



HUM[®]

SO HUM ◉ I AM
CLARITY

Yoga ◉ Meditation ◉ Inspiration





"I had a moment of clarity, saw the feeling in the heart of things, walked out to the garden crying. "
~Allen Ginsberg

"When your attention moves into the Now, there is an alertness. It is as if you were waking up from a dream, the dream of thought, the dream of past and future. Such clarity, such simplicity. No room for problem-making. Just this moment as it is."
~Eckhart Tolle

"For me the greatest beauty always lies in the greatest clarity."
~Gotthold Ephraim Lessing





THE PRACTICE SEQUENCE

Clarity requires the ability to see things differently, to see things from different angles, like gazing into the many facets of a gem. It requires the ability to step back, let go, and trust. This sequence has a combination of longer hold stretches and angled poses that get energy flowing in different areas of the body. If you are seeking clarity, just taking the time to breathe and be in your body can help you access the deep inner wisdom within. 10 - 15 minutes



1
EASY POSE



2
KNEE TO NOSE POSE



3
WIDE LEGGED FOLD



4
CAT-COW POSE



5
DOWNWARD FACING DOG



6
EXTENDED SIDE ANGLE



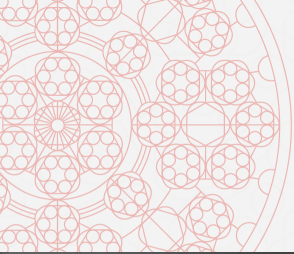
7
REVOLVED SIDE ANGLE



8
SAVASANA



9
HEART CENTRED MEDITATION



THE POSES EXPLAINED



1

EASY POSE

Sukhasana

Begin in Easy Pose (sukhasana) to arrive and ground. Feel free to sit up on your bolster or cushion, and allow your sitting bones to ground towards the earth. Align your spine in a tall and easeful way; pelvis neutral, ribcage over hips, shoulders relaxed and centred, ears over shoulders, neck long. Place your hands on your knees or thighs, palms down. Close your eyes. Relax into the natural flow of your breath.

If there is something you are seeking clarity about, acknowledge your query and then let it go, breath by breath, and focus on this moment and the sensations in your body. Throughout your practice today, trust that the body knows, your heart knows, and keep returning to centre. You might say "Thank you, inner wisdom, for leading me to clarity."



2

FOREHEAD TO KNEE POSE

Janusirsasana

Extend your left leg out in front of you with a slight bend, and bring the bottom of your right foot to the inside of your left thigh, letting the knee drop outward. Align your torso with your extended leg, and gently fold forward, supporting yourself with your hands on either side of your leg. If your bent knee is uncomfortable you may like to support it with a block or bolster. Do be gentle - allow gravity to do most of the work, and never pull yourself beyond the fold that is comfortable. If you have acute lower back disc issues, you should avoid placing backward pressure in your lower back - honour this limit by folding with a straight back and focusing only on the leg stretch, or lie down on your back and bring one leg to you with a strap instead.

Stay for 10-20 breaths, breathing slowly and evenly, noticing the different sensations in your body. Slowly release and repeat on the other side.



3 SEATED WIDE LEGGED FORWARD BEND

Upavistha Konasana

Seated with neutral pelvis (a folded blanket under your hips can help with this) extend your legs as wide away from each other as you comfortably can. Hug the muscles into the bones, flex your feet, and hinge gently forward at the hip and walk your fingertips forward until you feel a nice stretch up your inner legs. If folding forward isn't accessible, place your hands behind you and work towards neutral pelvis. Keep your spine long and your heart lifted.

Stay for 10-20 breaths. Stay responsive and mindful - present with the sensations you have in your body today, and let go of any ideas of where/how you "should" feel.

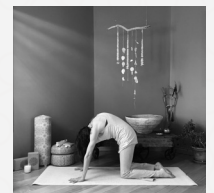
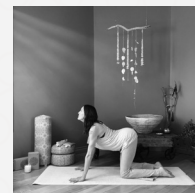
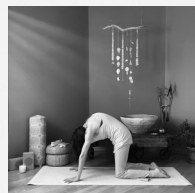


4 CAT-COW POSE

Marjariasana-Bitilasana

Set up on hands and knees, with your shoulders over your wrists and your hips over your knees. Move slowly and with your breath; as you inhale, tip your tailbone to the sky, drop your navel, pull your collar bones forward and look up; as you exhale, curl your tailbone under, round your back to the sky, draw your navel to your spine, and drop your head towards your chest. Scan your awareness through your whole spine from your tailbone to the crown of your head on every breath, listening to every inch of your spine and allowing the sensations to lead you into understanding.

