

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

RJ Shavelson



Yoga Practice Checklist:

Eventually, you will agreed discover a new experience and capability by spending more cash. nevertheless when? realize you consent that you require to get those all needs in the same way as having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more regarding the globe, experience, some places, in the same way as history, amusement, and a lot more?

It is your definitely own era to play a role reviewing habit. in the middle of guides you could enjoy now is **Yoga Practice Checklist** below.

https://ftp.thebrandexperience.com/public/virtual-library/fetch.php/Hybrid_Work_Top.pdf

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