

Reflecting on Yoga Practice

Yoga gives us opportunity to find and invite pause into the busyness of daily life, tuning into our breath, body and mind. Reflecting on our state of being prior to- and after our yoga class can help us to realise Yoga's many beneficial effects on our wellbeing...Here are a few benefits:



Awareness of injury

Injury relief

Increased Freedom of movement

Regular digestion

Bringing awareness to the breath more often throughout the day

Expansive breathing

Feelings of peace

Spaciousness around time

Better sleep

Eating slowly- with awareness

Increased energy

Getting to know the feeling of relaxed alertness

Recognising negative thought patterns

Enacting positive change

Mental and Emotional resilience

The most important thing to remember in answering these questions is that there is NO right or wrong. Knowing that you are exactly where you are meant to be now is very helpful in approaching this reflection with compassion / self-love for yourself. In self-love we grow like a flower, blossoming open to revel in the light of the sun. Another way to say this is over time we come to accept and respect ourselves just as we are, right here, right now.

How do I / did I feel before yoga class today?

How do I feel after Yoga class today?

Do I have any injuries? What is my attitude / relationship to injury?

What are some common thoughts I have in Yoga class?

Can I recognise moments in Yoga class where I am offering myself compassion?

How do I perceive the potential (growth) in me being influenced by my yoga practice?