

## ARRIVAL

## DURATION

## MEDITATION

DIRE STRAITS  
IRON HAND

CLASS

SEGMENT

THEME

0 : 0 0

0 : 0 0

ALLOW

begin in savasana.... Allow stillness

allow your breath's natural rhythm

notice if it is shallow, or fast, or ragged,

but simply allow it. Allow thoughts to float into

your consciousness. We cannot stop our minds from

producing thoughts. We are not here to stop thoughts,

we practice releasing attachment to thoughts so we can be

fully present here and now, the only moment where your life is.

when we look outside we dream, when we look inside

we awaken. Go inside and investigate sensation

TOGETHER we will practice conscious breath

control called Ujayii. I invite you to use a visualization

to bring in as much life and energy on your inhales as possible

Imagine a very loose fitting belt around your navel that

you expand your belly to touch on each inhale. Once we begin to

move all inhales and exhales will be through the nose, but now

make your exhales as loud as you can from your mouth as we

release together something you carried in not yours to carry

INHALE NOSE EXHALE MOUTH twice more

EVEN THE AIR THAT GIVES US LIFE

WOULD SUFFOCATE US IF NOT RELEASED

RELEASE

GO INSIDE

2 : 14

2 : 15

0 : 0 0

UJAYII

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3 : 45

1 : 30

MOVEMENT

4 : 0 0

4 : 0 0

SEGMENT END

0 : 0 0

3 : 0 8

THE STAPLE SINGERS  
I'LL TAKE YOU THERE

3 : 0 8

1 : 15