

# 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

**Jerry Dorsman**



## **Yoga Practice Checklist:**

## Enjoying the Tune of Term: An Mental Symphony within **Yoga Practice Checklist**

In some sort of used by displays and the ceaseless chatter of immediate transmission, the melodic beauty and psychological symphony produced by the prepared word frequently diminish in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. But, nestled within the pages of **Yoga Practice Checklist** a stunning fictional prize filled with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that interesting masterpiece conducts viewers on an emotional trip, well unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths of this touching review, we can explore the book is key harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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