**Gentle Yoga Session #6 – Linking Body, Mind and Spirit**

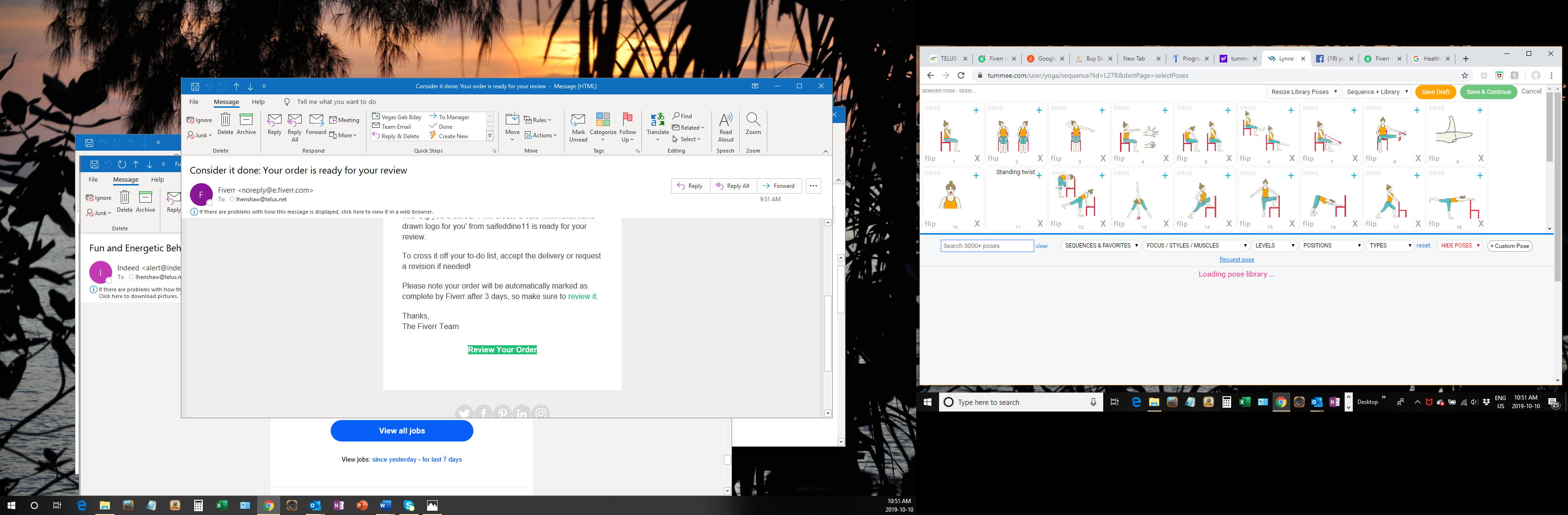
**1. Check-In:**

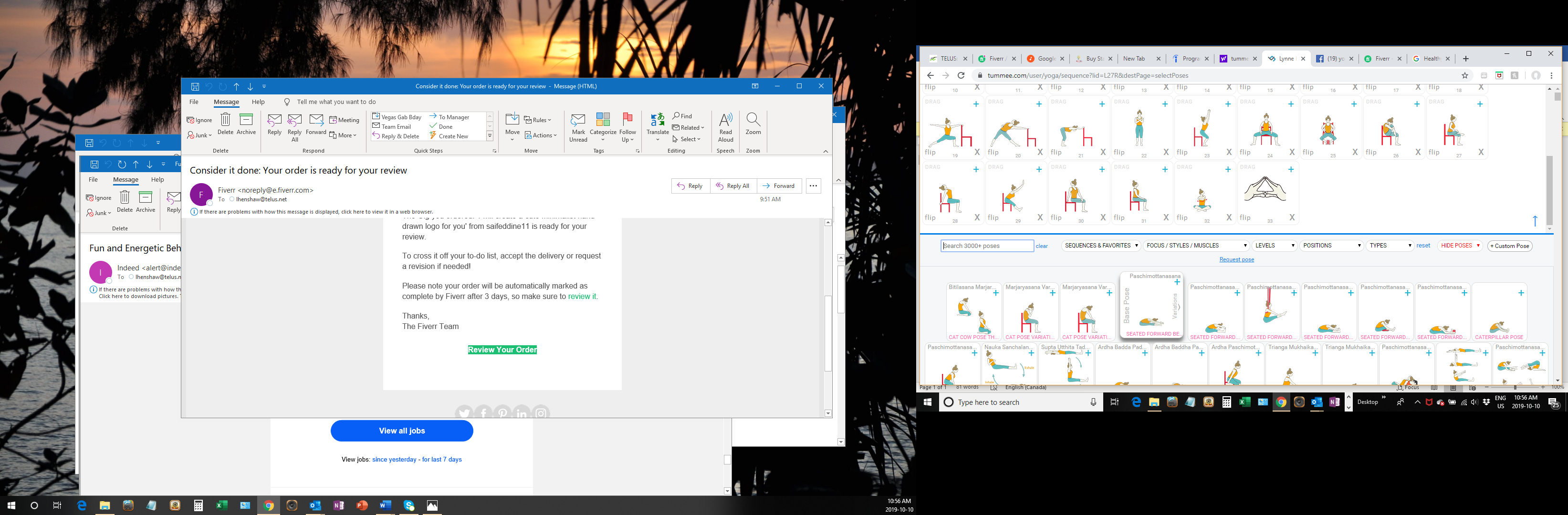
- Heart centred affirmations and Padma Mudra?

- We’ll be continuing to concentrate breathing and body awareness, but we’ll be aiming to align everything we have learned – work our entire mind, body and spirit!

**2. Body awareness & Centering**

- Guided meditation





* Hakini Mudra (or mudra of your choice) -
* Relaxation and meditation – Cards or your own
* 1 word that comes from your mind, body or spirit
* Affirmations: Gratitude
* Tea Time