

INTUITIVE YOGA



INTUITIVE YOGA IS A SOMATIC PRACTICE THAT LEVERAGES YOUR BODY'S UNCONSCIOUS GUIDANCE OR INTUITION VERSUS FOLLOWING A TEACHER'S INSTRUCTIONS OR A SPECIFIC ORDER OF POSES/ASANAS. THE PRACTICE IS SIMPLE, AND A PERSON DOES NOT NEED TO KNOW YOGA OR ANY POSES OR POSTURES AT ALL TO BENEFIT FROM THE TRANSFORMATIVE PRACTICE OF INTUITIVE YOGA.

HERE'S HOW TO PRACTICE -

STEP ON THE MAT

DON'T PLAN ANYTHING OUT – JUST STEP ON THE MAT, BRING YOUR AWARENESS TO YOUR BREATH AND BODY. LISTEN TO YOUR BODY AND SEE IF YOU FEEL LIKE STANDING, SITTING OR STRETCHING.

CHECK IN & SET YOUR INTENTION

NOTICE HOW DO YOU FEEL IN THIS MOMENT. ACHY, TIRED, HAPPY, SAD, ENERGETIC...AVOID TRYING TO UNDERSTAND WHY YOU ARE FEELING THESE THINGS, JUST OBSERVE IT AND GO WITH IT. SET AN INTENTION FOR YOUR PRACTICE. MAYBE THAT IS TO RELAX, CONNECT WITH YOUR BODY OR SOMETHING ELSE.

START MOVING

AS YOU CONTINUE TO LISTEN TO YOUR BODY, FOLLOW ITS GUIDANCE... MOVE YOUR BODY INTO ANY POSITION THAT IS CALLING TO YOU, EVEN IF IT DOESN'T MAKE ANY SENSE AT ALL. MOVE SLOWLY, QUICKLY, FORWARDS, BACKWARDS, UP, OR DOWN OR SIDE TO SIDE. MOVE INTO WHATEVER POSITIONS YOUR BODY GUIDES YOU TO! AGAIN, THE POSITIONS DO NOT NEED TO BE TRADITIONAL YOGA POSES, TRUST THAT YOUR BODY KNOWS WHAT IT NEEDS, LISTEN, AND FOLLOW. PRACTICE THIS UNTIL YOU FEEL A SENSE OF COMPLETION. AN INTUITIVE YOGA PRACTICE CAN BE 5-MINUTES OR EVEN A FEW HOURS.

