

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

SJ Ball



Yoga Practice Checklist:

Enjoying the Melody of Expression: An Emotional Symphony within **Yoga Practice Checklist**

In a world taken by displays and the ceaseless chatter of fast transmission, the melodic splendor and mental symphony produced by the published word usually fade into the background, eclipsed by the constant noise and disturbances that permeate our lives. However, nestled within the pages of **Yoga Practice Checklist** an enchanting literary treasure brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts visitors on an emotional trip, well unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths with this emotional analysis, we can examine the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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