

Our half-way point...a reflection:

Some of your thoughts...

Holistic, Sangha, Breathing, Kindness, Ahimsa, History,
Internal to External, Forever A Student, Confidence, Sharing Yoga

We're now half way through the course, and here's what we've covered so far...

<p>Asana:</p> <ul style="list-style-type: none"> - Foundations & neutral alignment - Overview of musculoskeletal system, including fascia - Forward Bends - Backward Bends - Twists - Preparing muscles & joints - Counterposing - Twists 	<p>Breath:</p> <ul style="list-style-type: none"> - The mechanics of the breath - Basic Breathing (Subtle breath awareness) - 3-part and Full Yoga Breath - Ujjayi (Victorious Breath) - Brahmari (Bee Breath) - Anuloma
<p>Relaxation:</p> <ul style="list-style-type: none"> - Progressive Muscular (tense & relax) - Rotation of Awareness - Affirmations - Differential 	<p>Chanting:</p> <ul style="list-style-type: none"> - Om - The Sutras (1.1 - 1.4)
<p>Philosophy:</p> <ul style="list-style-type: none"> - What is Yoga - The Vrittis (fluctuations of the mind) - The 8 Limbs of Yoga - Yama & Niyama (ethics of yoga) - Abhyasa & Vairagya (practice & non-attachment) - Stirha / Sukham (effort & ease) 	<p>General:</p> <ul style="list-style-type: none"> - The History of Yoga - Developing your own home practice
<p>Concentration:</p> <ul style="list-style-type: none"> - Noticing the breath - Counting the Breaths - Metta (Loving Kindness) - Noticing the pause 	<p>Mudras:</p> <ul style="list-style-type: none"> - Jnana & Chin - Mrgi/Vishnu & Nasagra

Take time to consider:

- What has resonated the most with me so far?
- What has been my greatest area of growth?
- What has surprised me?
- What would I like to learn more about?

Record any thoughts or insights in your journal.