

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:

Whispering the Secrets of Language: An Mental Journey through **Yoga Practice Checklist**

In a digitally-driven world where screens reign supreme and immediate transmission drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words often go unheard. Yet, situated within the pages of **Yoga Practice Checklist** a captivating fictional prize pulsing with natural thoughts, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this charming opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within ab muscles material of each word. Within the emotional depths of the emotional review, we shall embark upon a genuine exploration of the book is core styles, dissect their captivating publishing model, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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