

## 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

## 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