

## Purple Level Yoga and Your Energy Body

So far, your *Serenity Yoga* experience has seemed fairly ordinary. We've used ordinary breathing strategies and ordinary stretches to achieve extra-ordinary results for your body and mind.

You have now laid the groundwork to benefit from more traditional yogic practices, like Ojai Breathing. You are also ready to start noticing more about yourself, not only your body and mind, but your energy self as well.

Purple Level *Breathing Themes* will take you through this journey. It's fascinating and exciting and opens up entirely fresh ways of experiencing the world. Hopefully, I can make this part of the journey seem straightforward and simple – the kind of thing that you, your friends and neighbours could do, because - you can!

### Discovering Your Core

Nothing in yoga is so talked about and so little understood as the Core, the Energy Core, the Tantien, the Center of Your Body, the navel. There is a lot of mystique around this part of human beings.

Let's start with the anatomy. When I talk about The Core, I am talking about one of two things, depending on the topic and context. Either I'll mean the Energy Center, which is also the Center for Balancing. It's the Center Point of your body. However, sometimes I'll mean the Center *Line* that runs up and down your body from that Center Point.

#### How do you know you have a Core Center Point?

Um – you do have one, or you wouldn't be here. It's where your center of mass is. It's just behind your belly button, deep inside the center of your body and down a little bit.

#### You can experience this Center Point or Core by doing Abdominal Lifts.

As you do the Lifts, pay close attention to your belly button going up and down. Notice the path it takes. The deeper you do your lifts, the more clearly you will feel this.



#### The Center Line

The Center Line extends up the inside-middle of your body from your Center Point. It runs in line with your spine, but is more toward inside your body than your spine.

#### Discovering Your Center Line with Abdominal Lifts

As you do Abdominal Lifts you can feel the bottom part of this line. During each lift, your belly button travels up this center line. Again, the stronger you do your lifts, the more clearly you will notice your Center Line.

You can also experience this Center Line when doing the exercises of *Breathing Theme 22*.