

What? This human heart

So what? When I dive into this vessel of the human heart I am, everything rises and simultaneously falls away in every heartbeat.

And here in the rise and falling way, I pour into the heart beat I came as.

I am heart.

I am the great heart.

And I beat in resonance with the great human heart of being.

Hows?

Philosophy hows

- Opening to grace 5th act of Shiva
- Non-duality with being in resonance with each heart beating and the great heart of awareness

Class Pathway how

- Pathway of connectivity to the heart
- Articulation and intergration- connection to all hearts

Embodied Anatomy hows

- Biological development of the heart

Class structure

- Arrival
- Somatic- in supported reclined heart opener
- Free movement- reference to blood and heart in limbs to support mobilisation
- Mobilisation - cat-cow waves building to camel waves
- Sun salutations x3
- Sequence W1, RW Dance of Shiva right side and left side
- Peak Pose Dancer
- Free movement heart dance
- Cool down twists and agency
- Constructive rest