



HUM[®]

SO HUM ◉ I AM
ABUNDANCE

Yoga ◉ Meditation ◉ Inspiration





"Abundance can be had simply by consciously receiving what has already been given."

~ Sufi saying

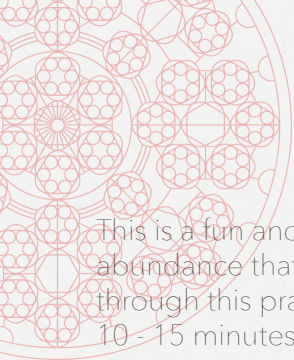
*"Abundance is not something we acquire.
It is something we tune into."*

~ Wayne Dyer

"There is a lie that acts like a virus in the mind of humanity, and that lie is, "There is not enough to go around. There is lack and there is limitation and there is just not enough." The truth is that there is more than enough good to go around. There are more than enough creative ideas. There is more than enough power. There is more than enough love. There is more than enough joy. All of this begins to come through a mind that is aware of its own infinite nature. There is enough for everyone. If you believe it, if you can see it, if you can act from it, it will show up for you. That's the truth."

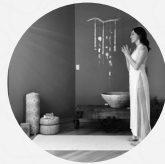
~ Michael Beckwith





THE PRACTICE SEQUENCE

This is a fun and flowing practice practice with generous movements intended to help you tune into the abundance that surrounds you and which is in you, always. May each sensation and each breath that guides you through this practice call you home to this truth. Fill your cup with gratitude and you will always have enough.
10 - 15 minutes



1
MOUNTAIN POSE WITH LOTUS HANDS



2
HALF SALUTATIONS WITH BREATH



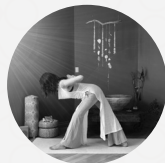
3
FLOWING SHOULDER STRETCH



4
FLOW TO DOWNWARD FACING DOG



5
CIRCLING GODDESS FLOW



6
REVERSE NAMASTE STRETCH



7
BRIDGE POSE



8
RECLINED TWIST



9
SAVASANA



THE POSES EXPLAINED



1 MOUNTAIN POSE WITH LOTUS HANDS

Tadasana with Padma Mudra

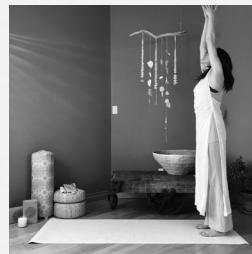
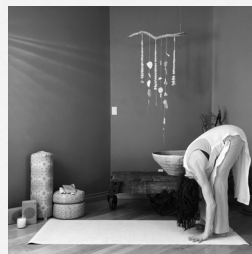
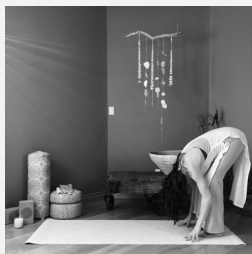
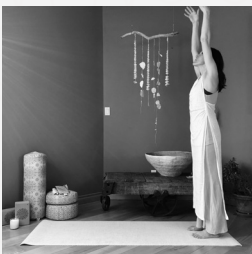
Start standing, with your feet firmly rooted hip width apart and parallel, and your spine tall. Bring your hands together at heart center and bloom your hands into a lotus flower by keeping your pinkies and thumbs together and spreading the middle three fingers away from centre. Allow this flower to be a cup that fills and funnels the energy of abundance right into your heart centre. Right here, right now, you ARE abundance. Your breath, your body, your existence- all gifts. Tapping into gratitude for the abundance that is always around and within you taps you in to the energy of attracting more.

Stay here and breathe until you are feeling the abundant energy you want to carry through the rest of the poses. Practice from a place of fullness, not lack.

2 HALF SALUTATIONS WITH FLOWING BREATH

Move through these flowing movements like you are moving in honey - slow and sweet. On your inhalations, receive abundance; on your exhalations, offer gratitude for the abundance you have. Be the flow.

Repeat 3-5 salutations



1. On your inhalation, sweep your arms forward and up, raising the energy from the earth.

2. Exhale as you fold with your hands in prayer, a bow of gratitude to the earth. Fold from the hips, and bend and soften your knees.

