

Week Four:

## SETTING BOUNDARIES

Limb 4: Love



### MANTRA:

*My boundaries guide me to wholeness and truth.  
I give up freely what is no longer serving me.  
I release it to create space for what inspires me.*

### WEEKLY CHECK-IN

What has been your sunshine and cloud for the week?



## IDENTIFYING OUR BOUNDARIES

"Setting boundaries is important. Setting boundaries means having the courage to *love yourself*" - Yoga as Healing Participant



What does setting boundaries mean to you?



Why do you think setting boundaries is difficult?



Why is it important to set boundaries?



What are ways to set boundaries?



"Love is the glue that holds things together as well as the **boundary** that defines and separates them. This discernment quality sees the difference between two things and holds them separate so that they may know each other"  
(Emotional Yoga, p. 109).

**EMBODY WHO YOU ARE**  
INTO YOUR PHYSICAL PRACTICE

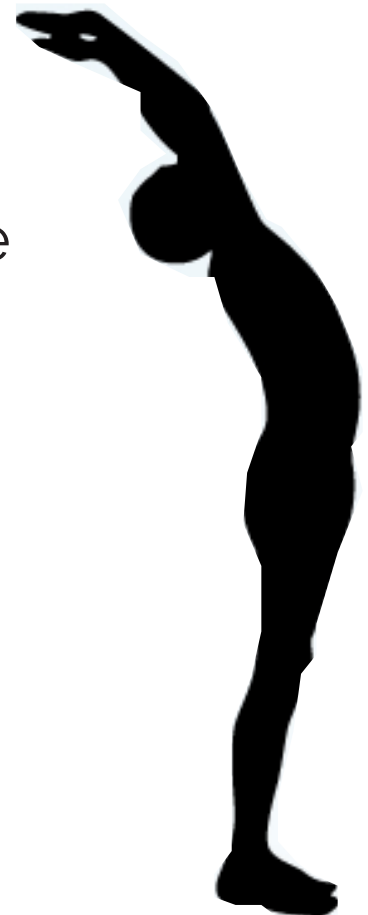


**Week 4**

THEME: Boundaries

MANTRA: My boundaries guide me to wholeness and truth. I give up freely what is no longer serving me. I release it to create space for what inspires me.

HIGHLIGHT POSTURE:  
Mountain Pose

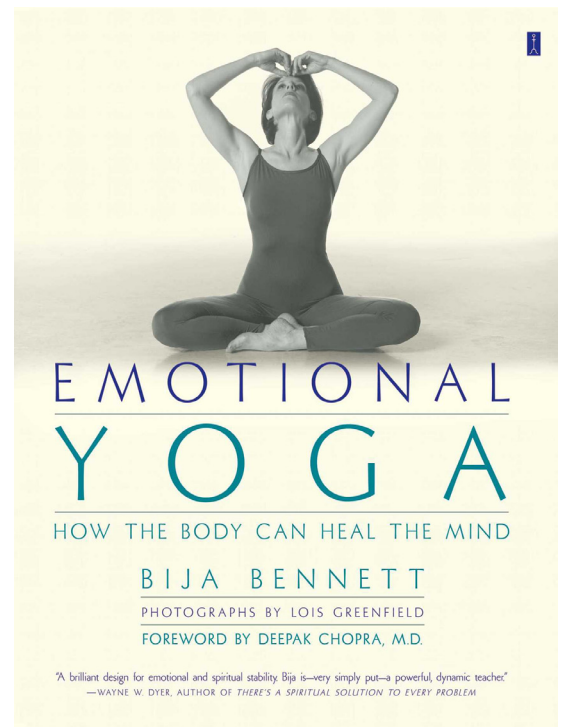


FOR NEXT WEEK...



Optional Reading  
for Week 5:

CHAPTER 5:  
Harmony



**OPTIONAL HOMEWORK:**

This week, I invite you to be very mindful of the boundaries you want to set with certain people in your life. Feel free to reflect, journal, and discuss with support people in your life.

## WEEKLY SELF-CARE CHECK-IN:

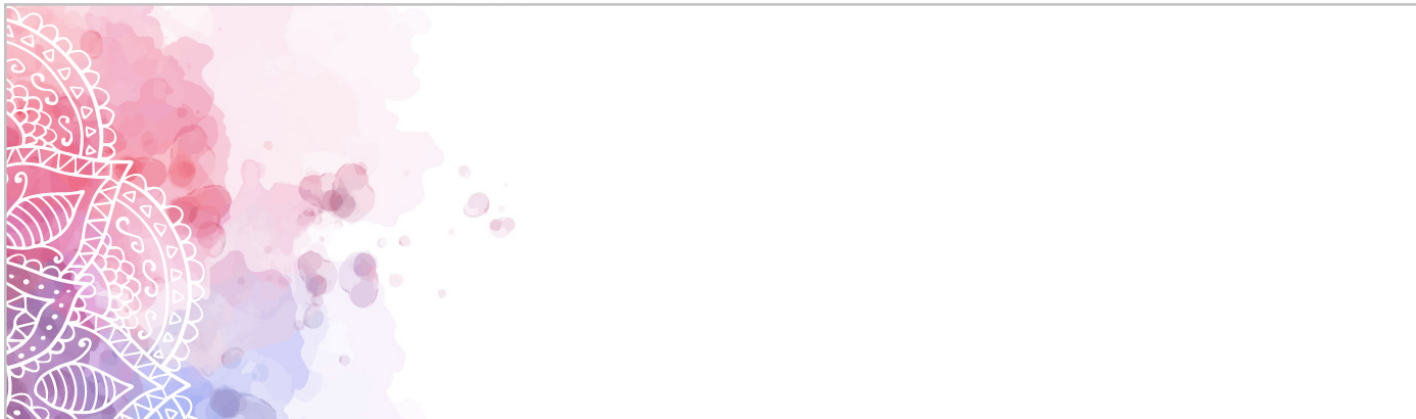


CONNECTION TO **EMOTIONAL YOGA**, "LIMB 4: LOVE":

"It takes commitment to live from your heart. It takes patience to come back to yourself, to believe in yourself, and to discern who you are. Awareness of yourself opens your feelings. Awareness of your feelings opens your heart. Loving everything about yourself- even the parts you consider unacceptable- is an act of personal power. It is the beginning of healing. Your emotions are a tremendous source of energy and strength. Even the minor pains and anxieties flowing through you are opportunities to sense your own heart when it is heavy with disappointment or fear. It takes heart to go into your pain- but as you meet each emotion, you will know that what it offers is the real chance to move closer to love" (p. 111).

**Take time after each week just to check-in with you.**

How is your body? How is your breath? How is your heart?



I invite you to take a deep full inhale and an open mouth exhale. Maybe notice both of your feet on the ground. Notice what is going on both physically and emotionally.

Know that you don't need to change anything about yourself.

*You are enough exactly as you are.*