

Psalm 23 (KJV)

By Pam Smith Paquette ERYT

8/13/17

23 The LORD is my shepherd;
I shall not want.

Mountain w/prayer hands
Extend arms out in front

² He maketh me to lie down in green
pastures:
He leadeth me beside the still waters.

Into Forward Fold

Reverse Swan: inhale arms up and out
to sides to hands together overhead

³ He restoreth my soul:

Exhale: arms crossed at heart center

He leadeth me in the paths of
righteousness for his name's sake.

Inhale arms overhead, exhale to Half
Moon (bend toward one side)

⁴ Yea, though I walk through the valley
of the shadow of death,

Inhale up and repeat Half Moon to
other side

I will fear no evil:

Warrior 1

for thou art with me;

Step legs together, arms cross at heart
center

thy rod and thy staff they comfort me.

Warrior 1

⁵ Thou preparest a table before me in
the presence of mine enemies:
thou anointest my head with oil;

Chair Pose w/arms extend out front

In chair bring prayer hands to
forehead

my cup runneth over.

Stand into Mountain with arms
extended into T

⁶ Surely goodness and mercy shall
follow me all the days of my life:

With arms extended, twist right and
left

and I will dwell in the house of the
LORD forever.

Inhale arms up and slide them down
to heart center into prayer position.