

## SADHANA FOR THE WEEK

Be kind, gentle, and understanding, with yourself.

### DAILY MEDITATION ROUTINE

Please try to do this daily. It takes only 4-6 minutes depending on how long you stay in Hong-Sau.

- 1 Sit. Find your Seat.
- 2 Invocation
3. Pranayama Sequence:
  - Gentle Resurrection Breath
  - 3 Three Part Breaths
  - 3 Breaths to Soften & Release
  - 3 Sipping Breaths—exhale through nose.
  - 3 Ujjayi Breaths
  - Rest and enjoy aftereffect.
4. Slip into Hong-Sau for just 1- 3 minutes  
*Notice what wording helps you surrender to the breath.*
- 5 Rest and enjoy the aftereffect of your practice.
- 6 Closing Blessing of your choice.

### PRACTICE WHAT FEELS LIKE FUN.

- Tension Release?
- Body Scan?
- Hong-Sau?
- Pranayamas?

### REST AND DIGEST