

Week Five:

## ASSERTING YOUR NEEDS & SPEAKING YOUR TRUTH

Limb 5: Harmony



### MANTRA:

*I am courageous,  
I am fearless,  
I am whole,  
I stand in my power.*

### WEEKLY CHECK-IN

What has been your sunshine and cloud for the week?



## REDEFINING ASSERTIVENESS

"Assertiveness is essential, and I am entitled to vocalize my comforts and discomforts" - Yoga as Healing Participant



CONNECTION TO **EMOTIONAL YOGA**, "LIMB 5: HARMONY":

This chapter on harmony relates to being assertive and setting boundaries because when we are able to assert what we need, we are able to achieve more harmony and balance in our lives. Bennett states that "**harmony is the action of bringing things into balance and putting a problem into perspective... it means stepping back and revealing a broader view**" (Emotional Yoga, p. 134).

When you hear the word assertiveness, what comes to mind?



Many people feel that assertiveness has a negative connotation. But being **authentic and clear** about your needs is the epitome of self-care.

"**Harmony keeps you in tune.** It's like a scale that gives you a sense of your balance or imbalance. But you are the one who needs to check and double check, to find out what feels amiss and where" (Emotional Yoga, p. 135). When you realize you are not balanced, you are able to assert what you need to invite more harmony and balance back in.



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



## Week 5

THEME: Assertiveness

MANTRA: I am courageous, I am fearless, I am whole, I stand in my power.

HIGHLIGHT POSTURE: Warrior II



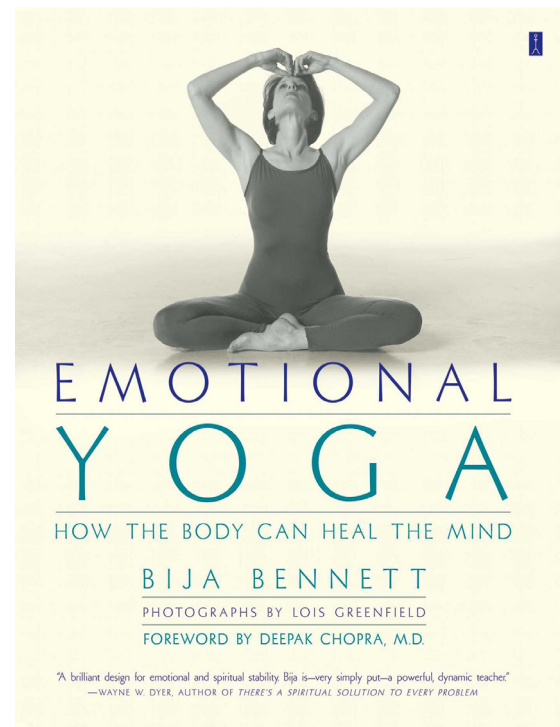
FOR NEXT WEEK...



Optional Reading  
for Week 6:

**CHAPTER 6:**

**Knowledge**



### OPTIONAL HOMEWORK:

Continue to make your plan for asserting your needs.

Practice your assertiveness skills this week. Be mindful of what it feels like to communicate exactly what you feel. Take time to journal and process with support people in your life.

Reflect on:

What does it feel like when you are assertive?  
What does it feel like when you listen to  
what your body is communicating to you?



## WEEKLY SELF-CARE CHECK-IN:

CONNECTION TO **EMOTIONAL YOGA**, "LIMB 5: HARMONY":

"We must slow down and take time to save this life. We can go fast sometimes, as long as we take the time regularly to ... pause. **The truth is, our work is never completely done.** If we stopped only when we were finished, we would never stop. Taking a moment, an hour, or a day to rest liberates us from the compulsion to finish, and gives us a moment to reflect, to really think about a problem or emotional issue, and re-energize" (Emotional Yoga, p. 139).

I invite you to slow down this week - perhaps notice any imbalances in your week and notice how you can re-energize yourself and create more spaces for harmony.

### **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.*