If your knees are uncomfortable feel free to place a folded blanket under them for some extra cushion.





5

DOWNWARD FACING DOG

Adho Mukha Svanasana

Come forward onto hands and knees 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!) Explore and make little adjustments to find a pose that feels good. Keep rooting your awareness to your breath and the sensations in your body. Clarity comes not from thinking, but from feeling. Trust your body.

Stay for 3-5 breaths.



6

EXTENDED SIDE ANGLE

Utthita Parsvakonasana

From Downward Dog drop bring your right foot forward between your hands, knee over heel, pointing straight forwards. Pivot your back foot down and align your front heel with the arch of your back foot. Ground through all four corners of both feet, and slowly rise up to place your right forearm on your right knee. Adjust your stance so your front knee can bend towards 90 degrees and your back leg is straight. Bring your left hand to your left hip, and start to bring your left shoulder onto your back, coming into a gentle twist. Find length through both sides of your torso, neutral pelvis, and neutral lower back. Look over your shoulder and keep the back of your neck long as you reach your left arm up alongside your ear, extending long from the rooted outside edge of your back foot through to the fingertips. Breathe into your pelvis and scan your awareness through your body.

Stay for 5 breaths.

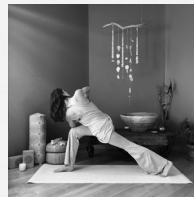


7

REVOLVED SIDE ANGLE

Parivrtta Parsvakonasana

From Extended Side Angle, drop your hands to the floor, square your hips, and place your left knee down on the floor. Bring right hand to right thigh. Engage your left glute for stability, and hug your leg muscles towards the bones. Slowly rise up and reach your left arm to the sky. With your back straight, lean forward and rotate your torso to the right, bringing your elbow towards the outside of your left knee. (It is fine if it doesn't get there!) If you have your elbow to the outer knee, press your palms together, elbows wide, point your fingers towards your chin, look over your back shoulder. If your wrist or forearm is pressing into your outer knee, bring your right hand to your right hip, shoulder blade back, and rotate to look over your back shoulder. Keep the back of your neck long. Breathe evenly and slowly. Stay for 5 breaths and then



release back to hands and knees and press back to Downward Facing Dog.

Step the left foot forward and repeat BOTH Extended Side Angle and Revolved Side Angle Poses on this side.



8

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.

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.



9

HEART-CENTRED BREATHING

The HeartMath Institute has done a lot of research about the benefits of aligning the energy of your heart, mind, and emotions. Focusing your attention at heart centre for several minutes can create a state of clarity and calm; a state in which you can access your inner knowing. To practice their simple, effective Heart-Centred Breathing technique, come to sit in a comfortable seated position, with a neutral pelvis and spine. This means sitting on a meditation cushion, or on a straight-backed chair with your feet on the floor.

Place your hands over heart centre and Imagine your breath is flowing in and out of the heart area or center of your chest. Take slow, relaxed breaths, and continue to focus on the movement of your breath in and out of your heart.

Breathe here for about five minutes (set a timer perhaps, or play a favourite, beautiful piece of music to meditate with.)

After, check in with how you feel - trust the clarity that arises from your heart.



A RITUAL TO EMPOWER YOUR PRACTICE

One of the easiest rituals you can do is to light a candle. This time, do it consciously, with clear intention. At the beginning of your practice, light a candle as a symbolic gesture to invite clarity. At the end of your practice, as you blow out your candle, send a whoosh of positive thoughts and support out to the world. (Don't forget to keep the candle flame away from drafts, draperies and other flammable materials and never leave it unattended.)

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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

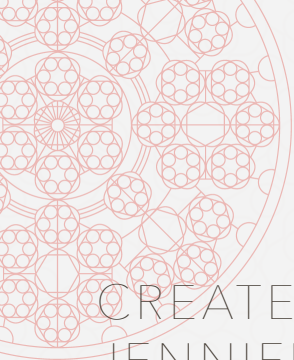
In most poses you need a certain amount of muscular tension to create stability, strength and proper alignment for a yoga pose. This is the EFFORT, found by engaging the muscles needed to hold the foundation of the pose. Balance this intelligent effort with EASE. Ease can be found in the parts of your 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.

@jenreaburnyoga
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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

And much more. [CLICK HERE](#) or visit the [PRACTICE](#) page at www.hum.life





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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