

YOGA FIVE

From your birth chart to your own practice

An introduction to Yoga Five

How your birth chart, your experience and yoga practice can come together.

Why different practices suit different people



Two people can practise the same yoga sequence and have different experiences. One appreciates a clear pace and guidance. The other needs more time to notice what is happening as they move.

You come to practice in your own body, with your own energy and life experience. Some ways of moving and acting come naturally to you. Others you have learned over time. And some of what once helped you may no longer work for you today.

Yoga Five works with these connections. Your birth chart opens up themes that we explore together through conversation and yoga practice. We observe how these energies express themselves in you and how you can work with them consciously.

This guide shows you how this work unfolds. At the end, you will find an invitation to an individual session.

What a birth chart brings

A birth chart shows the astrological configuration for the time and place of your birth. In Yoga Five, it is a starting point for exploring energies, their qualities and the relationships between them.

The elements offer an initial orientation: earth, water, fire and air help us name different qualities. An astrological chart has further layers, including planets, signs, houses and aspects. Meaning also emerges from their connections.

When working with your chart, we look for a theme that deserves closer attention. It might be the relationship between effort and support, or between the need for security and the ability to respond to change. Then we explore how you recognise it in your own life.

Your experience meets the interpretation of the chart in practice. It may refine the suggested direction or open up a different question.



The elements as an initial orientation

These qualities can meet in different ways within one person and within a single practice. Each of us knows several ways of experiencing them.

Earth

The body, grounding, stability and a sense of being here and now. Earth also brings form, support and the ability to stay. *How do I find support, and how much room does that leave for movement?*

Water

Emotions, intuition and flow. Gentleness, letting go and moving with what is here. Water also opens up themes of relationship, adaptation and personal boundaries. *How do I experience change, and where do I keep my own boundary?*

