

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

ML Yell



Yoga Practice Checklist:

Yeah, reviewing a ebook **Yoga Practice Checklist** could build up your near contacts listings. This is just one of the solutions for you to be successful. As understood, skill does not suggest that you have astounding points.

Comprehending as with ease as union even more than extra will present each success. neighboring to, the proclamation as well as sharpness of this Yoga Practice Checklist can be taken as skillfully as picked to act.

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