3. Inhale as you trail your fingertips up to your shins and lengthen your spine from tailbone to crown.

4. Exhale fold and soften back down.

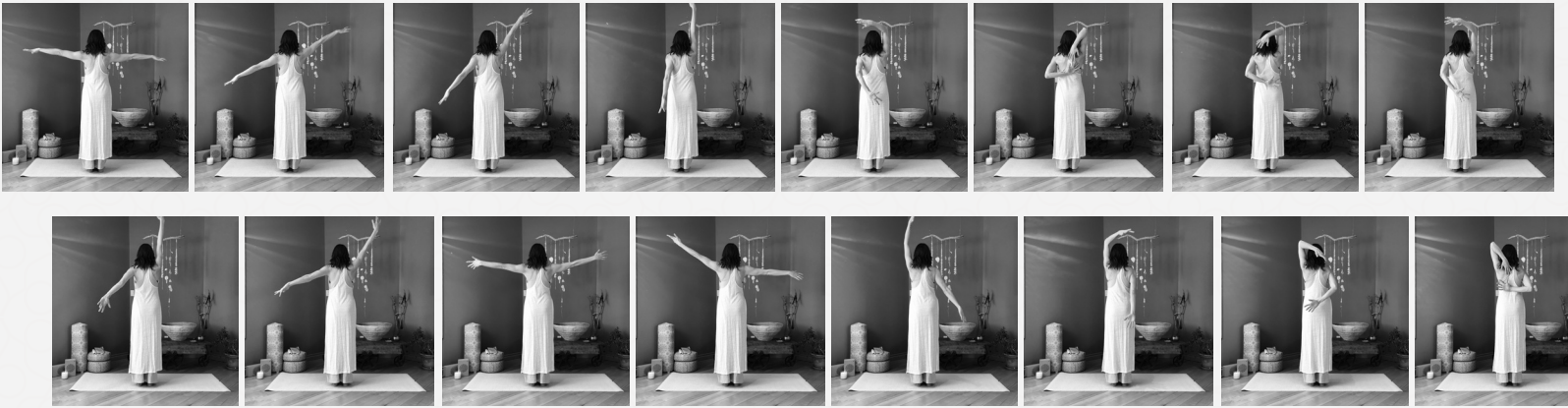
5. Inhale as you rise back up to the sky - bend more deeply into your knees, find a straight spine, and sweep your arms forward and up as you rise.

6. Exhale, bring your hands in prayer back to your heart, then release your hands back down to your sides.

3

FLOWING SHOULDER STRETCH

From standing, reach one arm forward and up, and the other behind you as far as comfortable, then bend your elbows to reach your fingers towards each other behind your back. Then release back to the starting position and repeat on the other side. Keep your chin up and your spine long -- don't worry about how close you get to touching your fingertips - instead focus on the strength to move through your pain-free maximum range of motion with fluidity. For extra strengthening, try to keep your hands hovering an inch off your back.



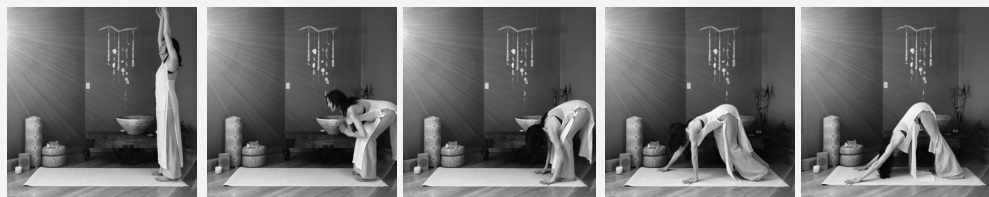
4

FLOW TO DOWNWARD FACING DOG

Adho Mukha Svanasana

From standing, inhale your arms to the sky, and exhale fold to the earth. Walk your hands forward and drop your knees into table top with your toes curled under, and walk your knees back a few inches. Press down evenly through your hands, and shift your hips back towards your heels. Find a long spine and strong arms, and start to lift your hips up and back by pressing into your feet. Prioritize keeping your spine neutral and long, and stretch your legs as long and straight as works for your body today, pressing your heels down towards the floor (they don't have to get there!) Trust the abundant wisdom of your body to make little adjustments to find what feels good. Stretch through your spine deliciously -- appreciating the sensations.

Stay for 3-5 breaths.



5

CIRCLING GODDESS FLOW

Deviasana Chakrasana

From downward dog, step one foot forward and walk your hands to the long edge of your mat. Turn your feet outward on a 45 degree angle, and bend your knees, trying to align knees over heels. Ground through all four corners of your feet.

Keep your knees bent and rise up tall through your spine. Place your hands on your heart, one on top of the other. Find your centre. Go slowly and explore your maximum controlled range. This pose is like the sun or moon, in their full-bodied circular flow.

Keeping your legs and hips stable, and start to rotate your upper body around in a full circle to the left - down...



...around and back up.



