**Gentle Yoga Session #4 – Body Awareness/Hello Fall & Letting Go**

**1. Check-In – 3-part/deep even breathing, affirmations, Gyan Mudra**

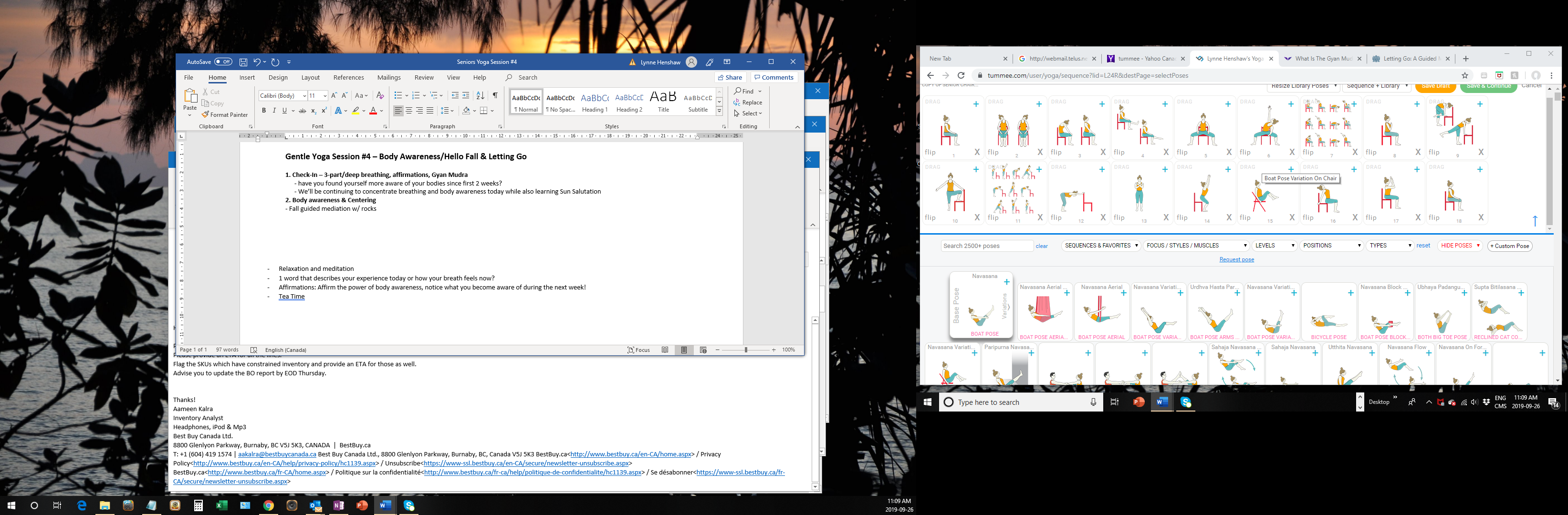
- have you found yourself more aware of your bodies since first 3 weeks?

- We’ll be continuing to concentrate breathing and body awareness today while also learning Sun Salutations seated and standing

- Sun Salutations are a complete yoga practice, perfect daily practice, no thinking required 😊

**2. Body awareness & Centering**

- Fall guided mediation w/ rocks



* Relaxation and meditation
* 1 word that describes your experience today or how your breath feels now?
* Affirmations: Affirm the power of body awareness, notice what you become aware of during the next week!
* Tea Time