



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.

Pulling Prana with Breath to Stimulate the Nerves and Cueing to Sensation

Class intention: Cultivating Peace

“Whatever we focus our attention on will expand in our experience. If we focus on cultivating the higher qualities of love, compassion, joy, and peace, they will expand – not only in our own lives, but also into the world beyond.” – Deepak Chopra

Standing centering with Garuda Mudrā and YAM

½ Sun Salutations (or full Sun Salutations) x6 with SHA MA YA to cultivate Peace

Cultivate an image of peace prior to beginning. Every time you come back to standing, invite the hands to embrace the image of peace and then draw it to the heart with OM or SHA MA YA

Tree Pose with Lotus Mudrā and YAM (direct awareness between sides)

½ Sun Salutations x3

Uttanasana with AH x3

Lunge → knee down laughing warrior MA HA HA → lunge twist with smile → plank → down dog → child pose with MMM x 3 → Virasana to direct awareness → repeat 2nd side

Dandasana with arms raised and YAM

Ardha Matseyendrasana with VAM, RAM, YAM, HAM → ½ wheel with AH, EH, EE → direct awareness → repeat 2nd side

Bride Pose, flowing, with RAM and holding for 10 breaths

Guide flow

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

OR

2 – 4 minutes to flow

Yoga Nidra or Relaxation

End class with Alternate Nostril