



Focus: Letting Go of Old Beliefs

Letting go, or non-attachment, is encouraged in yoga, which would apply to material possessions, unhealthy relationships, old clothes, old self-perceptions and outdated thinking. It is about freeing oneself from pain-producing beliefs, fears, and desires.

We let go of the old to make way for the new, including old programming of our beliefs about ourselves from previous life periods and life situations that no longer apply to who we are today. What story defined us then, and which one do we want to define us now?

Just as we take our old clothes to second-hand stores, we can begin shedding our old ideas and begin to trust in our own truth and in our present-day perceptions.

*"We each move forward secure on our own
earth, not the earth of others.*

*Happiness is something we must create for
ourselves. No one else can give it to us."*

~ Daisaku Ikeda

On the Mat: Consciously let go of tension while in each pose, as well as the pre-programmed beliefs that are keeping you from the full expression of all you can do.

Awakening the Body: Letting go

- **Child's Pose** (Balasana)
- **Cat-Cow** (Marjaryasana)
- **Gate Pose** (Parighasana) *Block*
- **Downward Facing Dog** (Adho Mukho Svanasana)
- **Standing Forward Fold** (Uttanasana)

Standing

- **Upward Salute** (Ardhva Hastasana)
- **Triangle Pose** (Trikonasana) *Block* }
- **Reverse Triangle** }
- **Eagle Pose** (Garudasana)
- **Standing Forward Fold** (Uttanasana)
 - **Twist**
- **Sun Salutation** (Surya Namaskar)
 - **Plank Pose**
 - **Cobra** (Bhujangasana), variations
 - **Downward Facing Dog** (Adho Mukha Svanasana)

Mat

- **Child's Pose** (Balasana)
- **Head to Knee Pose** (Janu Sirsasana)
- **Supine Twists**
- **Corpse Pose** (Savasana)

"Self-trust is the first secret of success."

~ Ralph Waldo Emerson

Off the Mat: Set an intention to consciously let go of one pre-programmed belief that you feel is keeping you stuck in life, and throughout your week ask yourself, "How is this working for me?" When you're ready, add another.