

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

Mary Burnham, Carol Hurd



Yoga Practice Checklist:

Enjoying the Song of Phrase: An Emotional Symphony within **Yoga Practice Checklist**

In a world consumed by displays and the ceaseless chatter of quick communication, the melodic elegance and psychological symphony produced by the written word frequently diminish into the background, eclipsed by the constant noise and distractions that permeate our lives. However, nestled within the pages of **Yoga Practice Checklist** a marvelous literary treasure brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this charming masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of the touching review, we shall explore the book's main harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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