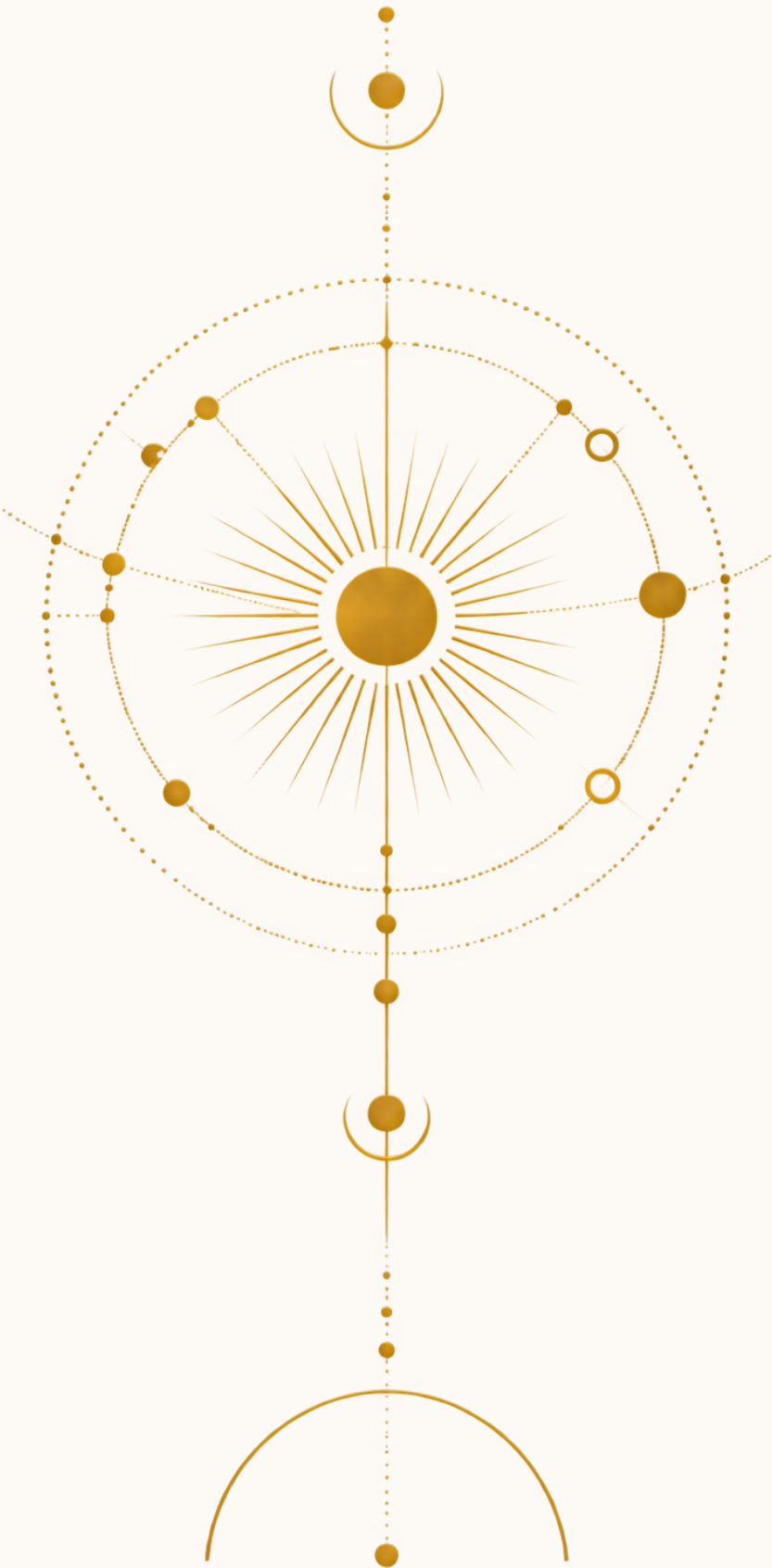
Fire

Energy, courage and will. Dynamic movement that awakens strength and an inner sense of direction. Fire also relates to how we act and work with effort. *How do I begin to act, and how much force do I bring to it?*

Air

Breath, openness and space. Movement that brings clarity and freedom of expression. Air also opens up thinking, possibilities and different perspectives. *How does my attention move, and what helps me stay connected with my own experience?*

Ether · Awareness The space in which energies meet and can be integrated. In practice, we can make room for it through longer silences and more space between poses. This layer accompanies the whole Yoga Five process.



