

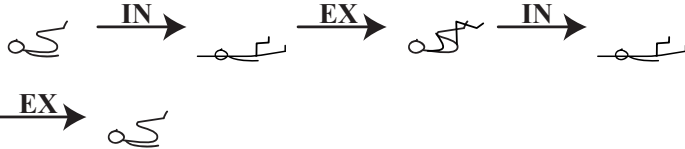

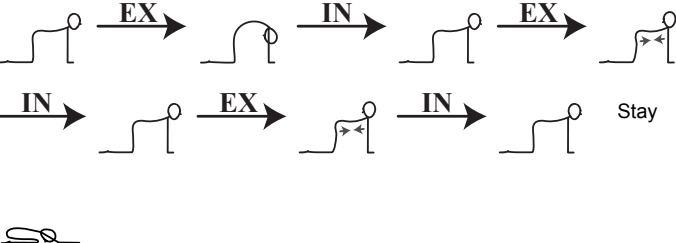


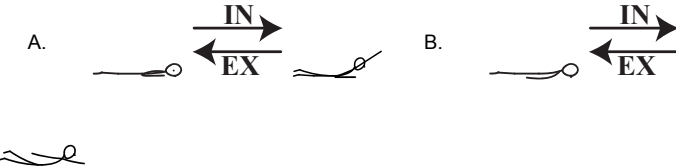


Prototype your yoga path

<p>1</p> 	<p>CHECK IN. Begin on your back, knees bent, feet on the floor. Get settled and deepen your breath. Notice the stability of the ground underneath you. Take 6 deep breaths.</p>
<p>2</p> 	<p>HIP CIRCLES. Begin on your back with hands over your knees. EX: Gradually contract your abdomen and bring your knees toward the chest. IN: Move your knees away from the chest in a circular motion. Repeat 4x.</p>
<p>3</p> 	<p>SUPINE LEG EXTENSIONS. Begin on your back with both knees bent, feet up, arms along the body. IN: Extend your left leg down along the ground while raising your right arm up over the head. EX: Return back to the starting position and touch your right hand to your left knee. IN: Extend your left leg down along the ground while raising your right arm up over the head. EX: Return back to the starting position, arms along your sides. Do the same on the other side. Continue, alternating sides. Repeat 4x.</p>
<p>4</p> 	<p>SUPTA BADDHA KONASANA. Begin on your back, knees bent, feet on the floor, arms extended in front of you. IN: Bring your knees and arms apart. EX: Bring your knees and hands in toward each other and squeeze. Repeat 4x.</p>
<p>5</p> 	<p>CHAKRAVAKASANA. Begin on your hands and knees. IN: Lift your chest and chin. EX: Round your back and tuck the chin in. IN: Lift your chest and chin. EX: Turn to your right and pull your right hip toward your right shoulder. IN: Return back to the center. EX: Turn to your left and pull your left hip toward your left shoulder. IN: Lift the chest and chin. EX: Gradually contract the abdomen as you bring your elbows down and your tailbone down toward the heels. Repeat 3x.</p>
<p>6</p> 	<p>Get settled in a comfortable seated position of your choice. Deepen your breathing. Feel the right side of your body, then the left side. Imagine that the right side of your body represents your yoga teaching ventures, and the left side of the body represents some other part-time job that you are currently doing, or that you are open to doing. It can be related to yoga or not. Maybe you are already a massage therapist or a social worker, or maybe you write or run a yoga studio. Imagine your left side representing that part of your work life. Then connect the fingertips of your hands and rest your hands on your lap (HAIKINI MUDRA). Imagine two sides of your work life - yoga and non-yoga - coming together and coexisting together for the next 5 years. How does it feel to you? Envision your life for the next five years doing both of those things simultaneously - what comes up for you? What kind of reaction do you get? What does it look like to you?</p>
<p>7</p> 	<p>CHAKRAVAKASANA / URDHVA MUKHA SVANASANA COMBO. Begin on your hands and knees. IN: Lift the chest forward and up. EX: Gradually contract the abdomen as you bring your elbows down and your tailbone down toward the heels. IN: Come up on your hands and knees lifting the chest away from the navel and carrying your hips forward. EX: Gradually contract the abdomen as you bring your elbows down and your tailbone down toward the heels. Repeat 4x.</p>
<p>8</p> 	<p>BHUJANGASANA / VIMANASANA. A. Begin on your stomach, forearms by your sides, left cheek on the floor. IN: Lift your chest up, extend your right arm forward, look forward, and raise your left leg up. EX: Move down, placing your right cheek on the floor, arm down, leg down. Continue, alternating sides. Repeat 4x. B. Begin on your stomach, arms along the body, feet together. IN: Lift your chest and both legs, bringing your legs apart and extending your arms out to the sides. EX: Return to the starting position, forehead on the floor. Repeat 4x.</p>

