

# 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

**D Kirk**



## **Yoga Practice Checklist:**

## Unveiling the Magic of Words: A Review of "**Yoga Practice Checklist**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Yoga Practice Checklist**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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