



## LifeForce Yoga Integrated Practice

Permissions: Adjust as needed; 4:4 Count breath if you need to build more energy; 4:6 Count breath if you need to calm; Feel free to stay in a pose, to modify a pose, or release.

Class intention: Compassionate Balance

*“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.”* – Christopher Germer

Seated centering using Lotus Mudrā with YAM and inviting sankalpa

Windshield wiper legs

Cat/Cow → balancing sun bird

C curve of the spine

Thread the needle with HAM – table in between to cue to sensation

Downward Dog

Chair Pose with RAM

Toe balance with arms up and lowering with NG sound

Samasthiti pose with I AM HERE breath

Breath of Joy with LAM and cue to sensation

Tadasana with Lotus Mudrā and sankalpa

Standing ½ Moon with AH

Virabhadrasana 1 with RAM, YAM, HAM → Virabhadrasana 3 with OM → Tadasana with cue to difference in sensation → Repeat second side

Tadasana

Uttanasana with OH, OO, AH, EH, EE, MM, & NG 3x

Down dog

Child’s pose with MM

From Child’s pose guide flow

10 breaths to give yourself what you need as you make your way to your back

OR

2 – 4 minutes to flow

Supine twist with OO, AH, EH, & EE

Yoga Nidra or Savasana