

ABC's of Hatha Yoga

- A. Alignment means keeping your body straight and tall.
- B. Breathing...Belly breath is a great way to help you calm down.
- C. Cobblers Pose...back is tall, knees bent, soles of feet together. Sit and breathe.
- D. Drishdi means staring at something steadily to help still your mind.
- E. Energy is everywhere. Try to stay with positive energy, people & things.
- F. Full forward bend...the head is lower than the heart in this pose.
- G. Good effort in the practice of yoga will create good energy for you.
- H. Hatha Yoga is the style you have learned. (Learn more on line.)
- I. Inversion poses bring the heart higher than the head. Good for your heart.
- J. Just do it...practice daily breathing and stretching.
- K. Kindness matters. Practice this every day, with all who you meet.
- L. Love is the positive emotion and energy of the heart.
- M. Mantra is a sacred sound, or short verse that you repeat to help calm yourself.
- N. Namaste means 'I honor and respect you for who you are.'
- O. Om...The first sound. We begin and end the class with this sound.
- P. Practice makes perfect, or at least it makes it easier to do!
- Q. Quietly question the messages that your body is giving you.
- R. Respect your body...take good care of it, and it will last a lifetime.
- S. Shavasana is resting or corpse pose, at the end of the active class.
- T. Tadasana is standing pose, feet a bout 4-5 inches apart, feet are grounded, back is tall, heart center is open, lift your head. (Also...Tousignant...my last name!)
- U. Undo bad habits, like slouching in the chair.
- V. Voice is vibration. Use you beautiful voice to speak your heart and your mind.
- W. Wood Chopper. Active movement helps to clear and open your lungs.
- X. X-tra time for Yoga practice will help you stay balanced and prepared.
- Y. Yoga is a way of stretching and strengthening the body, the mind, and emotions.
- Z. Zest or excitement for your personal Yoga practice will benefit you.

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