



HOME PRACTICE

- Select one breath, one warm-up, one kriya, and one meditation.
- Over the next month, practice these several times per week.
- Observe changes in your body, thoughts, or emotions. Perhaps even keep a log.
- Reflect on resilience. Did you note any changes in your resilience during this past month?

*Remember you can build up to a full practice; perhaps beginning with only a few steps of one of the longer kriyas.