

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

**Lavay, Barry, French, Ron, Henderson,
Hester**

Yoga Practice Checklist:

Embracing the Tune of Term: An Emotional Symphony within **Yoga Practice Checklist**

In a global eaten by monitors and the ceaseless chatter of quick conversation, the melodic elegance and mental symphony produced by the written term usually fade in to the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. However, situated within the pages of **Yoga Practice Checklist** a wonderful literary treasure overflowing with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts visitors on a mental journey, well unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of this moving evaluation, we will examine the book is central harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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