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VAJRASANA. Begin on your knees with your chest over your thighs and hands on the lower back. IN: Lift up, sweeping your arms up. EX: Turn to your right, arms out to the sides, look back. IN: Return to the center, arms up. EX: Turn to your left, arms out to the sides, look back. IN: Return to the center, arms up. EX: Move back down, placing your hands on your back. Repeat 4x.

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Get settled in a comfortable seated position of your choice.
VAJRPRADAMA MUDRA. Loosely interlace your fingers with your left little finger on the bottom and touch the tips of your index fingers. Place your hands about a foot away from your chest, elbows away from your body. IN: Expand your upper back. EX: Relax your shoulders. Take 6 breaths like that, with this gesture of embrace. Imagine what it would be like to embrace yoga teaching full-time. Imagine doing it for the next 5 years. What would you do? Would you focus on traveling from class to class? How many classes would you like to teach? Where? Rest your hands on your knees and continue to breathe deeply. Would you also work with students one-on-one? Does it appeal to you? How many private clients would you like to have? Do you have interest in yoga events, like series or seminars? What topics are you interested in exploring? Do you feel like taking your students on a retreat to a far-away place? Does it sound interesting and doable? Do you want to take your teaching online and record yoga videos? How does it feel when you think of it? Which one of those options makes you the most excited? Stay with your visions for few deep breaths. Envision your perfect yoga teaching future.

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ADHO MUKHA SVANASANA / PLANK. A. Begin on your hands and feet. IN: Carry your upper body forward to align your shoulders over the hips, creating a straight line from the top of the head to the heels. EX: Push your tailbone back, stretching from the hands to the tailbone. Repeat 2x. B. IN: Raise your right leg up behind you. EX: Carry your upper body forward to align your shoulders over the hips and pull your right knee in toward the opposite shoulder. IN: Return to Downward Facing Dog and lift your right leg up behind you. Repeat 3x, then switch sides.

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VAJRASANA. Begin on your knees with your chest over the thighs and hands on the lower back. IN: Lift up, bringing your arms up into the Y-shape. EX: Place your hands on the opposite shoulders, round the upper back a bit, and tuck the chin in. IN: Bring the arms out into the Y-shape, widening the chest. EX: Move back down, placing your hands on your back. Repeat 4x.

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USTRASANA SIDE STRETCH. Sit down on your heels and then slide your pelvis to your right, so that you are sitting on the floor next to your right heel. Move your left leg slightly back. Place your right hand on the floor behind your right hip. IN: Lift your pelvis up and sweep your left arm up, stretching from your left knee to your left hand. EX: Return back to the starting position. Repeat 4x, then stay in the pose for 1-2 breaths. Repeat on the other side.

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PASCHIMOTTANASANA. Begin in a seated position with legs extended forward, knees slightly bent, arms up. EX: Gradually contract your abdomen and place your chest over your thighs, while sliding your elbows back. IN: Lengthen forward and move all the way up, leading with the chest. Repeat 4x and then stay in the pose for 4 breaths. IN: Expand your upper back. EX: Relax into the pose. Keep your knees slightly bent.

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Get settled in a comfortable seated position of your choice.
SHUNYA MUDRA. Bend the middle fingers of each hand and cover them with your thumbs. Extend other fingers out. Rest your hands on your knees. Inhale for 8 seconds. Imagine growing taller, feel your head floating over your shoulders. Exhale for 8 seconds, relax your shoulders. Take 6 breaths. Continue to breathe deeply. Imagine a completely different scenario for the next 5 years. What would you do for work if money wasn't a factor and you could do whatever you wanted? Let your imagination run wild. Would yoga fit into that vision in some way or not at all? What would your life be like if you followed that path? Give yourself permission to envision it without plotting it. Stay with that vision for some time.

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Connect the thumb and index finger of each hand, breathe deeply. Notice how you feel. Which one of those three paths made you the most excited and energized? Did any interesting insights pop up for you? Stay with that awareness for a while. Afterward, please make notes on your response to the practice - what came up for you in each one of those three scenarios?