

This week we begin our study of Yoga and the Anatomy of the Energy Body
Your to dos:

1. Read/Browse/Study: Chapters 1 & 2, **Spirital Science of Kriya Yoga**
2. Reflect on your list of things you've learned about how to live a balanced, happy life and contemplate how they are resonant with the Yamas & Niyamas.
 - Please write down your reflections and be prepared to share what you discovered.
3. Practice memorizing:
 - The Eight Limbs
 - Yamas & Niyamas
 - The phrase: Yoga Chitta Vritti Nirodha
3. Browse through the handouts for a few moments at a time and simply notice and reflect on what's there. Do this 2 or three times during the week.
3. Finish reading your autobiography—we'll discuss *Autobiography of a Yogi* next week.
4. Guide someone through:
 1. Three Part Breath if you haven't done it.
 2. Body Scan or Tension Release. Record if possible.
 3. Jot down notes afterward about what you learned and text or email them to me. *Optional: send me a copy of your recording.*

Your Sadhana:

- Do the Pranayama Routine every day if possible.
- Practice Hong-Sau and Connecting with your Ishta.
- Practice sitting in stillness and allowing the breath "to be" after each pranayama, after the pranayama sequence, and after Hong-Sau.
- Make note of what you're doing in your Journal. This is especially important this month.
- Drink more water.
- Slightly Increase the proportion of fruits and vegetables in your daily diet.