



HUM<sup>®</sup>

SO HUM ◉ I AM  
**GRATITUDE**

Yoga ◉ Meditation ◉ Inspiration









*"If the only prayer you ever say in your entire life  
is thank you, it will be enough."*

*~ Meister Eckhart*

*"I know for sure that appreciating whatever shows  
up for you in life changes your personal vibra-  
tion. You radiate and generate more goodness  
for yourself when you're aware of all you have  
and not focusing on your have-nots."*

*~ Oprah Winfrey*

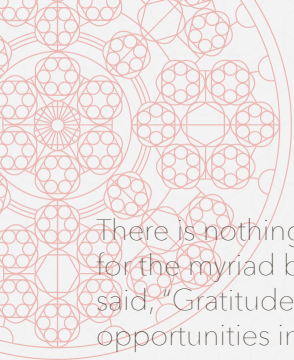
*"Gratitude is the field where happiness  
flowers."*

*~ Jennifer Reaburn*

*"Gratitude in advance is the most powerful  
creative force in the Universe."*

*~ Neale Donald Walsh*





# THE PRACTICE SEQUENCE

There is nothing more powerful than to practice being grateful for your body, for each moment, for each breath, for the myriad blessings that shower upon you every single moment of every single day. As William Arthur Ward said, "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

People who regularly practice gratitude are happier, less stressed and anxious, more resilient, more compassionate, they feel more connected, they sleep better, they even have a better immune system. This sequence will help you slow down, take notice, acknowledge your blessings and show your appreciation. Make this slow-flowing sequence a gratitude prayer from your heart.



1  
GRATITUDE MEDITATION



2  
PRANAMA FLOW



3  
DOWNWARD FACING DOG



4  
HUMBLE WARRIOR



5  
HEART MELTING POSE



6  
SEATED FORWARD FOLD



7  
SAVASANA



# THE POSES EXPLAINED



1

## GRATITUDE MEDITATION IN EASY POSE

Start in a comfortable seated position to ground and arrive in your practice. You may wish to prop yourself up on a meditation cushion or folded blanket to gently tilt your pelvis forward and maintain the natural curves of your spine. Align your spine in a tall and easeful way, ribcage over hips, shoulders relaxed and centred, ears over shoulders, neck long. Sit with dignity. Place your hands on your knees or thighs, palms up in a gesture of openness or down if that's more comfortable. Close your eyes.

Relax into the natural flow of your breath, and allow yourself to receive each inhalation as a gift, and offer each exhalation as a prayer of gratitude. Notice the movement in your body, notice all the sensations present. Allow your mind to contemplate all the things you have to be grateful for in your life.

Stay in this meditation for about 5 minutes.

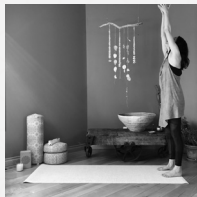
## 2

# PRANAMA FLOW

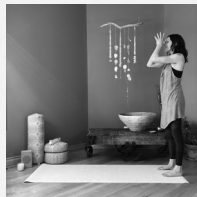
Pranāma is a sanskrit word meaning to bow down in reverence. This simple flow is a prostration, a reverential bow, to all you have to be grateful for. Move slowly, deliciously, luxuriate in your body, make this flow a gratitude prayer from your mind, breath, and heart. Here is how to do it.



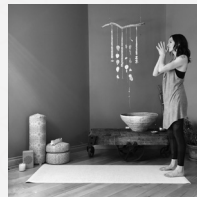
1. Mountain pose - stand at the back of your mat in mountain pose (tadasana). Ground into all four corners of your feet and rise up through your crown. Allow your breath to expand and contract evenly in your back, sides and front body. Slowly bring your palms together in front of your heart in an attitude of gratitude.



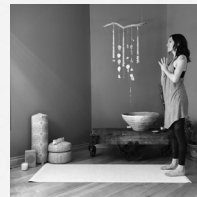
2. Inhale - Bring your palms together overhead.



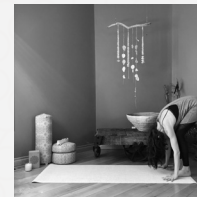
3. Exhale - Bring hands to forehead...



4...to your lips...



5...to your heart...



6... and down into standing forward bend.



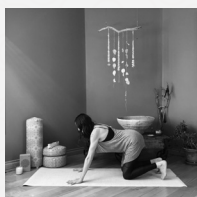
7. Lower your body to the earth.



