

# Guided Yoga Practice: Change Your Perspective

- **Set-up:** Find a comfortable place to practice yoga.
- **Materials needed:** Yoga Mat.
- **Time:** About 5 minutes.
- **Purpose:** Introduction to a yoga posture that lowers the head below the heart with an intention to see things from another perspective.



# Introduction

- The following yoga posture is called the Seal of Yoga and has benefits of creating a gentle inversion-lowering your head below your heart.



# Step 1

- We begin this posture in a standing position with your feet wide to the edges of your yoga mat.
- Bring your attention to your body and notice any sensations.
- Notice areas of tension and areas that feel relaxed.
- Become aware of your breath.
- Notice if your breath feels tight or easy.



## Step 2

- Now bring your hands together behind your back interlacing your fingers together.
- If this creates too much strain or discomfort in your shoulders you can modify this posture by holding on to a strap or a belt.



# Step 3

- Inhale as you draw your hands down towards the floor behind you, and lifting your sternum.
- Exhale here.
- Then Inhale deeply creating space across the front of your chest.
- On your next exhale fold forward drawing your hands over head.
  - If needed bend your knees to protect your lower back.
- Take several deep breaths here.



# Step 4

- As you continue to breathe say to yourself:
  - “I bow my head to the wisdom of my heart.”
  - “I am willing to see things from a new perspective.”



# Step 5

- Slowly return to standing.
- Once you are upright, return to stillness and once again become mindful of your experience.
- Take note of any physical, emotional, or mental response to the practice.

