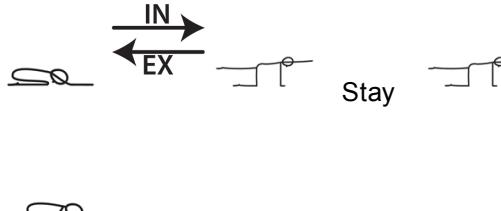
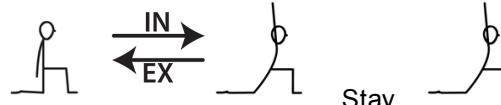
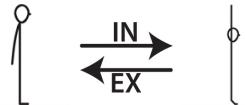
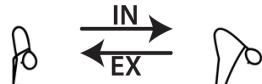
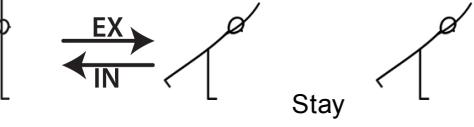
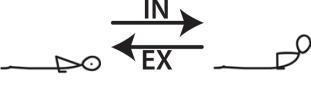
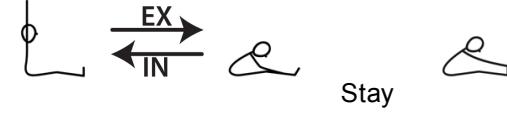


What we think matters yoga practice

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.		Notice the fact of the breath. The chest expanding on inhale, the belly falling on exhale.	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.
2.		Inhale as you come up on your hands and knees, exhale your hips onto your legs.	8X Each time focus on gently contracting your abdomen from pelvic bone to navel on each exhale.
3.		Inhale as you sweep your arms out and up and exhale as you bring your hands onto your sacrum.	6X Again practice a gentle progressive abdominal contraction as you come into this variation of Child's Pose.
4.		Inhale as you extend your arm and opposite leg. Stay _____ Rest _____	3X each side and then hold for 3 breaths. Recall the full body sensation of being relaxed as you hold the pose.
5.		Inhale into the lunge, exhale come out. Stay _____	3X each side and then hold for 3 breaths. Recall the full body sensation of being relaxed as you hold the pose.
6.		Inhale as you sweep your arms up and come up on your toes. Exhale back to Mountain Pose.	6X Both arms sweep out to sides and palms touch in balance. See if you can retain the breath a little longer after each repetition.
7.		Exhale as you release into the forward bend. Inhale as you flatten your back.	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.

What we think matters yoga practice

8.		Inhale leg up and arms out into the pose. Stay	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.
9.		Exhale as you flatten your back. Inhale as you straighten your legs with soft knees.	6X Make sure your neck is relaxed. Practice progressive abdominal contraction as you release into the forward fold.
10.		Inhale your leg into position and then breathe deeply. Stay	Recall the full body sensation of being relaxed as you hold the pose for as long as 6 full breaths.
11.		Inhale chest away from belly and then exhale into Down Dog and then inhale into Plank and exhale slowly to the mat.	Come down on your forearms in plank keeping neck long and gaze down as you lower to the floor.
12.		Inhale as you lift chest off the mat using your back, exhale down.	6X Alternate gentle head turn one side as you lower to the mat and then return head to center as you lift up.
13.		Exhale knees into chest, inhale them away.	6X Notice the belly contracting as you exhale.
14.		Exhale into the twist. Inhale out.	3X then hold 4 breaths. Look away from your legs. Notice how the abdominal contraction deepens the twist without leverage.
15.		Exhale into the forward bend and inhale up. Stay	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.

What we think matters yoga practice

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

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?