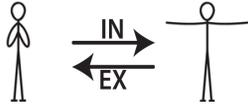
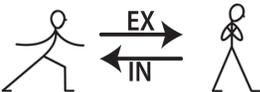
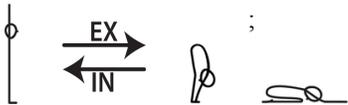
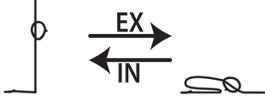
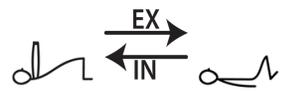
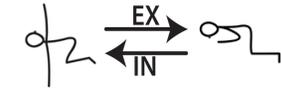
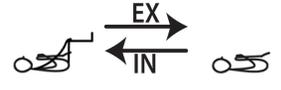


## Working with Boundaries

This is a short yoga practice focusing on creating stronger boundaries for yourself and connecting to your Source.  
 Items needed: yoga mat, blanket

1.		<p>Wide Arms Mountain Pose</p> <p>Repeat 4x</p>	<p>INHALE, open the arms out wide with the palms up.        EXHALE, bring the hands (1 on top of the other) on the chest/heart center</p>
2.		<p>Warrior 1 variation (heart opening)</p> <p>Repeat 4x</p> <p>Have the intention on the inhalation to "surrender or let go" whatever you want to let go.        Have the intention on the exhalation to "receive" healing into the heart.</p>	<p>INHALE, open the arms out to the sides as the front knee bends        EXHALE, straighten the front leg and bring the hands to the heart</p>
3.		<p>Forward Fold to Child's Pose</p> <p>Stay in child's pose for 6 breaths</p>	<p>INHALE, lift the arms overhead        EXHALE, soft bend in the knees and contract the lower abdomen into a forward fold.        Then lower the knees down to come into child's pose.</p>
4.		<p>Lightning Pose with mantra</p> <p>Feel free to use a blanket to cushion your knees and/or the tops of the feet/toes.</p> <p>Repeat 5x</p> <p>Then stay in child's pose for 4-5 breaths</p>	<p>Come to standing on your knees. Arms down by your sides.        INHALE: arms up overhead. Say to yourself, "Be still."        EXHALE: Bellybutton comes in towards the spine, as you fold down into child's pose. Say to yourself, "And know that I am God."</p>

## Working with Boundaries

<p>5.</p>  <p>hands interlaced, resting at the heart center</p>		<p>Bridge variation with gate/protection mudra and mantra</p> <p>Come to lying on your back. Interlace the fingers and have your palms facing you. Then place your hands on the center of your chest.</p> <p>Repeat 6x</p>	<p>INHALE, extend the hands up towards the ceiling and you press into the feet to lift the hips. Say, "Be still" as you go up. EXHALE, as you lower the hands back to the chest and your body back to the mat; say "And know that I am God."</p> <p>Then pause after completing the sequence and know how you feel.</p>
<p>6.</p> 		<p>Reclined Twist with mantra</p> <p>Repeat 3x on each side</p>	<p>Rest on your right side with the left hand on top of the right hand.</p> <p>INHALE, slide the right hand across the chest and open towards the left. Say "Be still." EXHALE, slide the right hand back across the chest to the left hand. Say "And know that I am God." Do this side 3x then switch to the opposite side.</p>
<p>7.</p> 		<p>Apanasana (Bellows Pose)</p> <p>Repeat 6x        Then lower your feet back to the floor.        Notice how you feel.</p>	<p>Feet flat on the mat, hip width apart. Lifting the feet off of the mat. Placing your hands on the front of the knees or behind the knees.</p> <p>INHALE: move the knees away from the chest.        EXHALE: belly button in towards the spine; knees come in towards the chest.</p>

**Working with Boundaries**

8.		<p>Savasana (Final Resting Pose)</p> <p>Rest on your back. You can place your hands by your sides, with the palms up or placing your hands on your belly. You are welcome to cover up with a blanket to keep warm and to place a pillow/blanket underneath your head.</p>	<p>Stay in Savasana for 5-10 minutes. You are welcome to keep a timer, if you wish. If your mind begins to wander, you are welcome to use the mantra with the inhalation and exhalation of your breath. "Be still." (inhale). "And know that I am God." (exhale)</p>
9.		<p>Brahmari Breath (Bumblebee Breath)</p> <p>Come to a comfortable seated position, either in a chair, cushion, or folded blanket.</p>	<p>Become aware of your breath. Breathe in through the nose. On the exhale, make a low humming sound with the lips closed.</p> <p>Repeat 7x. Then pause and notice how you feel.</p>
10.		<p>Seated Meditation</p> <p>Come to a comfortable seated position, either in a chair, cushion, or folded blanket.</p>	<p>Interlace your hands, having the palms facing you. Placing the hands over the chest/heart center. Close your hands or soften your gaze to the floor. Begin to breathe into the chest, in which the breath moves into the hands.</p> <p>Repeat the following mantra 7 times out loud:        " I will guide and guard my heart."</p> <p>Then continue to sit in meditation, focusing on this mantra internally.</p>

Please sit in meditation for between 3-10 minutes.