretches the psoas muscles and reduces anxiety and stress stored in the hips. Practicing this pose fosters a sense of liberation and accomplishment, mirroring the prosperity and self-reliance highlighted by the Nine of Pentacles. Together, they celebrate the rewards of hard work and the joy of financial and personal freedom.

Take precautions (or skip) PRACTICING if you have:

- Spine, back, shoulder, or neck injury
- Recent surgery (any area)
- Inflammatory Bowel Disease (IBD) or abdominal ailments
- Cervical spondylosis or slip disc
- Pregnancy

How to PLAY the pose:

To practice One Legged King Pigeon Pose III, start in Half Pigeon Pose and stretch the right leg behind. Inhale to raise the leg, twist the torso, and gradually backbend while holding the foot with both hands. Press the pelvis down to deepen the pose, maintaining for four breaths. Release by moving into Downward Dog, then return to Half Pigeon and repeat on the other side.

Ten of Pentacles - Sphinx Pose

The Ten of Pentacles represents wealth, prosperity, and material success often linked to a rich and powerful family. It emphasizes the importance of building a stable and supportive community, where shared values and bonds create a 'home' that nurtures growth and prosperity. The Ten of Pentacles highlights the combination of material wealth with an abundance of affection and values, suggesting to explore gratitude for our prosperity and to share our wealth generously.

Sphinx Pose mirrors the card's themes of foundation and fulfillment. This relaxing and restorative pose, performed in a prone position with the chest lifted and supported on the forearms, opens the heart and arches the spine. This grounded posture teaches awareness and focus, spiritually stimulating the Anahata (heart) and Vishuddha (throat) Chakras, fostering inner peace, connection

to others, and clear self-expression. Together, the Ten of Pentacles and Sphinx Pose embody the harmonious integration of material success and deep, supportive relationships, creating a foundation for lasting happiness and security.

Take precautions (or skip) PLAYING if you have:

- Back or shoulder injury or chronic pain
- Pregnancy or recent abdominal surgery

How to PLAY the pose:

Start in a prone position. Bring both elbows underneath your chest, in line, with the shoulders. Press into the forearms as you lift your chest and press the heart forwards. Gaze between the thumbs to keep the neck in elongation of the spine or look up for an additional stretch to the neck and throat. Keep your upper arms engaged by pressing the forearms down and don't let the chest collapse. Option to bring the big toes together. Option to bend the knees and lift the feet up. Hold for five to ten breaths then take a few breaths in Crocodile Pose.

Page of Pentacles

The Page of Pentacles, representing a young individual or someone new to their endeavors, embodies the qualities of being down-to-earth, simple, and persevering. This card highlights the importance of learning step by step, with humility and dedication, particularly in matters of money, administration, and practical affairs. The Page of Pentacles encourages you to decide what you want, seize opportunities, and lay the groundwork to achieve long-term goals. It signifies thinking about your future and making the right decisions now for lasting success.

Lord Ganesha, revered as the deity of new beginnings and remover of obstacles, aligns perfectly with the Page of Pentacles. Ganesha's youthful demeanor and symbolic association with potential and beginnings resonate with the card's themes of growth and steady progress.

Svadyaya Exercise: Write down your long-term goals and outline a plan to achieve them, focusing on steady, consistent effort and learning along the way. Consider invoking the qualities of Lord Ganesha to help remove any obstacles and support your journey towards success.

Knight of Pentacles

The Knight of Pentacles, symbolizing patience, practicality, loyalty, and responsibility, aligns seamlessly with the qualities of Hanuman and the symbolism of the cow. This card represents an individual well on their path of growth, embodying the Earth element's traits such as practicality, commitment, and perseverance. The Knight of Pentacles is reliable, hardworking, and determined, able to carry projects to completion with strength and determination. However, this Knight must guard against becoming too rigid or materialistic, remaining open to both steady progress and sudden leaps forward.

