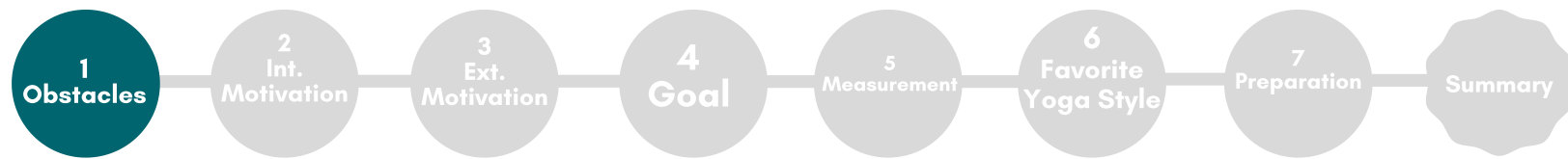


DAY 1. WHY DON'T I PRACTICE YOGA CONSTANTLY? OBSTACLES



Did you often have to postpone your yoga session? Do you find yourself saying that you'll start next week / next month? Maybe it's hard to practice constantly? Why do you think this happens?

First of all, do you have a positive or negative attitude towards what you do? Below are examples.

- 1) Practicing yoga requires a lot of effort, both psychological and physical.
- 2) Practicing yoga helps to train not only the body but also the soul.

Which of these best describes your attitude?

We're talking about two different approaches to the same thing. The first makes it difficult. The second makes a natural part of life. And this attitude has a very strong influence on further actions, motivation, finding time for yoga and so on.

Sure, it's not easy to change attitudes overnight. But if we go deeper, we see that our attitude rests on internal obstacles. When we understand these obstacles, we can move forwards.



Do these obstacles apply to you?

- ☐ Misguided beliefs ("Yoga is not for me," "I am not flexible," "I can't get the results I want," "I don't have time").
- ☐ Fear ("It will be too difficult", "I'll look stupid," "I'll hurt myself").
- ☐ Body complexes ("I don't look good when practicing yoga," "I'm overweight / too skinny for this practice").
- ☐ Lack of motivation "I'd really like to start, but I can't"
- ☐ Lack of knowledge ("I don't know how to practice yoga correctly," "I don't know which yoga style is best for me."

REMOVING OBSTACLES

The solution is changing obstacles into action.

For example: what can you do if you lack time and it stops you from practicing yoga? You could plan your day differently. Instead of watching one more TV movie in the evening, you could do yoga.

Of course, not all obstacles are so easy to remove. Some blocks live with us for a very long time. But it is possible. Just be gentle with yourself. The most important step in making a change is to identify and understand these obstacles. Be sincere with yourself and find your true obstacles. Only then you can work with them and change them.



TASK 1. DISCOVER YOUR MAIN INTERNAL OBSTACLES

Obstacles

Write everything that is currently in your mind – even the smallest detail – and what you think could be your biggest challenge.

? What are your first thoughts and feelings when you want to start practicing yoga?

? What are some of the most common reasons why you decide to quit your yoga session or to not start at all?

? What stereotypes about yoga do you think you have?

Positive Affirmation

Change your obstacle into positive affirmation. It helps you to see different approaches into the same thing.

Overcoming Your Obstacles

Think about possible actions to overcome each obstacle. There is always something to change in our daily life. If we want to overcome it, we will find a way to do it.

EXAMPLE

Obstacles

I am not flexible
for yoga practice

Positive Affirmation

With each practice of yoga,
my body becomes more
flexible

Overcoming Your Obstacles

In a practice, I will focus on
breathing, on the moment and I
will allow my body to improve
step by step