

We'll come into a comfortable cross-legged seat
if you want, use something to sit on
and as you sit tall, please get comfortable

close your eyes

And for half a minute
practice Kaia Sthira
Kaia means body, Sthira means stability – steadiness – motionlessness

now please begin to deepen your breath

spine tall
see if you can lengthen your breath, in for 9, and out for 9

then, if you can, you can hold the breath after your inhale, in 9, hold 6

out 9

repeat that, for the next couple of minutes, as you hold your breath,
anchor you mind in the abdomen

in 9
retain for 6
breath out for 9

as you hold your mind in your abdomen, especially during the retention
this is an opportunity to anchor to steadiness
to return to calm in the midst of turbulence
remember that feeling of calm
in the abdomen

now please, finish this last breath, last cycle
in the abdominal center
become established in this optimal state
of steadiness
the eye of the hurricane
absolute stillness
in the center of movement

You can continue to meditate on that presence, move in to your own meditation, rest on
your back, or **move back into life,**
when you're ready, taking stability and steadiness
as your guide .

-Meditation as excerpt from Rod Stryker's Hatha Yoga class "Stable body, quiet mind"