Hanuman, revered for his devotion, courage, strength, and dynamic action, mirrors the Knight's qualities of protection and active perseverance. The cow, symbolizing Mother Earth and a source of nourishment, complements the Earth element of the Pentacles, emphasizing goodness, sustenance, and the nurturing aspects of practicality.

Svadyaya Exercise: Reflect on a project or goal you are currently working on. What steps have you taken to ensure steady progress? Are there areas where you might be too rigid or resistant to change? Consider how you can incorporate both steady, consistent effort and be open to sudden opportunities for growth. Write down your thoughts and outline a balanced plan to move forward.

Queen of Pentacles

The Queen of Pentacles symbolizes a mature, grounded, and prosperous individual. This Court Card represents a woman of high social status who is generous, loyal, and successful. Drawing her power from the Earth element, the Queen of Pentacles brings prosperity and abundance wherever she goes. She is a lover of home and family, skillfully managing material possessions and working hard with method and organization. Her genuine, grounded manner puts others at ease, and she takes care of those around her by satisfying their physical needs and creating a pleasant environment. Sensible and practical, the Queen advises setting goals and working steadily towards them to achieve success.

The Queen of Pentacles aligns beautifully with the qualities of the goddess Lakshmi. Lakshmi, the Hindu goddess of wealth and prosperity, grants success in all endeavors. She bestows wealth, perseverance, knowledge, and awakening to her devotees, and

aids in agricultural and familial prosperity. As Vishnu's active element, Lakshmi represents how divine sustenance manifests in the world. Her 4 arms represents the four virtues of human life (or the four beautiful pursuits of being): the Pursuit of love, the pursuit of purpose or dharma, the pursuit of Liberation and the pursuit of abundance and well-being.

Consider incorporating the essence of Lakshmi in your daily sadhana or practice, chanting one of her most famous mantras: "Om Shrim Maha Lakshmiyei Namaha" ("My salutations or adoration to the great Lakshmi") or simply the bija mantra Shrim (shreem) to invoke the feminine divine energy (shakti).

Svadhyaya Exercise: Reflect on how you manage your material possessions and responsibilities. Are you creating a balanced, nurturing environment for yourself and others? Consider ways you can bring more prosperity and abundance into your life through practical, steady efforts. How can you embody the qualities of the Queen of Pentacles and Lakshmi in your daily actions? Write down specific goals and actionable steps to achieve them, focusing on the importance of methodical progress and grounded generosity.

King of Pentacles

The King of Pentacles achieves his ambitious goals through patience, shrewdness, and meticulous preparation. He generates prosperity and abundance, stands firm in his goals, and creates a sense of safety and trust among those around him. As an excellent builder, systematic and organized, he concretely manifests his will in the world, reaching high social status and embodying resourcefulness and principles. Seeing him in the cards signifies envisioning success achieved through earnest work and dedication.

Like the King of Pentacles, Vishnu is a protector and provider, ensuring stability and prosperity. One of the Hindu Trimurti, Vishnu represents the power of creation that balances and sustains the universe. Depicted with sky-blue skin, Vishnu's symbols, such as the conch shell (sound of creation) and the chakra (cycle of life and law of karma), embody his infinite power and the balance he brings to the world. Vishnu's presence is a reminder of the balance between creation and destruction, and the importance of dharma (order) in the world. Consider chanting the mantra "Om namo Narayanaya" to bring further the essence of Vishnu in your practice. It's an invocation to Narayana, the form of Vishnu who lays in eternal rest beneath the cosmic waters.

Svadhyaya Exercise: Reflect on your approach to achieving goals and managing responsibilities. How do you balance methodical planning with practical execution? What steps can you take to ensure steady progress towards your goals while maintaining a sense of balance and order? Write down specific goals, the steps needed to achieve them, and how you can prepare meticulously to overcome any challenges. Focus on creating a solid foundation and generating prosperity and abundance in your endeavors.