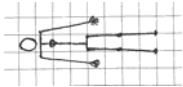
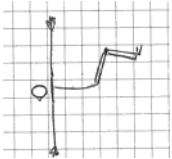
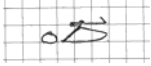


Wrapping Up

Other favorite poses before completion—This is your practice—Do what you choose, from the ideas below or anything that feels right:

- Balance Poses (like tree)
- Seated twists
- Seated forward bends
- Easy heart openers (like bridge)

Let Go



Breathe normally and observe
 ... Let
 ... Go



Sit
 Observe the self
 Meditate
 Recall the INTENTION
 Optional Mantra

Namaste



Thanks

To the family, especially my husband Brent and daughter Lila for their unconditional support and love.

To the teachers. . .in order of appearance in my life

- Betty Strain
- Rebecca Snowball www.yogasoul.com
- Tom Abrehamson www.alpineyoga.com
- Marti Foster www.yogasolution.com
- Kelly McGonigal www.kellymcgonigal.com
- Doron Hanoch www.doronhanoch.com

To the teachers of the teachers

YOGA- Take It Home

Yoga is:

- Starting where you are
- Observing the self
- Coordinating movement with the breath

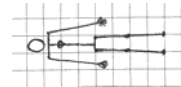


These are the formulas that drive my personal practice. This is not medical advice or an attempt to fix the body. Use what fits you from this approach and leave the rest.

This is a noticing practice.

- Notice your body.
- Notice your mind.
- Notice your breath.

Namaste, Danielle 
www.renegadeyoga.com



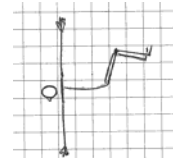
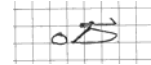
Breathe normally and observe
 Regulate the breath
 Breathe normally and observe

Regulation Techniques

A Counting the Breath 1-10, 1-10, 1-10, etc

- Inhale through nose/ Exhale through nose (think 1)
- Inhale through nose/ Exhale through nose (think 2)
- Keep going though 10, then start again at 1
- If you lose count, then start again at 1

Meditation / Breath Awareness



Sit
 Observe the self
 Meditate
 Option to set INTENTION
 Optional Mantra
 Meditate

B Subtle Lengthening

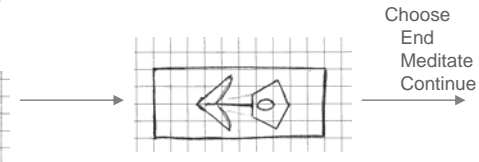
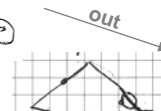
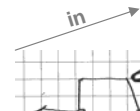
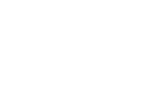
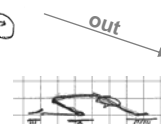
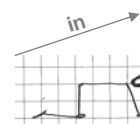
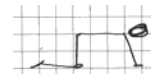
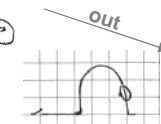
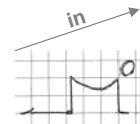
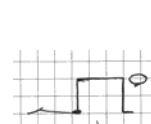
- Count the inhale = "x"
- Count the exhale = "y"
- Lengthen the shorter one (x or y) to be the same
- Breathe like this for some time
- Then . . .
- Notice the pauses between
- Lengthen the pauses 1-2 heart beats
- Breathe like this for some time
- Then . . .
- Release the counting, keep the pattern

Mantra Options

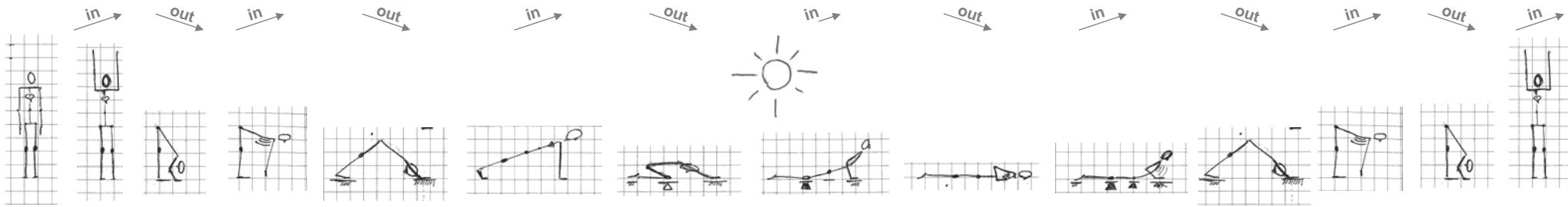
- A AUM
- Feel more than hear the sound
 - Aaah (belly)
 - Oooh (chest)
 - Mmm (mouth)

B lokaha samastaha sukhino bhavantu

- lokaha all beings, everywhere, everything
- samastaha equally
- sukhino peace, ease, bliss
- bhavantu may there be



Choose
 End
 Meditate
 Continue



step the right foot forward to "x"

add-on poses from "x"

