



Bending Tree

YOGA & HEALING CENTER
Practice with Yoga Cats

YOGA TOOLBOX

Playbook



ALL ACCESS PASS

4 Elements to YOGA TOOLBOX



BREATHE



LET GO



FOCUS



INNER PEACE

Each element has a Body, Mind and Spirit component. These elements work together to form a Toolbox that you can use to create your own methods to enhance your life on all levels.

- to be able to find peace and stillness anytime, anywhere;
- feel joy and inspiration in all that you do;
- creatively solve problems;
- to be able to handle transitions, changes and shifts in your life;
- and to bring magic and abundance in a new level of living.

Learn more inside!



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1st Element



BREATHE 1

BREATHE —

Breathing is directly connected to our nervous system and breathing techniques are a very powerful way to calm us down and reduce stress. Here is an effective technique you can use start your journey to peace and stillness within.

You can do this seated, standing or laying down:

- Take 3 nice deep breaths
- Take a few moments of stillness.
- Close your eyes, put your hands to heart center and take 3 more breaths.
- Take a few moments of stillness

BODY

Feel your body relax with each breath starting with the shoulders through the arms. Relax the neck, face, forehead and jaw. Keep taking some deep breaths.

Do this as many times as it takes for you to calm the nervous system and feel relaxed — thoughts calming down, slowing down. A space begins to be created here.

MIND

Then come into a nice even breath. You can breathe in through the nose and out through the mouth or if you feel out of breath or a shortness of breath, take an inhale and exhale through the mouth to get back to feeling calm and centered.

Breathing creates calm through the body and the mind, making space which allows divine energy and your intuition to come to the forefront.



1st Element



BREATHE 2

SPIRIT

At this time you can say **an affirmation** — with each inhale I bring in what needs to be brought in and with each exhale I release what needs to be released.

Affirmations are a way to get focused in your thoughts and in your energy. You can write down some affirmations or just say them to yourself.

Here are a few examples:

- I know what it feels like to live without judgement of myself or others.
- I am safe now, everything is ok.
- I am able to tune into my intuition in any situation and ask for divine guidance now.
- I know how to feel abundant in all aspects of my life.
- I know what it feels like to receive divine guidance for solutions in my life.

Let the thoughts flow, if you don't already have something you want to focus on, see what appears and start working from there.

MY AFFIRMATIONS:



2nd Element



FOCUS

FOCUS —

Otherwise known as **an intention** can be brought in ahead of time or while the breathing exercises are taking place. What is it you would like to focus on? It can be anything you would like to work on in your life — physically (the body), mentally (habits or programs) or spiritually (belief systems).

BODY

Finding your focus can be challenging. Using the breathing learned in the last element section can help you come to center. What does this mean? Finding a stillness within you where you can become clear in your thoughts. When you relax in the muscles, you relax in the mind.

MIND

As you go through the physical practice of the breathing, the shoulders and other areas of your body start to relax. This clears the way to open the mind and receive divine guidance. Our Third-eye chakra at the forehead and Crown Chakra at the top of the head are energy centers that transmit that communication from source to your being.

SPIRIT

You begin to use the breathing to bring yourself to a different, calming frequency. This is a form of meditation, where you relax in the body and the mind to allow an openness in spirit to receive divine guidance.

From here you can find your focus. Let ideas and possibilities flow in. If you would like, you can write them down as you go and remember, anything goes here.

Many times we get in our own way because we are holding on to fears, anger, anxiety or resentment and/or we are holding on to outcomes, or pre-conceived ideas. *You will learn how to let that go in the next section.*

- **Form in your mind or write down a few intentions or areas of focus:**

Now it's time to let go!





LET GO —

Learning to let go is **an ongoing process**. It's an investigation and you can take these steps anytime something comes up for you.

Let's check in.

BODY

Do you feel tired rather than inspired? Do things feel stuck or slow? Are you feeling soreness, pain or sick in your body anywhere?

Here's where the investigation begins. Your body is trying to tell you — to slow down, to change a habit or routine, to nourish yourself differently (this goes beyond food), maybe you could have a little less self-judgment?

It is a good idea to check in physically on a regular basis, even daily, to see what your body is trying to tell you. And from here, move to mindset.

