
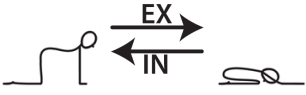
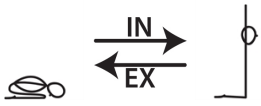
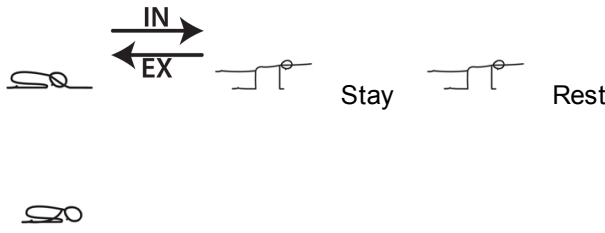
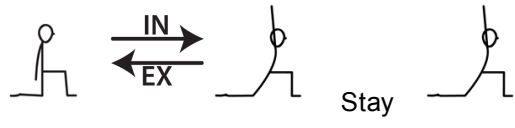

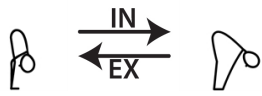

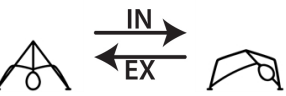


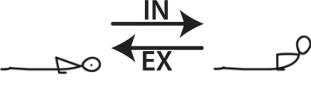

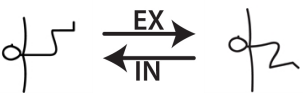



What we think matters yoga practice

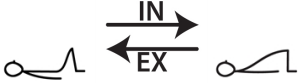


Be curious. See if you can notice a difference in how comfortable you can be in the poses using progressive abdominal contraction on your exhale and remembering a recent time when you were relaxed, during the whole practice.

1.		<p>Notice the fact of the breath. The chest expanding on inhale, the belly falling on exhale.</p>	<p>Notice how the breath moves the spine, check in with your energy, how you feel in general. Recall a time when you were relaxed, try to remember details throughout your body of what that felt like.</p>
2.		<p>Inhale as you come up on your hands and knees, exhale your hips onto your legs.</p>	<p>8X Each time focus on gently contracting your abdomen from pelvic bone to navel on each exhale.</p>
3.		<p>Inhale as you sweep your arms out and up and exhale as you bring your hands onto your sacrum.</p>	<p>6X Again practice a gentle progressive abdominal contraction as you come into this variation of Child's Pose.</p>
4.		<p>Inhale as you extend your arm and opposite leg.</p>	<p>3X each side and then hold for 3 breaths. Recall the full body sensation of being relaxed as you hold the pose.</p>
5.		<p>Inhale into the lunge, exhale come out.</p>	<p>3X each side and then for hold 3 breaths. Recall the full body sensation of being relaxed as you hold the pose.</p>
6.		<p>Inhale as you sweep your arms up and come up on your toes. Exhale back to Mountain Pose.</p>	<p>6X Both arms sweep out to side and palms touch in balance. See if you can retain the breath a little longer after each repetition.</p>
7.		<p>Exhale as you release into the forward bend. Inhale as you flatten your back.</p>	<p>5X and then hold as you flatten your back, hold onto your big toes with middle and fore finger of each hand. Progressive abdominal contraction folding towards legs on exhale.</p>

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8.		<p>Inhale leg up and arms out into the pose.</p>	<p>2X each side and try holding just one breath and then recall feeling relaxed and then try holding for 4. See if there is a difference.</p>
9.		<p>Exhale as you flatten your back. Inhale as you straighten your legs with soft knees.</p>	<p>6X Make sure your neck is relaxed. Practice progressive abdominal contraction as you release into the forward fold.</p>
10.		<p>Inhale your leg into position and then breathe deeply.</p>	<p>Recall the full body sensation of being relaxed as you hold the pose for as long as 6 full breaths.</p>
11.		<p>Inhale chest away from belly and then exhale into Down Dog and then inhale into Plank and exhale slowly to the mat.</p>	<p>Come down on your forearms in plank keeping neck long and gaze down as you lower to the floor.</p>
12.		<p>Inhale as you lift chest off the mat using your back, exhale down.</p>	<p>6X Alternate gentle head turn one side as you lower to the mat and then return head to center as you lift up.</p>
13.		<p>Exhale knees into chest, inhale them away.</p>	<p>6X Notice the belly contracting as you exhale.</p>
14.		<p>Exhale into the twist. Inhale out.</p>	<p>3X then hold 4 breaths. Look away from your legs. Notice how the abdominal contraction deepens the twist without leverage.</p>
15.		<p>Exhale into the forward bend and inhale up.</p>	<p>3X then hold big toes as you did above in the standing forward bend 4 breaths. One last time notice if the progressive abdominal contraction moves you deeper into the pose. Recall the full body sensation of being relaxed as you hold the pose.</p>

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16.		<p>Inhale back off the mat, exhale down.</p>	<p>6X Focus on how your back feels as you try to feel each vertebrae lift off the floor and then down.</p>
17.		<p>Let go of conscious control of the breath.</p>	<p>Rest. Recall the full body sensation of being relaxed as you breathe.</p>
18.		<p>Notice the fact of the breath. Has it changed at all during the class? If so in what way?</p>	<p>How does your back feel? Lower, middle, upper? Have you noticed any change in focus, thinking, mood during the class?</p>

Be curious. Reflect on anything that you may have experienced during the class. Does what we are thinking make a difference when we are moving into, holding and moving out of balancing poses or not?