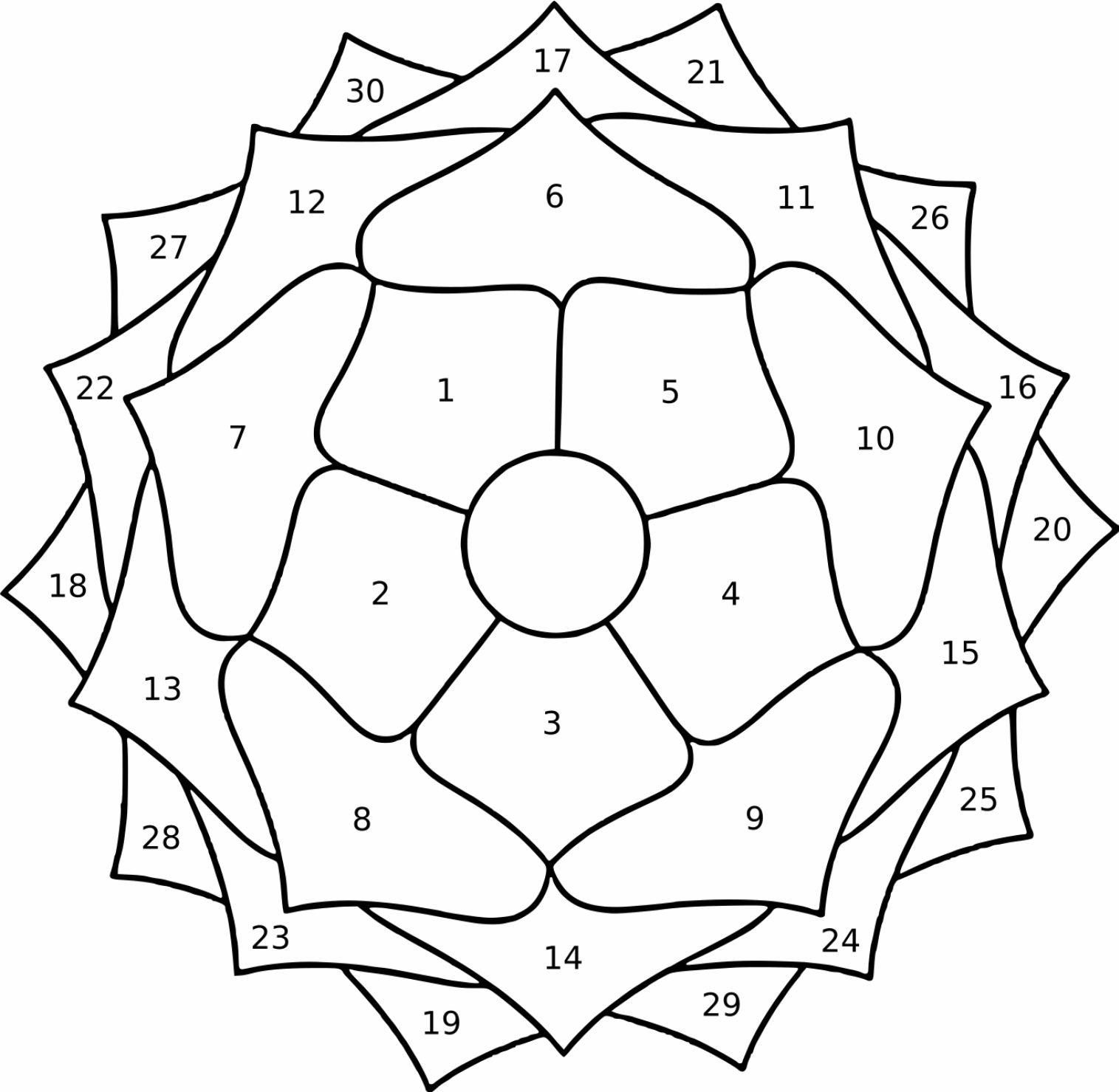

name



Living Yoga

Living Yoga

Taking place from April 1-30, this game broadens our understanding of yoga and supports our practice in our daily lives.

Each flower petal corresponds to an instruction. Work at your own pace to fulfill each instruction. After you've completed an instruction, color in the petal on the other side of this paper (any color you want). Many of the instructions are also geared to supporting each other.

Once the flower is entirely colored in, bring it back to BTY. You'll have your picture taken with your flower, and the flower will be entered to receive wonderful prizes.

Extra credit: Whoever posts the most on social media about each instruction will be eligible for a special prize. (tag @breathetogetheryoga and #LivingYoga).

If you live far away, take a picture with it and send it to us at admin@breathetogetheryoga.com.

Yoga of the Body (Hatha Yoga)

asana, cleansing and purification practices, pranayama

1. Take a class @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 @BTY you love. Share the experience.
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 breathing? (@breathetogetheryoga & #LivingYoga).

Yoga of the Heart (Bhakti Yoga)

love, devotion to life, nature, or the God of our own understanding, & often chanting

7. Take a walk in nature. Go "beauty hunting." Choose a color before you go and look for everything you can see in that color.
8. Write a "love letter" from your heart to someone special and send it.
9. Make a list of everything you are grateful for. Share some of that list. (@breathetogetheryoga & #LivingYoga).
10. Let 10 people know that you love them. Be creative in your expression.
11. Help someone who you know could really use some extra help.
12. Share a meal with someone.

Yoga of the Mind (Jnana Yoga)

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

13. Buy or borrow a book from BTY, read and apply what you learned. Then share about it. (@breathetogetheryoga & #LivingYoga).
14. Make a point of really listening to a perspective different from your own.
15. Take a picture with a teacher who has taught you a lot & share about them. (@breathetogetheryoga & #LivingYoga).
16. Spend four hours in complete solitude with no distractions. Being in nature counts.
17. For three days in a row, practice "writing meditation." With paper and pen, spend 20 minutes writing down everything that comes to mind. In the spirit of meditation, write with "non-judgmental awareness." When you feel there is nothing left to say, keep writing.
18. What experiences in your life have taught you the most? Please share. (@breathetogetheryoga & #LivingYoga).

Yoga of Action (Karma Yoga)

yoga of service

19. Clean up a space in your home and donate things to a non-profit.
20. Donate \$ to your favorite non-profit or one that you know needs support.
21. Share the value of your practice at BTY on Google reviews.
22. Plant a tree. Share about the process. (@breathetogetheryoga & #LivingYoga).
23. Reuse & repurpose: up your sustainability game & let us know what you did. (@breathetogetheryoga & #LivingYoga).
24. Write a government official with an issue you feel passionate about.

Yoga of Meditation (Raja Yoga)

the eight limbed practice of Patanjali that leads to enlightenment

25. Meditate for 10 minutes on the breath.
26. Put all distractions away and focus your attention for 10 minutes a day for three days.
27. Meditate for 20 minutes a day for five consecutive days.
28. Down regulate your nervous system by taking 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 the mind wanders, simply notice & 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 & promise to live by them the best you can every day. Share your values. (@breathetogetheryoga & #LivingYoga).