

# 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

**Terry C. Jones**



## **Yoga Practice Checklist:**

## Enjoying the Melody of Appearance: An Psychological Symphony within **Yoga Practice Checklist**

In some sort of taken by screens and the ceaseless chatter of immediate communication, the melodic beauty and emotional symphony produced by the prepared term usually disappear into the back ground, eclipsed by the constant sound and interruptions that permeate our lives. But, nestled within the pages of **Yoga Practice Checklist** a charming fictional value overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that fascinating masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths of this poignant analysis, we shall examine the book is key harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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