
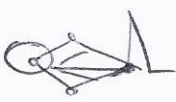
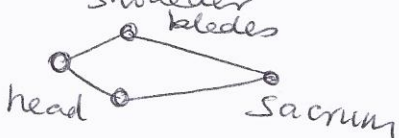


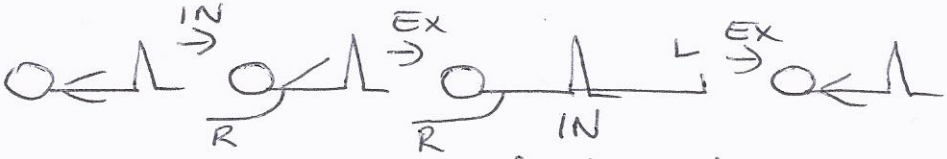
PRACTICE 1

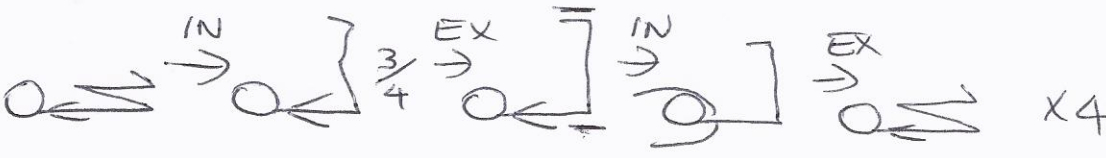
10.30 am.


(YFNI 10/11/12)

①  Checking In
How am I? Body? Mood? Mind?

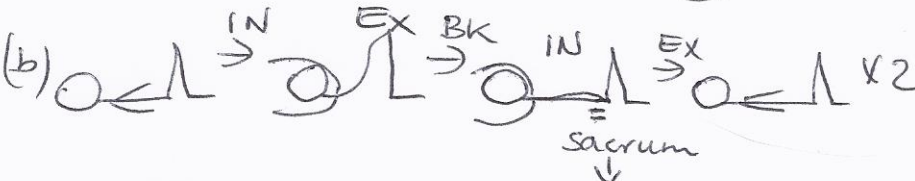
②  Resting on "diamond" 

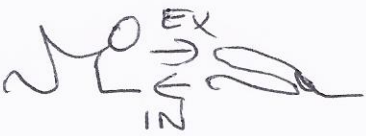
③  X4 each side
let breath
open space between L foot / R hand

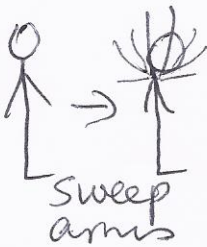
④  X4
(OR work with 1 leg at a time)

⑤  IN - string pulls R arm up
EX - string relaxes
- feeling shoulder blades lifting/sinking
- several times each side

⑥ (a)  X2

(b)  X2 (BK - while breath is OUT.)
sacrum ↓

⑦  EX - head pulls breath up from pelvis
IN - head directs breath down into pelvis.

⑧  Sweep arms
(a) with UJJAYI
(b) TENDER BREATHING
(c) UJJAYI (with spaciousness of T.B)
Feeling of being present at every moment -
"keeping attention right where things are being born"