



3 Pause | Practice | Play

Your 3-Step Guide to an Empowered Yoga Practice



1) pause

Whether you're practicing on your own or in community with others, start with stillness. Checking in with where you're at in the moment, physically, mentally, and emotionally, can guide you toward movement and a style of practice best fits your present needs.

- 1) Begin your practice in the following poses or seated in a chair.
- 2) Find your natural rhythm of breath.
- 3) Find 3 to 5 deep breaths in and out through your nose.
- 4) Bring mindful awareness to your physical, mental, and emotional space.



1. Corpse Pose • Savasana



2. Easy Pose • Sukhasana



3. Wide Child Pose • Prasarita Balasana



4. Side Lying Corpse Pose • Parsva Savasana



2) practice

Go into your practice with a beginner's mindset. Whether practicing for the first time, returning from a time away, or learning to deepen a well-established practice, begin with the only expectation being to practice.

In Yoga, we don't practice to the point of perfection. There is no perfect. There is only the moment as it is.

- 1) Be patient with your body.
 - 2) Be kind to your mind.
 - 3) Breathe.
 - 4) Start with the following gentle Half Sun Salutation as a warm up for standing postures.*
- *Limited mobility? Try this practice in a chair.



1. Mountain Pose • Tadasana



2. Volcano Pose • Urdhva Hastasana



3. Standing Forward Fold Pose • Uttanasana



4. Upward Forward Fold Hands On Shins • Ardha

Uttanasana Hands On Shins



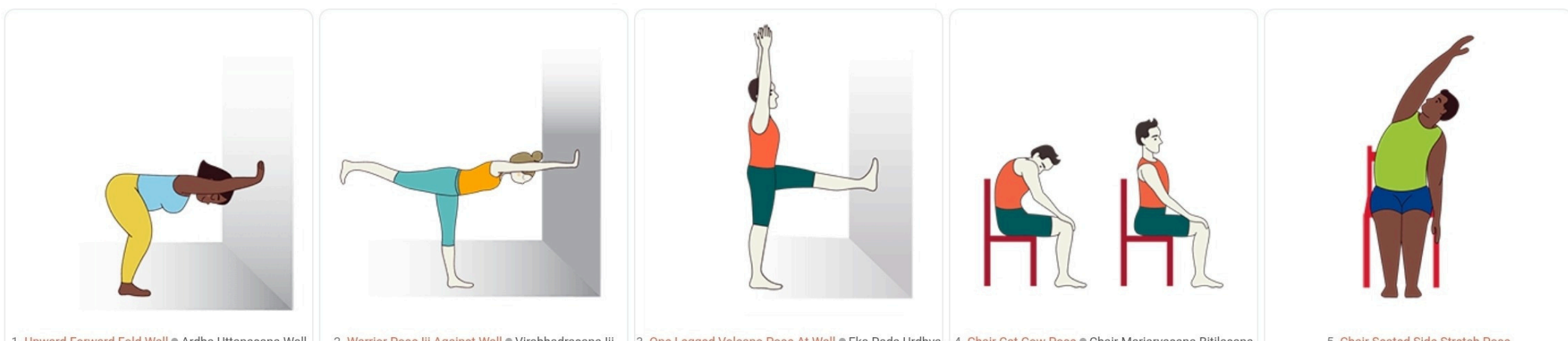
5. Standing Forward Fold Pose • Uttanasana



3) play

Have fun with your practice. Play with poses. Invite an adventure mindset. We like routine and familiarity and are often resistant to change, however yoga isn't just about strength, flexibility, and balance in the body, it's also about a flexible mind. Rigidity can stifle us. Freedom is found in both consistent practice and not taking that practice so seriously that we lose the joy in it. If your practice is not joyful, try something new, whether a new pose or style of practice, or trying something else creative and playful.

- 1) Use a wall or chair or other props for support as you explore a variety of poses.
- 2) Let go of your practice to play in a different way-- paint, dance, garden.
- 3) Explore what freedom and playfulness look like for you.



Your Story Starts Now!

When you're ready, Jess offers a number of ways to connect to your practice.



Website



YouTube



Insight Timer
Donation-based

- **Yoga**
 - Mindful Movement
 - Public/Private
 - Aqua
 - Hybrid (in-person/live stream)
- **Mindfulness**
 - The Meditation Well [podcast]
 - Insight Timer App
- **Empowered Mindset**
 - Coaching
 - Workshops
- **Workplace Wellness**
 - Guided Meditation
 - Guided Mindful Movement
 - Empowered Mindset Mini Workshops
 - Team-Building Mindfulness Exercises

