

Centering Yoga Practice

General Recommendations

- Use the Ocean Breath (or Ujjayi Breath) during your practice
- Perform your practice at the same time each day
- Practice alone in a quiet spot without distractions
- Smile, this is your time, just experience your experience

Practice Poses

The following sequence helps create balance, especially after a rigorous yoga practice.

1. Spinal Twist (5 breaths per side)



2. Eye-of-the-Needle (Up to 3min per side or 24 breaths)



3. Seated Twist (5 breaths per side)



4. Half Lord of the Fishes (5 breaths per side)



5. Head-to-Knee (20 breaths per side)



6. Bound Angle (20 breaths)



7. Seated Forward Bend (Up to 3min per side or 24 breaths)



After You Finish

- Rest deeply in Corpse pose for 5-10 minutes.
- Journal - write your thoughts and experiences in your journal.