MIND

Where are your thoughts when it comes to an intention, affirmation or idea?

- Are you afraid what people might think of you?
- Doubting if things will work out?
- Don't believe it is possible?

Your thoughts have the power to change anything and everything in our life. Checking in with your thoughts and working toward changing a mindset can do wonders for you on every level of your being. Your thoughts are powerful enough to get your spirit on board in the life direction you are aiming for.

SPIRIT

Here is where many of your old programs and habits reside. In the investigation process of letting go, we may need to dig deep to find those energetic blocks, but the journey begins with you just being open to finding out. Many times these blocks reveal themselves immediately and other times it takes a few decisions and actions to reveal the next step. Rest assured your spirit wants to align with what is best for you. Ways to get to the spirit level are to ask a few questions of yourself.



3rd Element



LET GO 2

Where are these feelings coming from — an imprint from childhood; a past experience that set the tone? When you get to the root of what's causing any old programs, habits or blocks, you can begin to let go using meditation and affirmation statements sometimes referred to as downloads.

It's time to unlearn these programs and habit patterns.

Here are some examples of affirmation statements or downloads:

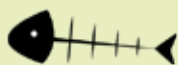
- ***I know how to live in the flow in confidence.***
- ***I release all fears that no longer serve my highest and best good.***
- ***I know what it feels like to live freely and creatively with my ideas.***
- ***I am worth it.***

Letting go is **an ongoing process** and you may snap back to old habit patterns. But because you created these tools of letting go, you can use them anytime to bring yourself back to center and release it again.

With ongoing practice letting go will start to feel easy and effortless. You will be able to recognize a barrier right away, work it and then feel it be released from your being.

Remember to be easy on yourself and stay out of judgement.

Things may come up that are unexpected. This is good. Enjoy the investigation and the journey and know you are just enhancing your life on every level!



4th Element



INNER PEACE 1

Inner Peace — Putting it all Together

Time to feel fully at ease with your new Self and the things you are focusing on now! It's time to embrace your new frequency and feel a sense of calm and expansion in the actions you are taking to move forward. It's time to live in the flow 24/7.

OK, there will be times when you come out of inner peace and that is when you go through the process of the Yoga Toolbox elements all over again. These can be used over and over to keep yourself in the zone of your soul purpose, where things feel easy, joyful and inspired.

BODY

Inner peace involves living from your heart space.

A way to get into the heart space is by using the first 3 elements of the Yoga Toolbox —

1. **Breathe** — taking deep breaths in sets of 3.
2. **Focus** or set your intention to tune into your heart space by placing hands over your heart and feel your mindset drop there.
3. **Let Go** — feel a sense of letting go and relaxation in the muscles and the body in general. This changes your frequency.
4. **Inner Peace** — where your heart consciousness rules. When you are here you can bring in new steps to your intention or amend your dreams and goals, whatever feels right at the moment. You can also use this space for stillness and allowing thoughts and inspirations to come into your being. It is when **your thoughts are felt** that you will operate from heart consciousness and a place of inner peace.

Feel it happening NOW!



4th Element



INNER PEACE 2

MIND

Remember — keep gratitude in the picture.

If you hit a block, stop and rewind and think about all the positive things you have done and accomplished to get you to this step, to this NOW.

Be thankful for it, for every aspect of it, your resourcefulness and determination, for the barriers, the emotions etc.

Be thankful for the journey and all it has taught you and continues to teach you.

SPIRIT

With each action you reach a new level of inner peace.

Creating inner peace is opening up to all the possibilities as well as divine guidance and timing.

This is essentially getting in the flow of life, where answers to your next steps come easily. Where each step feels fun.

And before you know it, with some practice, when you have an idea you will begin to see the pieces of the puzzle come to you easily and effortlessly.

NOW practice your Yoga Toolbox in your every day from larger life goals or anything in your day-to-day life. Your Yoga Toolbox applies to it all. You can live a divinely guided life in heart consciousness in all you do by a continued practice of Breathe, Focus, Let Go and Inner Peace. This will soon become a natural way to operate where these 4 elements are used as one.



YOUR NOTES AND
INSPIRATION

