

# 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

**RD Boyd**



## **Yoga Practice Checklist:**

## Whispering the Strategies of Language: An Mental Quest through **Yoga Practice Checklist**

In a digitally-driven world wherever displays reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words frequently go unheard. However, situated within the pages of **Yoga Practice Checklist** a captivating fictional value blinking with organic emotions, lies an extraordinary journey waiting to be undertaken. Penned by a talented wordsmith, that marvelous opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very material of every word. Within the emotional depths with this poignant evaluation, we can embark upon a genuine exploration of the book is core subjects, dissect their charming publishing fashion, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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