The chart meets your life



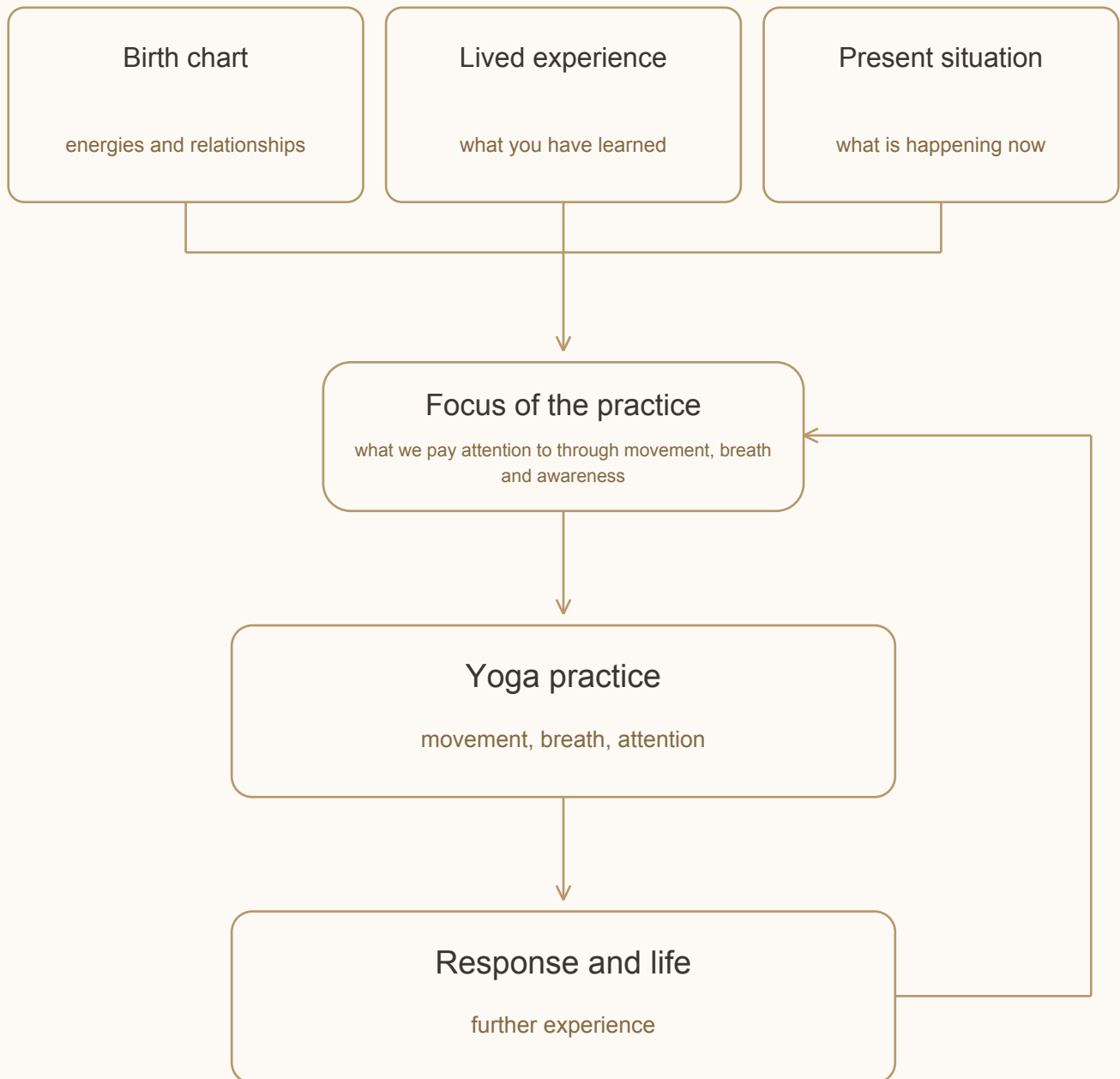
The same theme in a chart can be lived differently by each person. One person develops their natural decisiveness. Another has learned to hold it back. For someone else, it may have become a way of getting through a difficult period.

This is why conversation is part of the process. What comes naturally to you? What have you had to learn? Where do you now respond automatically? What supports you, and what takes a lot of your energy?

Your present situation matters too: how your body feels today, what you are dealing with and what is possible for you. The direction of practice grows from these connections together.

A theme for practice might be a question: “Can I use my strength while noticing when I am adding more effort than I need?”

How the different layers connect



This diagram offers an orientation to the Yoga Five process. The different layers can overlap and be revisited during a session. The elements are part of reading the energies; the whole process has several layers.

How a yoga practice takes shape

In individual Yoga Five, we begin with your birth chart. The balance of the elements gives us an initial orientation. We also explore specific relationships in your chart and connect them with your experience. During the practice, we notice how energy is expressed, where it is directed and what effect the chosen way of practising has. The introductory session draws mainly on your birth chart. In follow-up sessions, we also explore current transits and the energies coming into expression.

Your birth chart is a starting point. Throughout life, you learn to work with your energies, developing some abilities while others may remain less accessible. During a session, we therefore connect the chart with your life experience and observe how these energies express themselves in practice.

We work with movement, breath, pace and attention. During practice, you can reduce your range of movement, slow down or rest.

We might try the same movement in two ways: first with more precise guidance, then with greater freedom. You notice how each feels and what helps you sense your body.

Sometimes we stay in a pose for a while, observing how much effort you use and whether you can release some tension. At other times, we change the pace or range of movement. Your experience guides how we adjust the practice.

In a group class, the theme may draw on the astrological chart of that moment. Each participant then explores how this theme appears in their own practice.

What to expect from individual Yoga Five

In an individual session, we look at your birth chart and talk about what you are currently experiencing. There is also space for what you have learned throughout life and how you work with your energies today.

The conversation is followed by a yoga practice guided by your chart and your experience. You notice movement, breath and how the practice feels. You have room to change your range of movement, slow down and rest.

Afterwards, we return to what you noticed. Together, we explore how this experience connects with your everyday life.

If Yoga Five speaks to you, I invite you to an individual session.

More about individual Yoga Five

Write to me

