You have a mediation practice set up and have been dedicated to Flame Yoga for a few weeks.

Now we are going to mix in Breeze yoga and your mantra practice.

This week, we are going to use the momentum of Breeze to change the course of your life. Your second power zone is your mind; your thoughts create your reality, your focus and set the tone of your life.

As you master your mind, your confidence will build, you will know you are following the path designed for you. Breeze will help you get even more comfortable with that knowledge. On your mat over the next two weeks, you will soften your focus on your anatomical alignment and begin the practice of aligning your asana to your breath to balance your energy.

Getting the most out of BREEZE...

Set up time before each class to watch your introduction and methodology video. Then, take a few minutes before you press PLAY to bring your mind and spirit out of your day and onto your mat. Remember to bring your mat and water to class. You can choose to either bring your towel or not.

The Breeze series focuses on balancing the mental habits by using the energy of breath and a mantra. A mantra is a phrase that you repeat in your mind as you simultaneously inhale and exhale—to train your mind to focus on God. As you learn to focus your mind, your body responds by relaxing and your breath lengthens. This creates more ease in the effort of performing asana.

Asana is all about relaxing while working hard...finding the balance. You are training your unconscious responses to relax in challenging situations. In each posture, the depth of your breath changes but it should never be held or belabored. When we hold our breath or hyperventilate due to effort in asana, it sends a message to our heart, adrenals, and nervous system that we are in trouble. If this happens, your practice can feel more like a stress than a release. I want you to get the release, so these weeks are dedicated to listening, thinking, and moving with your breath and focusing your mind on the Father, Son, and Holy Spirit as you do.

In the Breeze flow, each pose is held for three breaths, one breath for each aspect of the Trinity—Father, Son, and Holy Spirit – You can change this to (I AM LOVE) or any phrase of your choosing.

As you focus your mind on one heavenly statement and your awareness on the effort within your breath, your practice will begin to invigorate you and you will gain energy. You will awaken every cell of your body, and your mind will become calm. Remember, yoga is not about the perfect posture. However, review the alignment and adjustment videos to learn how to do master your own practice and train your clients to do it the best they can.
Be YOU - Mastering the power of your mind.

Everyone has a different anatomic structure (as you discovered during the last two weeks in Flame). So, remember, as you learn new postures, to bring length to your body and your breath. To have a “perfect practice,” is to practice as often as possible and discover your perfect rhythm and alignment. Notice the fluctuations of your breath and your mind and use them as avenues towards finding more peace in your life both on and off your mat.

For your MENTAL practice off your mat, this week is a big one.

My biggest pleasure—my most secret connection and most beautifying treatment—is my mantra. It helps me remember I am never alone, which helps me feel powerful. It helps me embrace the fact that I am a princess as one of the King’s children and that makes me feel beautiful and it helps me stay connected to God all in one moment.

So this week’s mental practice, aside from your mantra in class, is simple. Make a PLAN to do something sweet JUST FOR YOU at least ONE TIME PER DAY and think of a mantra for yourself that reminds you that you are connected with God and He with you.

Being sweet to yourself can be as simple as a bubble bath, or 15 minutes engrossed in your favorite book, or singing to your favorite songs at the top of your lungs, or wearing those panties that make you feel sexy. You get the idea? Do whatever fills you up and wakes up your sweet, sensual, womanly side. Now, go plan what you are going to do today to tap into your sweet side, and use this pleasure principal to gain freedom in your life.

Practice review: Continue all the habits you have added to your life in Weeks One and Two, drink your water, and come to class.

1. Plan out your JUST FOR YOU pleasure time and take it.
2. Practice your mantra on and off your mat

You are worth it,

Antiqua