



Contemplative Yoga

Contemplative yoga is a practice that combines physical postures with mindfulness and self-reflection, allowing practitioners to connect deeply with their inner selves in the present moment. It emphasizes awareness of breath and body, fostering a meditative state that enhances self-discovery and spiritual growth.

The mind is a perfect servant but a horrible master.

What to expect	Why?
Slow-moving, gentle poses	Moving quickly from pose to pose doesn't allow time for awareness and reflection. Same with great effort.
Meditation	This is as much a part of a yoga practice as asana (poses). It's what makes it <i>contemplative</i> .
Focus on breath (pranayama)	This, too, is part of the yoga practice. Together, these three components — breath, meditation, and movement — have been proven to create dynamic improvements in overall wellbeing.
Test of patience	For many, breath and meditation are harder than even the most difficult poses. Our culture doesn't honor stillness.
Learning curve	Give it time. I promise it will get easier, and you will start to realize the benefits. Embrace your frustration as part of the practice, and extend grace to yourself and the process.
Long holds, with permission to release, change, or not engage	It's all about you listening to, and honoring, what your body has to say. This is the whole purpose! If something is creating pain, feeling 'off', or triggering agitation — change your position, release and try again, lessen the effort, etc. There is no right or wrong.
Repetition in movement Within each class, and from class to class	Repetition fosters awareness, mastery, and comfort. All of that allows for deeper introspection and awareness of the subtleties.
Repetition in music	Knowing what to expect actually calms the nervous system and allows, again, for deeper introspection.
Evolution in my teaching	I'm remaining open to making changes as needed.
Mental chatter	Totally normal! But when you realize your focus has drifted, bring awareness back to your breath and body.
Progress! Improvements!	Stress relief, flexibility, anxiety reduction, resilience, ease, etc.

Do your best to resist these temptations

- Forcing results.
- Letting the mind decide and declare by ignoring obvious or subtle messages from the body.
- Comparison — to others, or to a past or future version of yourself. You're exactly *where* and *as* you should be.