

Develop & Understand Your Own Yoga Practice



Relaxation (Savasana) Guide

- Lie flat on your back
- Don't move
- Try to not fall asleep
- Bring awareness to different parts of the body (from crown of the head and to the toes)
- Start with 4-5' and gradually increase to 20'

Meditation Guide

- Be still
- Focus on the gap between 2 thoughts
- Focus on the space between your eyebrows
- Count your inhalations & exhalations
- Make ocean sound with your breath
- Start with 4-5' and gradually increase

Place, Attitude and Intention

- Say affirmation/short prayer before starting
- Practice early mornings
- Practice alone in a clean tidy space
- Light a candle
- Practice at the same time
- Practice in the same spot
- Make your practice a habit
- Keep accountable to your practice
- Have clothes and mat ready
- Allow the timing & sequence to be flexible
- Be aware of your eating habits
- Wear loose, comfortable clothes - no black
- Practice with a happy heart

*more info:
info@sudflo.com*



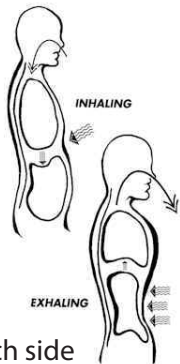
SAMPLE PRACTICE

POSTURES

POSTURES

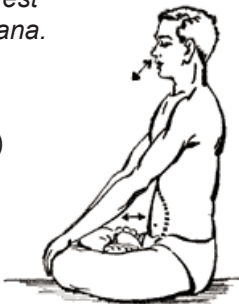
30' postures, 10' breathing, 5' meditation

- Mountain Posture 2'
- Sun salutation 3x each side 6'
- Dolphin & Dolphin plank 2'
- Shoulderstand 2'
- Fish Posture 1'
- Leg raises 10x each side 3x 4'
- Boat 1'
- Cobra/Locust/Bow 2'
- Sitting foward fold 2'
- Thread the needle or Pigeon 2' each side
- Half spinal twist 2' each side

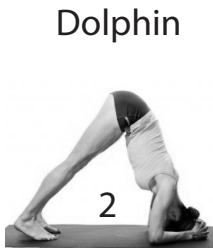


Apply deep diaphragmatic breathing throughout your practice and rest in between postures in Savasana.

- 5 rounds of Kapalbhathi 3'
- Anuloma Viloma (alternate nostril breathing 5')



Sun Salutation 1



Dolphin 2



3 Dolphin plank 4



Shoulderstand



Fish Posture 5



Leg raises 6



Cobra 8



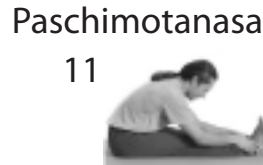
9 Locust



Boat Posture 7



10 Bow



Paschimotanasa 11



12 Thread the needle



Half spinal twist 13