

MOVEMENT & EXPRESSION

SCAN ME!



Be present and connect with your emotions. Feel your feelings and breathe through it.

What emotions did you feel during yoga?

What thoughts came up during yoga?

I felt more relaxed in my:

- Legs
- Face
- Feet
- Belly
- Arms
- Mind
- Back
- Heart
- Neck
- _____

I noticed changes in my breathing:

- Yes
- No

My worries felt easier to handle:

- Yes
- No

I noticed that I became more:

- Energized
- Calm

I noticed my mind was very:

- Focused
- Distracted

Why were you able to focus, or what made you feel distracted?



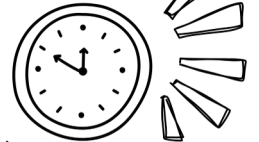
What did you learn about yourself from this session?

A large, empty rectangular box with a light gray border, intended for a user to write their reflections.

I plan to take time for myself by...

A large, empty rectangular box with a light gray border, intended for a user to write their plans for taking time for themselves.

Taking time for yourself brings positive benefits that carry into the next day!



5-10 MIN FLOW AT HOME!

RELAX & UNWIND FLOW

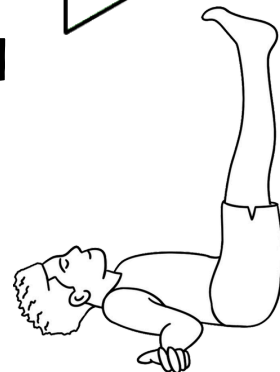
Hold each pose for 15-30 seconds.
Make sure you switch sides!



SEATED TWIST



KNEES TO CHEST

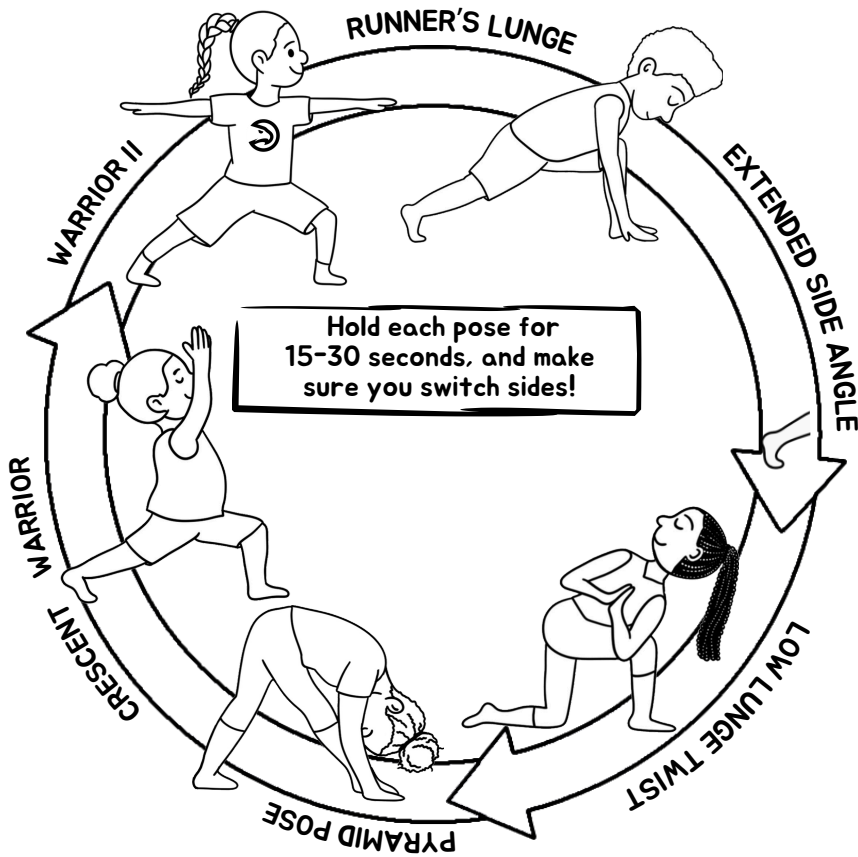


WATERFALL POSE



A MOMENT FOR ME

TAKE A MOMENT TO PAUSE AND MOVE THROUGH THIS YOGA FLOW FOR 10-15 MINUTES ON YOUR OWN. THEN ANSWER THE QUESTIONS BELOW.



DURING THIS YOGA FLOW:

I noticed...
I am proud of...

I am feeling:

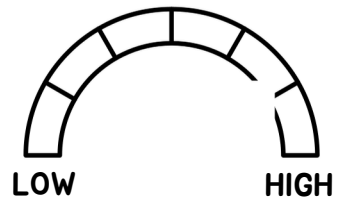
The feeling is:

TINY

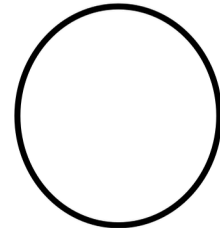
MEDIUM

BIG

My energy level is:



My facial expression is:



Did you notice any changes in your emotions before and after yoga?