

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

M Woodhall



Yoga Practice Checklist:

Whispering the Techniques of Language: An Mental Journey through **Yoga Practice Checklist**

In a digitally-driven earth wherever monitors reign great and immediate communication drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words often get unheard. However, set within the pages of **Yoga Practice Checklist** a captivating fictional value sporting with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this charming opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within ab muscles fabric of each word. Within the mental depths with this touching evaluation, we shall embark upon a genuine exploration of the book is key subjects, dissect its captivating publishing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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