Why am I here?

To Receive Yoga? - It makes me healthy, fit & happy

To develop a home practise? - My mat is my space on which to practise and explore

To live yoga? - On and off the mat

What will happen?

The mind becomes more settled.

I will begin to find out who I really am.

I may be surprised by what I can do.

How do I make this work?

Follow your breath

Let go of the idea of progress

Stop trying so hard! Ease in and Ease out of every move

Make everything mindful

Transform - SURRENDER - Patanjali - Satya - Concentration - Control - Grace -

Awareness - Ahimsa - Openness - Meditation - PRANAYAMA - Chakras -

Spine - Consciousness