

What is yoga? Our ideas...

- Awareness (physical, emotional, mental)
- Connecting to your true Self
- Being kinder to yourself
- A way of life
- A way of relating to the world
- Holding space for others
- Self awareness
- Balancing the mind
- A tool for moving towards older age
- Functional
- Spiritual connection
- Sharing
- Energy
- Being with like-minded people

Well done! Your ideas of yoga already sum up much of the Yoga Sutras – it will be wonderful exploring this with you all in greater depth as we move through this course together.