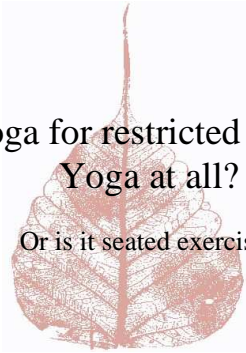


Is Yoga for restricted mobility
Yoga at all?
Or is it seated exercise?



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Centring

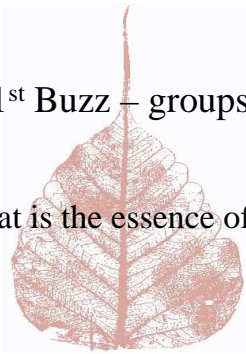
Grounding – stretch
Meditation
Dedication



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1st Buzz – groups of 4

What is the essence of Yoga?



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Feedback

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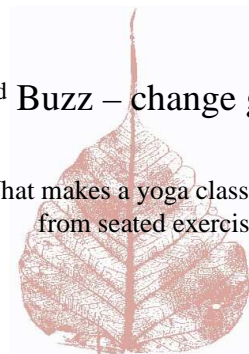
Yoga is;-

Union with all that is	Meditation
Working with what IS	Ethics
Maintain and improve	Satsang
Breath - Pranayama	Other centred
Mudra & Bandha	Beyond

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2nd Buzz – change groups

What makes a yoga class distinct
from seated exercise?



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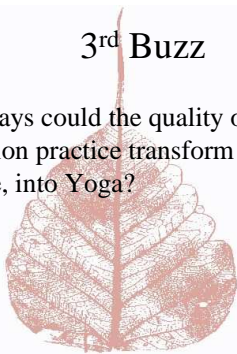
Hopefully Yoga brings a level of

Insightful attention	Profound respect for life
Integrated Awareness	Meditative reflection
Compassionate-empathy	Esoteric intention
Body-heart-mind	The Beyond
Truth-consciousness	Peace

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3rd Buzz

In what ways could the quality of personal meditation practice transform seated exercise, into Yoga?



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Feedback

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Deep personal practice transforms the everyday

God is in all - All is One	Resolute focus
Truth-consciousness-bliss	Meditation in action
Deep equanimity	Transforming touch
Clarity of perception	Radiant smile

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Conclusion

It is not just what we do, but who we are, as
SPIRITUAL ADVENTURERS
 that transforms an exercise class into
YOGA

**Our greatest gift is to bring
 UNION WITH THE BEYOND
 with us wherever we go**

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