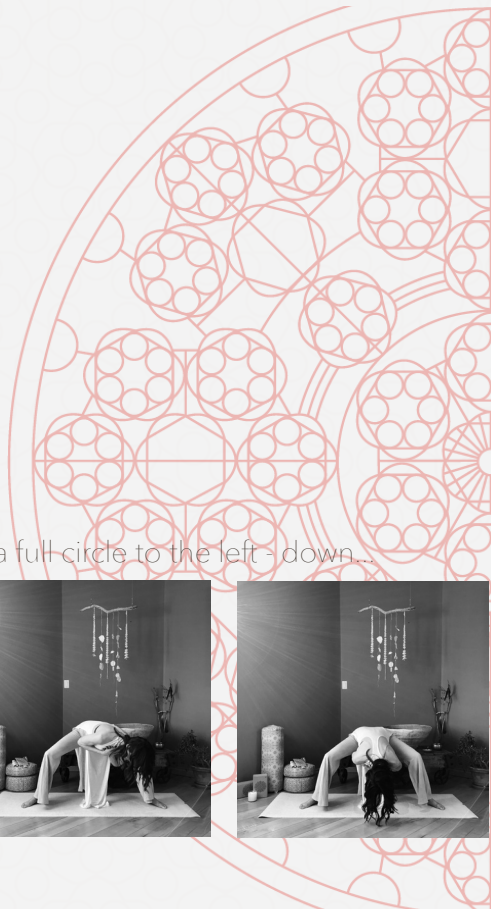
Then to the right - down...



...around and back up.



REPEAT TWICE





6

REVERSE NAMASTE

Turn to the right - point your right foot forward and angle your left foot on a 45 degree angle. Square your hips, pulling your right hip point back and your left hip point forward. Ground through all four corners of both feet. Bring your hands behind your back, palms together pointing down, then if possible flip your prayer hands to face upward towards your heart. Other variations include bringing your hands to clasp the opposite wrists, or pressing fists together (see below). Choose what feels right -- focus on the gift of embodiment and choice, not on limitation. Keep your spine long and your heart lifted as you fold forward over your right leg to the degree that is comfortable today.

Stay for 5 abundant breaths, then rise up and repeat on the other side.

Step your feet together, release your hands. Inhale hands to the sky; exhale fold a prayer of gratitude to the earth.



3 Options for your hands



7

BRIDGE POSE

Setu Bandha Sarvangasana

Release onto your back. Bend your knees and bring your feet to the floor close to the hips, hip width apart. Bring your attention to all the parts of your body in contact with the floor -- your foundation, and ground evenly through all the contact points - especially the back of your head, shoulders, arms and feet. Keep the natural curve of your neck away from the floor and start to lift your hips up towards the sky. Interlace your fingers and press down through your arms. You may lift the lower ribcage as well if comfortable for your neck.

Stay and breath for 5-10 breaths, then slowly lower vertebrae by vertebrae.

Abundance flows through your spine.



8

RECLINED TWIST

Pawanmuktasana

Lying on your back, extend your left leg straight and bring your right knee in towards your chest, clasping your hands around your shin. Take a few breaths here, then keep a hold of your knee with your left hand and extend your right arm out to your side, opening across your chest. Gently guide your right knee across your body over to the left, finding a nice twist along your spine to breathe into. Scan your awareness through your whole body.

Stay for 5-10 breaths, then return to centre and switch legs.



9

SAVASANA

Set yourself up for final rest to let the benefits of your practice settle in deeply. Lie down on your back with your arms and legs extended and your palms turned up in a gesture of receiving. Make any adjustments necessary to be comfortable -- you might use an eye pillow, cover yourself with a cozy blanket, slide a bolster under your knees, or have your knees bent with your feet outer hip width apart and your knees dropped into centre. Allow yourself to relax and receive the support of the floor beneath you. Abundance is receiving fully what has already been given. You might set a timer for 5 minutes, or rest here as long as you would like, noticing your breath and the sensations in your body.

To transition out of this pose, bring a little movement into your fingers and toes, then wrists and ankles. Make any movements that feel good. You could reach your arms back and have a full body stretch; you could hug knees in towards your chest and rock gently. When you are ready to rise up, use your right arm as a pillow as you roll to your right side and pause. Say thank you to your body and rise up to a seated position, hands at heart centre. Bow your head to your heart to close your practice. May your thoughts, words, and actions be in alignment with your intention today.



A RITUAL TO EMPOWER YOUR PRACTICE



At the end of your practice, spend one minute in gratitude.

Sitting peacefully with your eyes closed and hands at heart centre, think about 5 (or more!) things you have to be grateful for today, in this moment. Think of the abundance that surrounds you right now: the people in your life, the love you have in your heart and all around you, your health, your home, the food in your fridge, your talents, your possibilities and opportunities, nature that supports you. You might think of something that happened today (or yesterday). Even the small things and small gestures can bring much joy. And for each thing you are grateful for, say thank you - to yourself, to another, to the earth, to the universe - with a deep sense of gratitude.

When you've finished, open your eyes with a new appreciation of all you have in your life.

