



Living Yoga: live the practice

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This game broadens our understanding of yoga and how it supports our practice in our daily lives.

Each flower petal corresponds to an instruction. Some ask you to share on social media. For those, please tag @breathetogetheryoga & #LivingYoga. After you've completed an instruction, color in the corresponding petal on the other side of this paper. Work at your own pace.

Once the flower is fully colored, bring it to BTY. We'll take a photo of you and your name will be entered into a raffle to receive wonderful prizes.

Yoga of the Body (Hatha)

(asana, cleansing, and purification practices, pranayama)

1. Take a class at BTY that you've never taken before.
2. Take two classes in one day.
3. Get to know who you are practicing with: introduce yourself to 5 students.
4. Bring someone with you to a class you love at BTY. Share the experience (@breathetogetheryoga & #LivingYoga).
5. Explore a new posture and share about your experience (@breathetogetheryoga & #LivingYoga).
6. For three nights in a row, before going to sleep, listen to your breath without changing it in any way. What can you learn from your breath? Please share (@breathetogetheryoga & #LivingYoga).

Yoga of the Mind (Jnana Yoga)

(the yoga of wisdom through learning, study, and self-reflection)

7. Buy a book (or borrow one from our Little Free Library). Read and apply what you learned, then share about it. (@breathetogetheryoga & #LivingYoga).
8. Trace the origins of something you own. What country did it come from, can you identify the people who made it, if applicable? Share about your process (@breathetogetheryoga & #LivingYoga).
9. Take a picture with a teacher who has taught you a lot and share about them (@breathetogetheryoga & #LivingYoga).
10. Spend four hours in complete solitude. Being in nature counts. What happened? Please share (@breathetogetheryoga & #LivingYoga).
11. For three days in a row, practice "writing meditation." With a paper and pen, spend 20 minutes writing down everything that comes to mind with "non-judgmental awareness." When you feel there is nothing left to say, keep writing.
12. What have you learned from challenging experiences in the last year? Please share (@breathetogetheryoga & #LivingYoga).

Yoga of the Heart (Bhakti Yoga)

(love, devotion to life, nature, or the God of our own understanding, and chanting)

13. Take a walk in nature. Go "beauty hunting." Choose a color before you go and look for everything you can find in that color. Take photos of seven things in that color, and share the photos and what you learned by focusing on the one color (@breathetogetheryoga & #LivingYoga).
14. Write a "love letter" from your heart to someone who hasn't heard from you in a while and send it.
15. Make a list of everything you are grateful for. Share 10 things on your list (@breathetogetheryoga & #LivingYoga).
16. Let five people that you haven't been in touch with for a while know that you love them. Be creative in your expression.
17. Help someone who you know could really use some extra support.
18. Chant for 3 minutes. This can be a chant you know, a mantra you love, or one you have created for yourself.

Yoga of Action (Karma Yoga)

(yoga of service)

19. Clean up a space in your home and donate things to a non-profit.
20. What local, national, or international issues are you contributing to in time, money, or energy? Please share (@breathetogetheryoga & #LivingYoga).
21. Share the value of your practice at Breathe Together on Google reviews.
22. Plant a tree. Share your process (@breathetogetheryoga & #LivingYoga).
23. Reuse and repurpose. Up your sustainability game and tell us what you did (@breathetogetheryoga & #LivingYoga).
24. Contact three government officials about issues you are passionate about.

Yoga of Meditation (Raja Yoga)

(the eight limbed practice of Patanjali that leads to meditation)

25. Meditate for 20 minutes on the breath.
26. Eat mindfully. Prepare your meal with total presence, remove distractions and chew slowly. Consider where the food came from, and all involved in growing, transporting, packaging, and selling.
27. Meditate for 10 minutes a day for five consecutive days.
28. Down regulate your nervous system with a gentle/restorative/yin class.
29. Make a meditation out of doing a mundane "chore." Slow down, pay attention, employ non-judgmental awareness, use your five senses to be completely present to a simple task. When your mind wanders, simply notice and return to the practice. Let us know how it went (@breathetogetheryoga & #LivingYoga).
30. Write down five values that you consider most important in your life and promise to live by them the best you can every day. Share your values (@breathetogetheryoga & #LivingYoga).