

Elementary Yoga

for Amar

Tadāsana

Earth Stabilizes

Water Smooths

Fire Refines

Air Adjusts

Space Opens



Swastikāsana

Earth Holds

Water Clears

Fire Tempers

Air Balances

Space Develops



Savāsana

Earth Settles

Water Levels

Fire Moderates

Air Equilibrates

Space Unbinds

