

HOW TO GET THE MOST OUT OF YOUR YOGA PRACTICE

CHECKLIST



SHOW UP

Physically - get yourself down on your mat;
mentally - bring your attention to this moment, to this body.



LISTEN

Notice how you feel and which parts of you need more care on any given day (physical body, energy or mental-emotional state).



CONNECT TO THE BREATH

Have your breath inform and guide EVERY SINGLE ONE of your movements.



CHOOSE A PRACTICE THAT IS RELEVANT TO YOU

Short-term practices help to deal with today's challenges,
long-term practices address chronic issues.



KEEP YOUR ATTENTION ANCHORED

Learn how to direct and maintain attention;
as it drifts away, practice bringing it back.



DO MORE THEN ASANA

Take 12 deep breaths at the end of the practice,
then stay mindful of your experience for 5 minutes.



TAKE TIME TO ABSORB AND INTEGRATE

Take time between poses to check in with yourself; at the end observe the impact of the practice on each one of your layers.



Yoga Practice Checklist

Pinky McKay



Yoga Practice Checklist:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Yoga Practice Checklist**

In some sort of inundated with displays and the cacophony of instantaneous transmission, the profound energy and emotional resonance of verbal art frequently disappear in to obscurity, eclipsed by the continuous barrage of noise and distractions. However, nestled within the musical pages of **Yoga Practice Checklist**, a captivating function of literary brilliance that impulses with organic feelings, lies an unforgettable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this magical opus books readers on a psychological odyssey, delicately exposing the latent possible and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key styles, dissect their fascinating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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