

# 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

**Michael Rajnik**



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