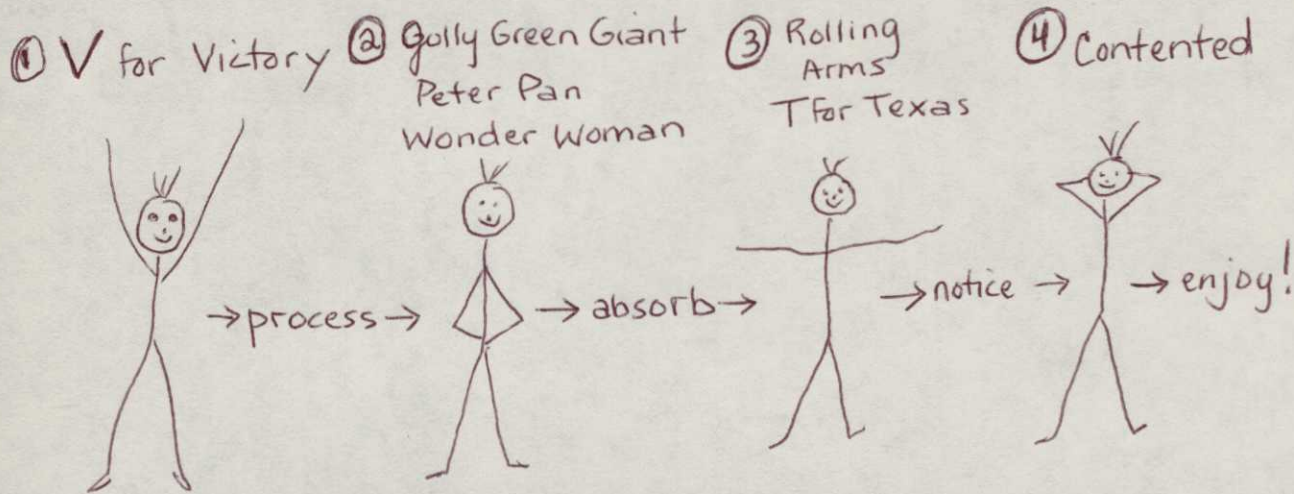


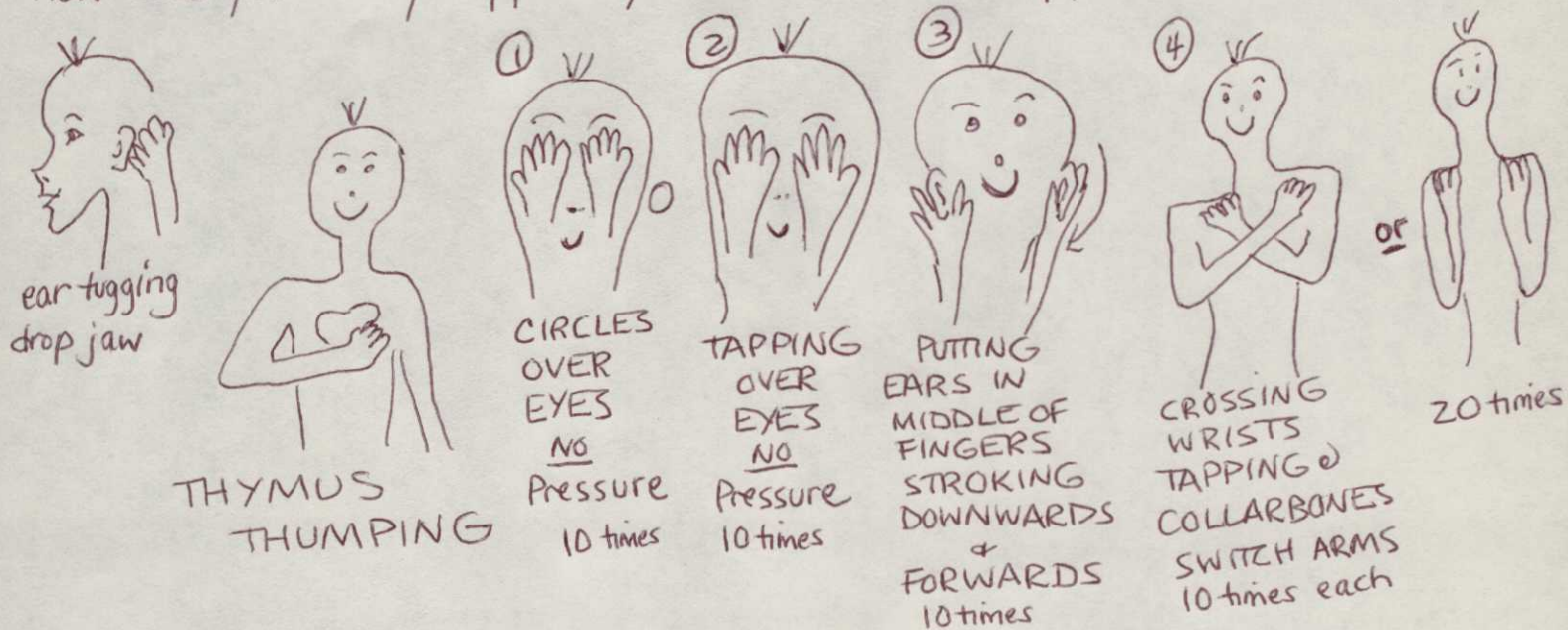
Homework: mix + match, maybe pick 1

- Vitamin G: what are you grateful for? Actually feeling into it.



rocking on feet / eyes up (open or close) / percussive breaths / squeeze spine /
swing pelvis / lift chest / squeeze bum / pin in shoulder blades

- what's most life-giving for you about your yoga?
- How does your body support you? How do you support your body?



It's always a good time to re-start yoga.

Hope this helps you, Mar Jean