



HUM[®]

SO HUM ◉ I AM
CONFIDENCE

Yoga ◉ Meditation ◉ Inspiration



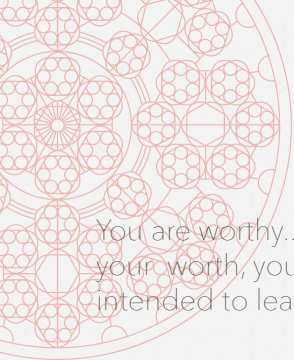


*“Once we believe in ourselves, we
can risk curiosity, wonder, delight,
and any experience that reveals
the human spirit.”
~ E.E. Cummings*

*“Accept who you are; and revel in it.”
~ Mitch Albom*

*“Man often becomes what he
believes himself to be. If I keep on
saying to myself that I cannot do a
certain thing, it is possible that I may
end by really becoming incapable
of doing it. On the contrary, if I have
the belief that I can do it, I shall surely
acquire the capacity to do it even if I
may not have it at the beginning.”
~ Mahatma Gandhi*





THE PRACTICE SEQUENCE

You are worthy... Only you are you, and only you can offer what you have to offer, in your way. When you claim your worth, your voice, your body, your NOW with confidence, the whole world benefits. This sequence is intended to leave you standing tall and proud, filled to the brim with confidence. 10 - 15 minutes



1
HERO POSE



2
DOWNWARD FACING DOG



3
FIERCE POSE



4
TADASANA AND SUN RISES WITHIN



5
WARRIOR II + VULNERABLE WARRIOR



6
WARRIOR III



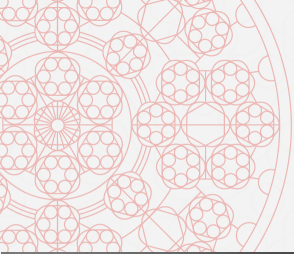
7
CHILDS POSE



8
SAVASANA



9
SO HUM MEDITATION



THE POSES EXPLAINED



1

HERO POSE (on a block)

Virasana

Begin in Hero Pose (Virasana) to repose in your inner strength and worthiness. From all fours, bring your knees slightly inward and place a yoga block between your ankles. Press down evenly through the tops of your feet with your toes spread wide. Gently lower your hips back to sit down on the block (make your seat as high as it needs to be to be comfortable for your knees, using another block, a folded blanket, or a bolster.) Once seated, place your hands face down on your thighs, ground down through the base of your pelvis, and rise up tall through your spine.

Stay for 10-20 breaths.



2

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!) Have the confidence to explore and make little adjustments to find a pose that feels good. Trust your body.

Stay for 3-5 breaths.



3

FIERCE POSE

Utkatasana

From Downward Facing Dog, walk your hands back towards your feet to a forward fold with your knees nice and bent. Sink your hips back like you are sitting back into a chair and bring your hands to your hips while you lift your chest forward and up. Engage your core to support your lower back. Release your hands from your hips and bring your arms up alongside your ears. Continue to send your sitz bones back while simultaneously lengthening and lifting through your spine and heart. Look straight forward, keeping the back of your neck long and your gaze focused.

This pose is all about finding fierce inner strength and breathing calmly while you are sitting in intense effort.

Stay for 5 breaths.

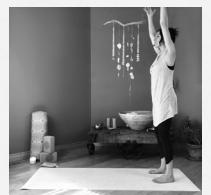
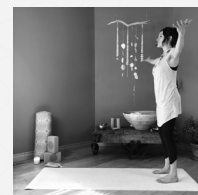
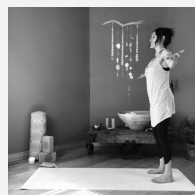


4

MOUNTAIN POSE WITH SUN RISES WITHIN VISUALISATION

Tadasana with Visualization Meditation

Rise up to standing, feet firmly rooted hip width apart and parallel, and your spine tall. Turn your palms forward to greet what is coming. Stand how you want to walk through life. Tall. Open. Strong. Confident. Loving. Scan your awareness through your body from crown to feet as you inhale, and from feet to crown as you exhale. Imagine the sun breaking over the horizon in front of you, the golden rays shining on your body and shining within at the same time. Slowly raise your arms out to the side and up to the sky, and visualize your whole being filling with the golden light of unshakable confidence. Slowly lower your arms back down to your sides, palms forward.





