

Auto Suggestion for “coming back into the body”

This is the start of your beginners class - Savasanna

This is a GREAT way to start your class, because it gives your students an opportunity to let go of any drama, or “stuff” they have going on in their minds from their day. Especially good for evening class after a day's work. **For a beginner this can take 10 minutes.**

Auto suggestion is very much like hypnosis so work on speaking with a soothing and calming voice. **BE AWARE OF THE WORDS YOU CHOOSE.** You are guiding your students back into their FEELING bodies (kosha).

Lying down or sitting down, or leaning against a wall (make sure your students are **COMFORTABLE**). Discuss props, and options.

For the sake of this script let's say your student is lying down, but adjust this position accordingly

- Good evening, let's **slowly** begin our practice
- Find a **comfortable position** on your mat
- Rotate your palms to face the sky
- Bring some space under your armpits, lift your arms away from the body
(EXPLAIN some philosophy here: **We have prana within and around the body, we want our prana to flow and move with ease, so give it space as you relax.**)
- Let your toes naturally fall open
- Some space between your thighs
(NOW SLOW DOWN - GIVE YOUR STUDENTS TIME TO PAUSE AND BE STILL)
- Bring all of your awareness to your breath (PAUSE)
- Notice your breath as it breathes through your body (PAUSE)
- Feel the weight of your body against the mat/chair/wall (PAUSE)
- Take a big breath in and sigh out... relax and let go (REPEAT)
PAUSE - LET THEM FEEL AND SOFTEN
- Bring all of your awareness to the point of the head that's supported by the mat
- Notice the dome shape of your skull
- Relax your **forehead as you breath out**
- Soften your lips, and tongue
- Relax your jaw, **as you exhale**
- **Move your awareness** through your throat..... and into your shoulders
- Notice if you are holding onto anything in your shoulders. **Let yourself let go**
- Exhale and let go in your shoulders (repeat)

- **ADD SOME PHILOSOPHY HERE** “Yoga means to Yok, to bring together. When we bring together the breath and the body, your mind becomes still you practice becomes a meditation”
- So let's start 'joining the breath and the body'.
- Breath in and notice the chest rise (repeat)
- As you exhale notice the chest fall (repeat)
- Let's go deeper into the lungs.... Breath in and notice the lungs expand
- Breath out and notice the lungs release (repeat)
- Let's go deeper still... breath in and round the **belly, like a big balloon (buddha belly)**
- Breath out FULLY and draw the naval back to the spine
- Repeat and stay here - explain “ throughout our practice we want to be breathing into the belly”
- “Active breathing”
- Relax your breathe, and scan your legs
- Notice your hips, thighs, knees, shins, ankles, feet and toes
- Slide your awareness to the mat underneath you, drop it deep into the ground, mother earth, always there supporting you, receiving you as you release....
- Now take a big deep breath into every cell of your body
- INHALE
- AND EXHALE FULLY (let them make noise?)
- Slowly wake up the body
- Gently move the fingers
- Gently move the toes
- Gently circle the wrists
- Gently circle the ankles
- **LEAD WITH YOUR BREATH**

Here you start your first stretch....

- AS you inhale your arms lift over your head
- AS you exhale your arms lower onto the floor above your head (give options for shoulder injuries)
- **INHALE and lengthen your hands to the back of the room, and the heels to me**
- **EXHALE completely let go**
- **INHALE and lengthen your hands to the back of the room, and the heels to me**
- **EXHALE completely let go**

You can repeat just the right hand and heel, then the left.

Then oppositions

Right hand and left heel, left heel and right hand.

- Now DRAW the knees up to the chest and roll from side to side (“massage the organs”).

Here you start the first floor sequence

