21 Day Challenge
Information Pack



Welcome to our 21-Day Yoga Challenge!
Please show gratitude to yourself for taking this time to commit to your own process in whichever way you wish to use it.

To benefit from this commitment which you are making, I would invite you to answer the questions below to bring you to a point of focal clarity for the duration of this 21-day yoga practice.
When your intention is clearer, the impact will be deeper. The impact of change is felt more strongly through our physical bodies than purely through our minds and thoughts.

I recommend taking time to write, finding a quiet place where you won't be disturbed. Or break the writing up over a couple of days, until you arrive at your intention. Intentions can change through the embodiment of time and action, and this is fine, let this happen if it does. However, find a starting intention for this practice, is an essential part of the process.

If you don't wish to answer the questions, set a simple intention anyway, for example, I am committing to a morning practice for 21 days, no matter what.

MINDFUL MANIFESTATION FOR MY 21-DAY YOGA CHALLENGE

"Everything rests on the tip of intention" Tibetian proverb

- *Mindfulness starts with the breath, so simply be aware of your breath before you start to write. Pause, soften, & connect to your inhale and exhale; simply be in the present as it is.*
- *We cannot change or blame the past, we cannot force the future, so we place our attention on the present moment to see what our truth really is.*
- *Observing all aspects of our nature - by giving space to the challenging aspects of our nature, we can embrace healthy change. This is not to stir up difficult emotions or stories, but simply to give them recognition as we move through the practice.*

- *We will be using the physical body as a jump-off point for this practice, so we need to be aware of all aspects of ourselves, physically, mentally and emotionally.*
- *"There can be no transformation of darkness into light…without emotion." Carl Jung*

"*We hear only those questions for which we are in a position to find answers."*
Friedrich Nietzsche

Answer what feels appropriate for you; this is your process, not a test!

1. Physical Body Scan - how is my physical body feeling right now? As I scan through my body slowly, do I notice specific aches and pains which I wish to address in this 21-day practice time?
2. Mental Scan - as I watch my breath, do I notice any specific reoccurring negative thought patterns? If so, what are they?
3. Emotional Scan - as I continue to watch my breath, am I aware of any prominent emotions &/or feelings that are arising? If so, what are they?
4. Magic - Where is the sense of magic in my life right now? What makes me happy? If nothing comes up, what *would* make me happy?
5. Potential - Where does my greatest potential lie within me? Where do I feel strong/ grounded?
6. Shadows - Is there a particular "shadow aspect" of my character/nature which I wish to acknowledge?
7. What is my definition of *kindness*? Am I kind to myself? If so, how? If not enough, why?
8. What am I willing to let go of in my life? What is not serving me right now?
9. What do I want to do more of and embrace in my life?
10. What is my intention for this 21-day challenge?

<u>Before we start each morning - these suggestions will make the experience smoother:</u>

- Prepare the space for practice the evening before.

- Eat light in the evening, and if possible eat early, so you have at least 12 hours without eating.

- Lie on the strip or do some yin poses before bed, to calm and rebalance. This will assist you in a deeper sleep and it will be easier to get up early.

- "Let go of your day" - each evening briefly reflect on what you can let go of from your day, and what you can show gratitude for.

- “Set your intention”- It is very useful to read your intention before you go to sleep each evening.

- Avoid alcohol or sugar in the evenings.

- Be on your mat on time.

- If you wish to start lying on your black strip (if you have one), do that 5 - 10 minutes before we start.

- If you don’t make the time you set aside for your session, see if you can find another time during your day or in the evening to replay that session.

- If you can’t make your session time, let go of guilt.

- On the other hand, observe if you make excuses to not make it to the mat. Our minds will always find a “good” reason why we should stay in bed longer, and the reason will seem very legitimate! Go through it with your intention/motivation. We are much more dedicated to our formulated patterns of behaviour than we wish to believe...it’s true, we are. You can choose differently, even when you don’t feel so well. When you break this cycle of behaviour once, it gets easier to repeat. Before you know it, you have a new pattern that serves you well.

- Fear and Excitement release the same hormones into your system, so you can choose if you wish to cling to fear, or transform it to excitement. There is a way to do this: if you feel afraid about something, simply change the context to one of being excited and state it so, eg. “I am excited about getting up each morning to join the yoga challenge”, and visualise yourself feeling fresh, energised, motivated, excited, etc in that situation.

Namaste,
Fiona