5

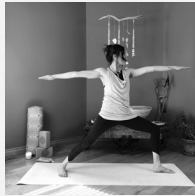
WARRIOR II + VULNERABLE WARRIOR FLOW

Virabhadrasana II + Viparita Virabhadrasana

Step your right foot forward and your left foot back into a stable, wide stance. Front foot points forward, back foot turned at about a 45 degree angle. Ground evenly into all four corners of both feet and draw energy from the earth up into your heart. Expand from your heart through your arms into Warrior II - right arm forward, left arm back, wingspan wide, palms down. Gaze beyond your front fingertips, channeling the energy of your inner warrior. Stay for 5-10 breaths.

To transition into Vulnerable warrior, keep the length in your spine as you drop your left hand to your left leg, and reach your right arm up to the sky. In this pose you expose your vulnerable side -- the ultimate expression of courage and confidence. Stay for 5 breaths.

Return to Warrior II and bring your hand to your hips. Pivot on your feet to face the left foot forward and turn the right foot in. Repeat Warrior II and Vulnerable Warrior on this side.



6

WARRIOR III

Virabhadrasana III

From tadasana, with your feet rooted, hip width apart, reach your arms to the sky. Transfer your weight to your right foot. Try to keep a straight line from your left leg, through your spine, and start to fold at the hip. Keep your core engaged, and your hips square. Fold towards parallel to the ground. Prioritize stability and alignment, and don't worry about which angle you fold to. Another option is to have your hand to your hips. Confidence is about finding what works for you, and also about exploring your limits. Fly!

Repeat on the opposite side.





7

CHILD'S POSE

Balasana

Come down to hands and knees, and bring your knees a bit wider than your hips and your big toes in to touch. Bring your hips back towards your heels, and allow your spine to relax and release as you bring your forehead to rest on stacked fists, forearms, or to the floor. You can also extend your arms back towards your heels.

Child's pose is a time to turn in and rest, and remember the divine inner spark that is within. You don't need to do anything to earn worthiness and confidence -- it is your birthright. Breathe and receive the support from the earth.

Stay for 1-3 minutes.



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

SO HUM MEDITATION

Leave yourself some time for meditation at the end of your practice. An ideal meditation for gaining personal insights is the SO HUM mantra meditation.

This is a powerful, contemplative meditation, connecting you to the ultimate “am-ness” of humanity, to your own true self. “So hum” means “I am that”. You can use this mantra to firmly anchor your high vibration intention into your heart, reminding yourself: I am Confidence.

Sit comfortably, upright on a meditation cushion or on a straight-back chair with your feet on the floor. Close your eyes.

Begin by bringing your attention to the flow of your breath, in and out through your nostrils. When your focus has settled, begin silently repeating the mantra: as you inhale say “so” to yourself, as you release your breath say “hum”. Continue breathing naturally and repeating the mantra with each breath. If your mind wanders, simply bring it back to your mantra.

You might like to set a timer for 5 or 10 minutes. Or stay here for as long as you like.



A RITUAL TO EMPOWER YOUR PRACTICE

Do you have any palo santo, sage, or another favourite natural incense? If so, you might like to conduct a simple smudging ceremony to cleanse away any negative energy that is blocking your confident glow, and to invite in positive energy. Light your palo santo, sage or incense then fan out the flame to create a beautiful fragrant smoke. Ask that any negative energy be cleansed away, and then carefully fan yourself, back, sides and front, with the fragrant smoke, starting at your feet and working your way all the way up to the crown of your head. Place your smudge to the side in a safe burning bowl, bring hands together, and feel yourself shift.

*This can be done before practicing the I am Confidence sequence, or at any other time.

**Be sure use your burning incense with care and safety, never leave it unattended.

SO HUM : I AM
CONFIDENCE



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

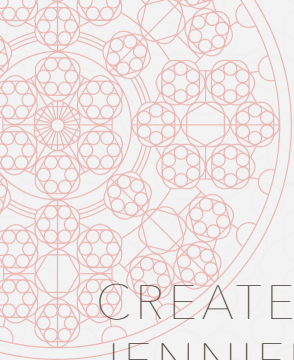
In most poses you need a certain amount of muscular tension to create stability, strength and proper alignment for a yoga pose. This is the EFFORT, found by engaging the muscles needed to hold the foundation of the pose. Balance this intelligent effort with EASE. Ease can be found in the parts of your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

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.

www.hum.life

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