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5 MINDFULNESS TECHNIQUES TO ENJOY AND EXPLORE EVERY POSE AND TO PRACTICE SAFELY

1 Find your anchor

Before you start your practice, it's important to find your anchor, this will keep you grounded in the present moment. The breath is at the heart of both yoga and meditation practices and so it's the ideal anchor, easy to use because it's always present, constant, steady. If your mind drifts or wanders, as it invariably will, just remember your anchor and gently guide your attention back to your breath, and come back to the present.

2 Ground yourself

Whichever part of your body is in contact with the ground is the foundation of the pose. Press all parts of your foundation into the floor and receive support up into your body. Be aware of the weightiness of your body on the floor, the solidity and stability this foundation provides. This will give you confidence as you practice.

3 Find the balance between effort and ease

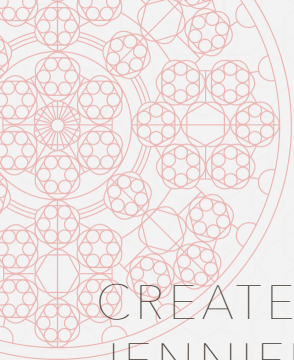
In most poses you need a certain amount of muscular tension to create stability, strength and proper alignment for a yoga pose. This is the EFFORT, found by engaging the muscles needed to hold the foundation of the pose. Balance this intelligent effort with EASE. Ease can be found in the parts of your body where you don't need to create tension to hold the pose correctly. Ease can be found the easy flow of receiving and releasing of your breath, in a soft jaw, soft eyes, a smile. If you don't need muscular effort in your arms to create a particular pose, keep them soft while creating a bit of tension just in the fingers. This balance, between effort and ease, is at the very heart of the yoga practice, and it is a never-ending dance.

4 Weave a thread of awareness

Move through your practice with a sense of exploration by building an awareness of your body through each pose. While you are in any particular pose, stay present by scanning your awareness through your body, noticing any sensations as they arise. Notice the the different parts of the body required to move in and out of each pose and how they are connected. Notice the differences from side to side by pausing after each pose. Those sensations may be pleasant, unpleasant or neutral. Don't judge them. Just notice them. By noticing these sensations you will be experiencing each pose from a new perspective, almost as though you are experiencing them from the inside out.

5 Practice with kindness and compassion for yourself

Everything is changing, every day. What might feel good one day may not feel good another day, so just accept that and always do what feels right for your body. Stay aware, responsive and loving. A little discomfort during the practice is a good thing, a sign of effort. However, if at any time during your practice you notice pain, adjust your pose or come out of it. Like all movement activities, yoga is not without risk of injury. This can happen by pushing yourself to overstretch, or by ignoring sensations of pain, thinking you should just "push through." Pain does not equal gain. Be kind and patient a loving to your body, just like you would be to a dear friend (because it is a dear friend!)



CREATED IN COLLABORATION WITH JENNIFER REABURN

I am joyful and grateful to collaborate with Jennifer Reaburn, inspiring yoga and mindfulness teacher, to create this content for HUM. With kindness, compassion and creativity, Jennifer weaves a tapestry of mindfulness, poetry, gratitude, connection to the earth, the power of intention, reverence for the ancient teachings, and limitless curiosity into her yoga practice and her teachings. She practiced for 10 years before being called to teach. Now, trained in various styles of yoga, in evidence-based movement science, trauma-informed care, philosophy, breath work, and mindfulness meditation, she has a broad and varied palette to paint with when she teaches. Her ultimate goal as a teacher is to empower people with the tools to notice and choose what is right for them moment by moment, both on the mat and off. This is the beautiful spirit she brings to us through HUM.

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Thanks very much to www.zennomad.ca for the beautiful, eco-conscious yoga clothing worn in all the photos, and to Cedar Healing Arts Retreat Centre in Gravenhurst, Ontario, for the soulful space to practice.

MORE IDEAS AND INSPIRATION FOR YOUR HOME PRACTICE

Discover our library of information to inspire you on your yoga and meditation journey, to empower you to practice at home with confidence.

- More Intention Based Sequences
- 9 Tips to Get Started with Your Personal Home Practice
- Everything you Need to Know About Props
- Get Comfortable for Meditation
- 5 Easy Meditations and How to Get Started
- Create Your Sanctuary

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HUM[®]

YOGA & MEDITATION
ESSENTIALS

JUST BE HERE

Everything we do at HUM is designed to help you on your journey towards a higher vibration, to get more joy, peace, balance and clarity in your life through the power of a daily home practice of yoga and meditation.

Our inspiring content and thoughtfully-designed, ethically-made yoga and meditation tools will empower you to practice with confidence and help you to create an easy, enjoyable, and motivating home practice.

Discover our exclusive collection of practice essentials and little luxuries that are beautiful, useful, earth conscious, created with great care for quality and a human touch. Each piece has been specially designed and made exclusively for HUM, or handpicked for their uniqueness and their support of local artisans.

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