**Gentle Yoga Session #5 – Living From the Heart & the Role in Health and Healing**

**1. Check-In:**

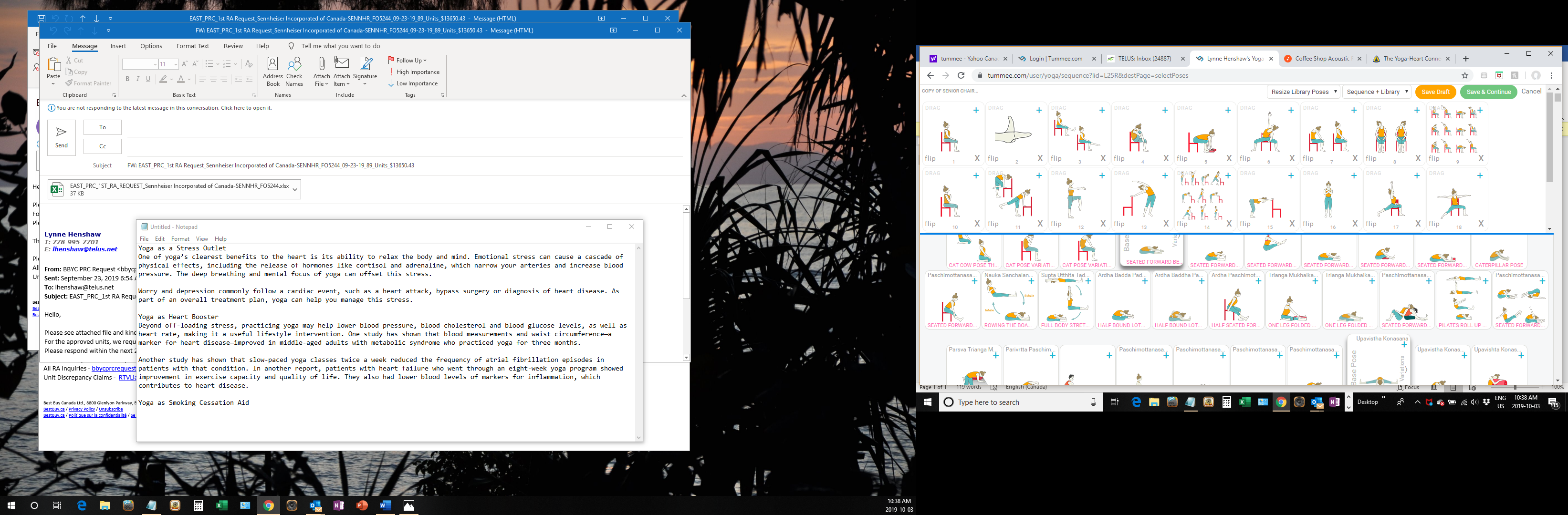
- Did you try Sun Salutations? - Rocks!

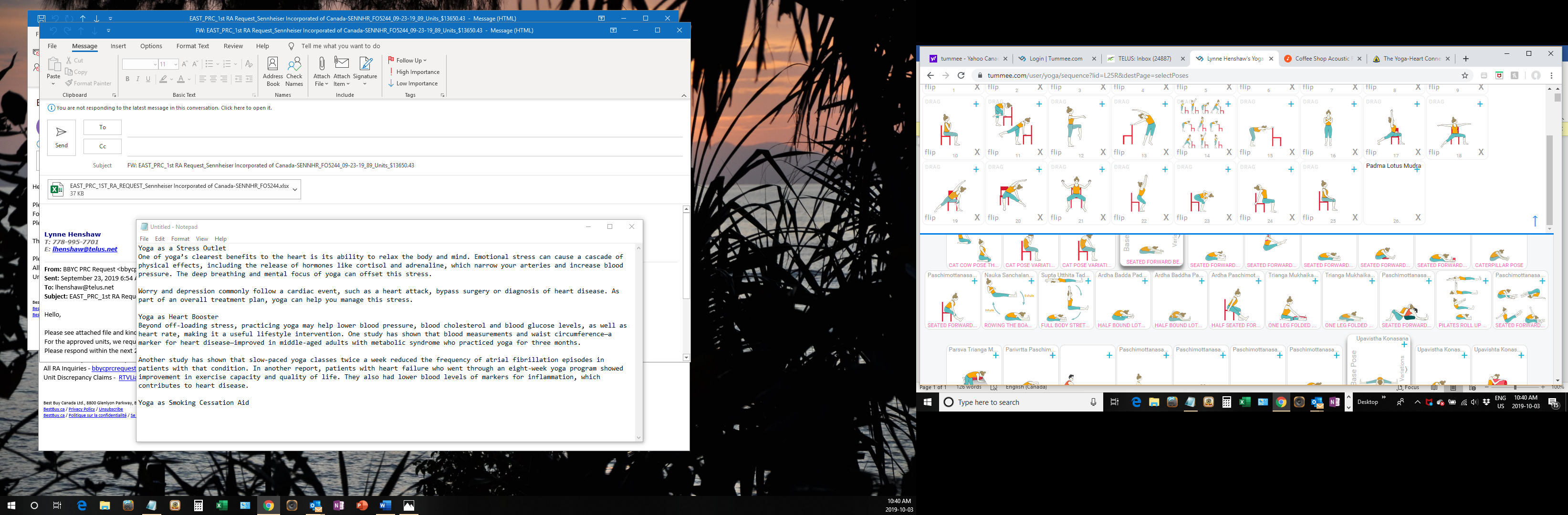
- We’ll be continuing to concentrate breathing and body awareness today while focusing on our heart; energy of the heart to flow.

- Benefits of yoga for the cardiovascular system & heart

**2. Body awareness & Centering**

- Guided meditation on the heart





* Padma Mudra: Lotus flower – shape of lotus flower opening petals. Sense the light and energy from the heart centre. Mudra is helpful for: healing the heart and all wounds of life.
* Relaxation and meditation
* 1 word that comes from your heart
* Affirmations: The only path worth walking is the one guided by the heart; work on opening our hearts more often
* Tea Time