

Interventions

Notes

Keep Coming Back, Connection,
Gratitude, Intention, Service (CGIS)

AND

5 Body Presence: checking in
with the whole self...



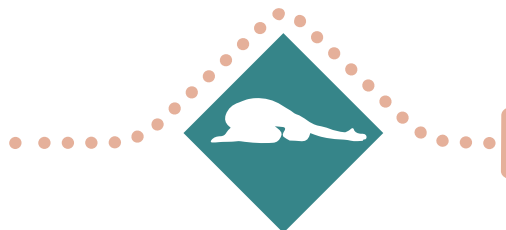
Breath Work Example:

Make exhale slightly longer than inhale
with retention and suspension half the
length of inhale/exhale for a minimum
of 6 breath cycles.

What's present now? Body, Energy, Mind,
Intention, Heart...

Keep coming back to: CGIS

The Pause Button



In asana practice and in life our breath
will tell us when its time to pause. If the
breath ever gets jerky, erratic, irregular
no matter what we are doing, its time to
pause, reset the system.

Foundation, Expression, Core

AND

Practicing the Principles in All
Our Affairs

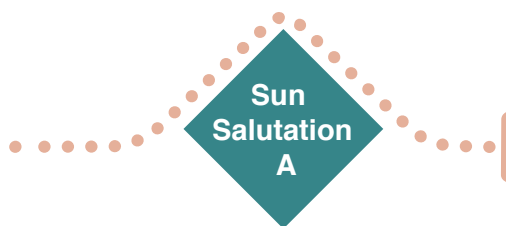


Foundation: Steps 1-3 In body, whatever
touches earth.

Core: Steps 4-9 In body, hugging energy in,
connecting with muscles below navel.

Expression: Steps 10-12 In body, once
rooted in foundation and core, full expression
of posture from heart.

Simple But Not Easy



Emphasis: In Y12SR practices, we work
with simple basic asana. There is no focus
on 'exotic' postures. Because the practice
calls for slow moving mindfulness for many
it is not necessarily easy. Call attention to
how moving slowly with breath can often be
even more challenging than mindlessly
moving quickly.