

Week Two:

FINDING YOUR SAFE SPACE

Limb 1 & 2: Allowance & Allegiance



MANTRA:

*I am safe,
I am loved,
I am home,
I am in my body.*

WEEKLY CHECK-IN

What has been your sunshine and cloud for the week?



EMBODY WHO YOU ARE
INTO YOUR PHYSICAL PRACTICE

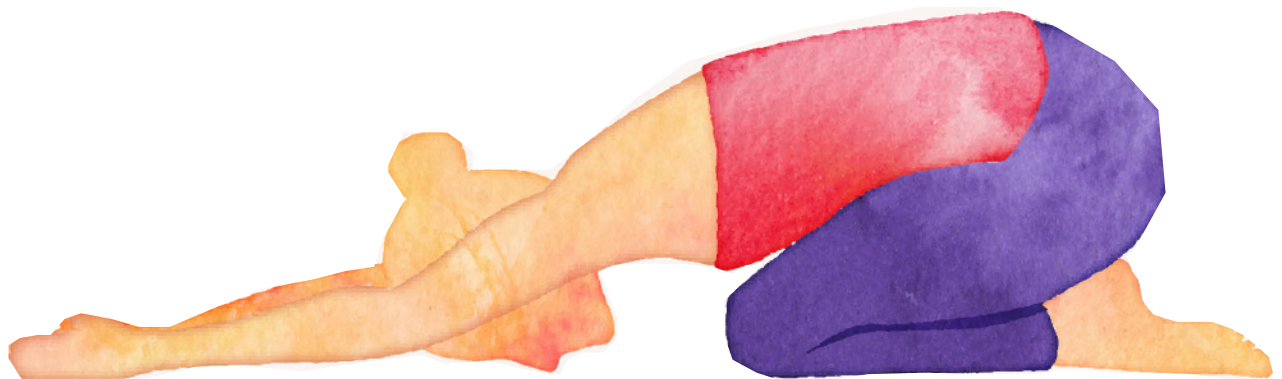


Week 2

THEME: Safety

MANTRA: I am safe, I am loved, I am home, I am in my body.

HIGHLIGHT POSTURE: Child's Pose

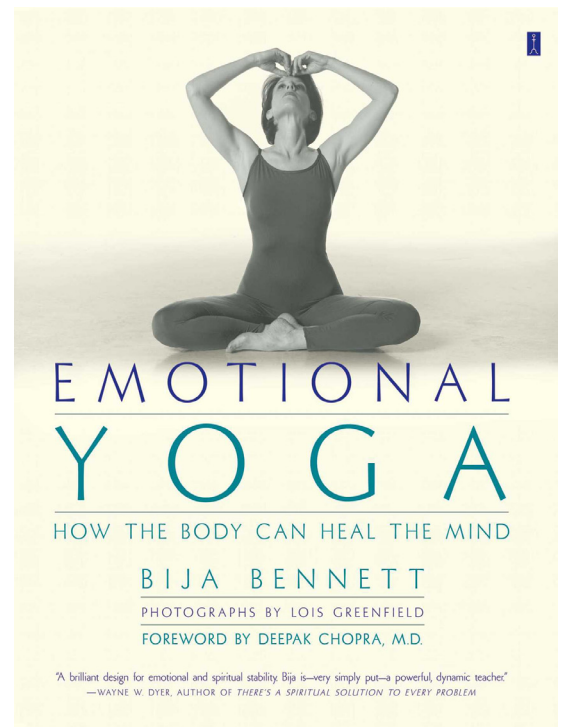


FOR NEXT WEEK...



Optional Reading
for Week 3:

CHAPTER 3:
Will & Power



OPTIONAL HOMEWORK:

Practice tuning in on p. 37 and 38

Review the exercises in Allegiance and
the framework for self-study on p.50-52

Work on your safety jar

Get in the habit of practicing your emotional ritual



WEEKLY SELF-CARE CHECK-IN:

As Bija Bennett states in *Emotional Yoga*, "In emotional yoga, the ability to deal with your emotional issues is based entirely on your **awareness** of them. In yoga, awareness always comes first. Once you are able to witness your attitudes and emotions, you can choose to participate with them. You can shift your reactive tendencies into more responsive behaviors, **creating healthier interactions** with others. **Knowing what you feel and allowing yourself to feel fully is the first step.**"

Most importantly, Emotional Yoga does not claim that you have to be happy all the time or achieve emotional perfection...our lives are messy and there is no doubt about that. We, however, have to embrace the messiness of our emotions in order to get to the core of who we are as individuals.

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

CONNECTION TO **EMOTIONAL YOGA**, "LIMB TWO: ALLEGIANCE": Niyama 2 of Contentment (Santosa) discusses "contentment" as a choice that YOU CAN MAKE.

The book talked about this concept of an emotional antenna, right? Similarly, I invite you to "use your emotional antenna to sense what makes you comfortable or uncomfortable, happy or unhappy" (p. 45). I invite you to use your emotional antenna to check-in with yourself:

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.