

Deep in Savasana

Starting with connecting breath to body

Reminders to breathe, to listen to my body, and do what I need

Empowering for the students

Counterposes

Do what's appropriate for your body

Listen to your body, not your ego

Reminders to be present

Discernment

Spinal alignment

Honor your pace

Stay in right relationship with your body

Specific direction

Feel your own body