

Journaling:

Journaling is the key to experiencing your Spa Walden 200- hour Yoga Teacher Training to its fullest potential. It is time for introspection and time to chart your course.

Otherwise we just bob around and don't surf the wave of our own identity! Take a few minutes at the end of each week to answer the following questions (even if you have not participated in a Yoga Walden TT class that week, still journal your thoughts and emotions.)

Astanga yoga is an eight limbed system. It starts with the first two limbs outlining ethical and moral precepts. From there other limbs include: physical postures, breathing, meditation, concentration, dissolution and enlightenment. What does all this mean to you as a budding yoga teacher and practitioner? How can you take what you need and not more than you really need? How can you let go of the attachment to the outcome of your yoga practice? Ask yourself these questions as you journal.....

- How am I evolving in body & mind?
- Am I more aware of my breathe and my thoughts when I practice and when I interact with others?
- Are there any changes that I have noticed as positive as in my daily life?
- In which posture/ asana do I feel a body mind connection?
- What are my classes teaching me about my self and how I interact with the world?
- What do this week's classes mean to me as a budding yoga teacher and practitioner?
- How can I take what I need and not more than I really need?
- How can I let go of the attachment to the outcome of my yoga practice?
- Have I touched someone with love and kindness this week?