**CommuniTEA Yoga – Session #4 – *Hello Fall!***

***Letting Go & Cultivating a Daily Practice***



**Here are a few ideas to practice each day:**

* Practice 3-part or even inhale/exhale breathing
* If you are feeling low energy, do a few Breaths of Joy, or Lion pose
* Take time to notice how deep breathing makes you feel.
* Practice Gyan Mudra while breathing and meditating

If you have any questions, concerns or feedback, please feel free to contact me. I look forward to seeing you next week!

Namaste,

*Lynne*

Lynne Henshaw

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Phone: 250-760-0301 (or call the Seniors Connect Centre and leave your name and number, I’ll call you back.