

Highland Yoga 40 Day Challenge



Sunday, January 1 thru Thursday, February 9

Together, let's begin the New Year with the intention of dedication and transformation! In texts and traditions from all over the world, 40 days represents a complete cycle. It is believed that with compassionate dedication over this length of time, we can create transformation. With this in mind, join us for a 40 Day exploration of one or all of the following Asana (poses), Pranayama (breathing practice), Dhyana (meditation) and/or Mantra (chanting):

Asana (pose):

Level 1 - Utthan Pristhasana (Descending Lunge/Lizard)

Level 2 - Baddha Utthan Pristhasana (Bound Descending Lunge/Lizard)

Level 3 - Eka Pada Koundinyasana II (Pose Dedicated to the Sage Koundinya)

Pranayama (breathing practice): Nadi Shodhana (Alternate Nostril Breath)

Dhyana (meditation): an accessible form of counting meditation by Erich Schiffmann

Mantra (chanting): Saha Nau Vavatu (Wade Imre Morisette version)
as offered by Angela Cays

Here we go!!!! Choose 1, 2, 3 or all 4 of the above options and commit to practicing them daily for 40 days beginning Sunday, January 1 and ending Thursday, February 9.

Instructions are in the pages that follow and videos of the pranayama, meditation and chanting will be available as January 1 approaches. Also, swing by the studio to get a Highland Yoga refrigerator magnet and tally sheet, it will serve as a daily reminder and allow you to check off each of the 40 days as you go!

Asana (pose)

Choose the Challenge pose that serves you best and enjoy practicing that pose every day from Jan 1 thru Feb 9!



**Level 1 Challenge Pose –
Utthan Pristhasana**



**Level 2 Challenge Pose –
Baddha Utthan Pristhasana**



**Level 3 Challenge Pose –
Eka Pada Koundinyasana II**

We've included some optional warm-ups poses as well if you'd like to use them to prep for your challenge pose. Level 1 would use prep poses 1-3, Level 2 & 3 would use prep poses 6-9. Please do use props and modify any or all poses in order to appropriately challenge your edge – remember, any and every compassionate and conscious effort in a particular direction counts! Contact Carolyn/Stephen with any questions or for modification suggestions.



1. Supta Padangusthasana A



2. Supta Padangusthasana B



3. Ananda Balasana



4. Parsvakonasana



5. Ardha Baddha Trikonasana



6. Prasaritta Padottanasana C



**7. Adho Mukha Svanasana
Variation**



8. Plank Variation



9. Lunge Variation

Pranayama (breathing practice)

Nadi Shodhana (Alternate Nostril Breath)



Find a comfortable seat, close or soften the eyes and cultivate a long, smooth, even breath. Set the first two fingers of the right hand to touch 3rd eye - thumb rests alongside right nostril, last two fingers alongside left nostril. At the end of an exhalation, close off the right nostril and enjoy a long, smooth breath through only the left nostril. At the end of the inhalation, close off the left nostril and exhale through the right. Inhale through that same right side, then close off the right and exhale left. Inhale through the left side, then close off the left and exhale right. Continue with that pattern - exhaling and inhaling through one side, then closing that nostril to exhale and inhale through the other side. After the desired length of time, conclude the pranayama practice with exhaling through the left nostril, releasing hands comfortably to thighs, and returning to a natural breath through both nostrils.

Dhyana (meditation)

Eric Schiffmann's Counting Meditation



Find a comfortable seat, close or soften the eyes and set your attention to your breath. Silently count backwards from 50 to 0, beginning on an exhalation with 50, next inhalation 49, etc... until reaching 20. From that point, only count down on the exhalations - exhale 20, inhale no count, exhale 19, inhale no count, etc... until reaching 0. When reaching 0, continue to be aware of the breath, and remain several minutes more.

Mantra (chanting)

Saha Nau Vavatu

(Togetherness Mantra - Wade Imre Morissette version)
as offered by Angela Cays

Let us be together, Let us progress and triumph.

Let us gain energy and momentum.

Lead us to clarity, feeling of unity.

Let there be Peace, Peace, Peace, and Oneness.

Om Saha Nau Vavatu

Saha Nau Bhunaktu

Saha Viryam Kara vavahai

Tejas Vi Navadhitam Astu

Ma Vid vishavahai

Om Shanti, Shanti, Shanti, Shanti Om.

Translation of Sanskrit:

(May we be protected together)

(May we enjoy the fruits of our actions together)

(May we achieve strength together)

(May our knowledge be full of light)

(May there never be discord between us)