

YOGA FOR EVERYBODY

“In (yoga) practice, we learn to cherish each breath, to cherish *every cell* in our bodies. The time we spend on the mat is love in action.” — Rolf Gates

Sample Practice Outline:

- Create your space: Your space should be one where you can be free of distractions, find peace of mind, physical comfort and can regularly come back to.
- Take pause to quiet your mind's chatter. Close your eyes to settle into this space and let go of all the things you don't need for the time being of your practice
- Bring awareness to the breath: Be mindful of your breath at its natural pace. Begin to be more intentional of deepening your inhales, lengthening your exhales.
- Begin movement: Movement should always feel safe and controlled. Coordinating breath to movement (ie. inhaling to raise arms overhead, exhaling as you lower) helps deepen the mind-body connection and increase overall body awareness and mindfulness.
- Take variations: The best yoga one can practice is the yoga that offers room for variations and honors the uniqueness of each body and all abilities.

(Optional): Intentions: Setting intentions and/or dedications is a common practice. An intention might be something you want to focus on specifically within the yoga practice (“I will be more mindful of my breath,” “I will move in ways that honor my body”). A dedication would be more for someone or something outside the class (dedicating your practice to a situation which causes you stress in order to bring calm to the situation, dedicating your practice to a loved one who could benefit from the sense of peace, calmness you find in your practice). Setting intentions and/or dedications often occurs at the start of class.

References and additional resources:

Websites specifically for adaptive yoga:

<https://adaptiveyogalive.com/>

<https://www.mindbodysolutions.org/>

A book to know more about the practice of “Living your Yoga:” *The Yamas and Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele.

Mindfulness Apps (there are MANY more):

- Headspace
- Calm

Don't move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move. — Osho