Radiance
From the root word radiate, to shine.

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If someone said you looked radiant, would you be pleased or upset? Probably pleased, because radiant means glowing. The root word RADIATE means to extend outward from a center. In yoga, that center is your navel. These poses help you establish a connection, a harmonious relationship between your navel and your six limbs: head, tailbone, arms, and legs.

1. **Sukhasana**: Seated, bring attention to your breath. Try to feel the energetic pathways from your navel out into your limbs: Core/Head, then Core/Tail, then Core/Arms and Core/Legs. Remain for up to 5 min.

2. **Seated "snuggle and stretch"**: Sit with knees bent, feet flat, arms wrapped around knees. Inhale and expand as you extend arms up and legs forward, exhale and contract as you wrap arms around legs. Repeat 5-6 times.

3. **Prasarita Padottanasana**: Feet wide, palms on floor, inhale feel the length of the spine, exhale allow upper back to round and crown of the head to release toward floor. Repeat 4-5 breaths. Move left hand to the floor beneath the center of the chest. Inhale and turn torso to the right, reach right arm toward ceiling. Exhale and switch hands. Do each side 3x.

4. **Arha Chandrasana**: Ground through the standing heel and push out through the bottom of the lifted heel and the crown of the head to lengthen both the leg and the spine. Top arm radiating upward.

5. **Vasisthasana**: From plank pose, turn torso to the right, bring right hand to hip. Feet can stack right on top of left, or right heel to left toes. Reach right hand up and try to maximize the distance between the top and bottom hand. Hold for 3-4 breaths. Repeat on other side.

6. **Savasana**: As you settle into savasana, imagine yourself as a human starfish, feeling the energy beginning at the center and flowing outward. Imagine your limbs expanding and growing, unfurling like a flower blossoming. Breathe softly, and on every exhale, think RELEASE.