



## SADHANA FOR THE WEEKS AHEAD

Let go of the life you think you should be living.

Show up for the life you *are* living.

This. Is. Your. Path.

### BASIC MEDITATION ROUTINE

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

- 1 Sit. Find your Seat.
- 2 Invocation — *Be sure to feel the moment of connection with your Ishta*
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.

### JUST FOR FUN:

*At random points throughout the days and weeks, enjoying taking a few moments to play with the techniques you've learned:*

1. Attuning to your Ishta
2. Body Scan
3. Tension and Release
4. Tonglen
5. Loving Kindness Meditation/Blessing
6. Hong-Sau
7. Watching Thoughts: labeling, noting, neti neti neti
8. The Neti Meditation Technique