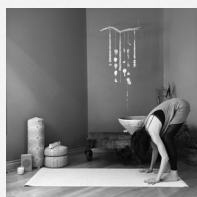
8. Reach your arms forward and rest forehead on the ground -- this is a full body/mind/heart bow, so really bring the energy of bowing in gratitude. Stay for three breaths, and notice the movement in your body against the floor and in your back.



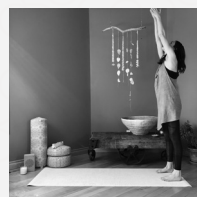
9. Locust Pose (salambasana) - interlace your hands behind your back and open and lift your chest as you reach back with your hands and press your upper arm bones together. Release your arms on an exhalation.



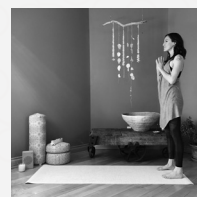
10. Release your hands down and press back into table top or plank.



11. Walk your hands back towards your feet and come into a gentle forward fold (uttanasana).



12. Inhale - Rise up to standing and bring your hands together overhead.



13. Exhale - Hands to heart. Pause to feel your breath, the movement in your body, your heartbeat, you life force energy, the energy of gratitude circulating through your body/mind/heart.



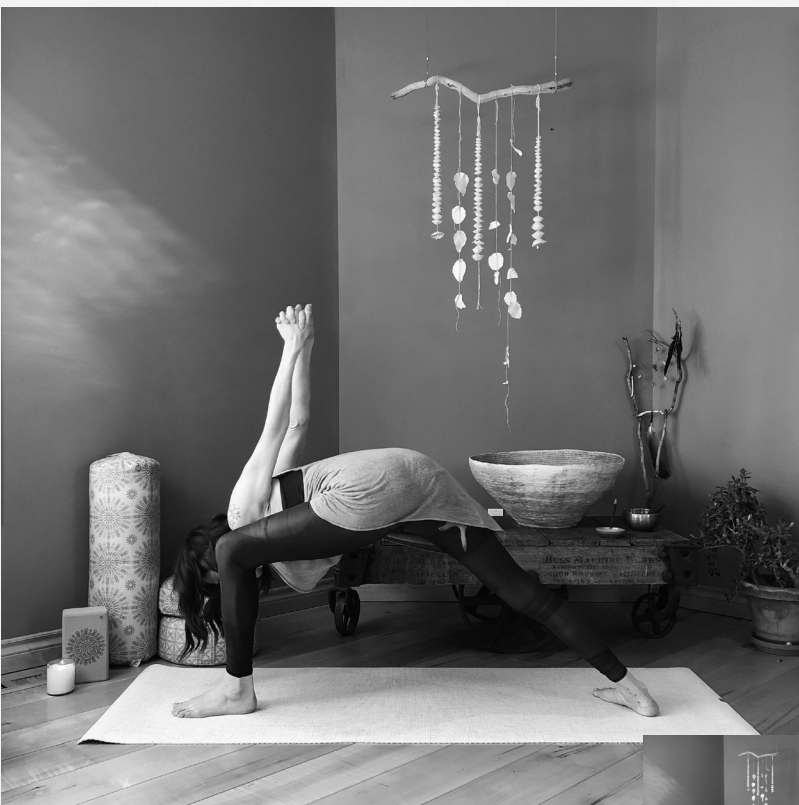


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## DOWNWARD FACING DOG

Adho Mukha Svanasana

Come to hands and knees; shoulders over wrists, hips over knees. Align your index fingers parallel and pointing straight forward, fingers spread evenly. Press down through your knuckles and fingertips, rooting into the floor (make sure to keep from placing too much pressure in the base of your palms to protect your wrists.) Walk your knees back a few inches, toes curled under. Keep your arms strong and straight, and your shoulders away from your ears. Start to lift your hips up and back, pressing a long straight line through your spine, from crown to tailbone. Visualize the luxurious way a dog comes into this pose, reaching back and lengthening after a nap. Work to keep your lower ribs tucked into your body, and breathe into your back and sides. Start to press your legs straighter, rooting your heels down towards the floor. If you find your lower back is rounding, step your feet back a little further, or keep your knees bent. Prioritize the length of your spine.

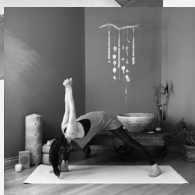


6

## HUMBLE WARRIOR

Baddha Virabhadrasana

From downward dog (or hands and knees), step your left foot between your hands and align your knee over your heel. Ground all four corners of your back foot, turn your toes out at 45 degrees, leg strong and straight. Line up your left heel with the arch of your right foot. Find your roots and slowly rise up to standing. Ground through all four corners of both feet, and hug the muscles of your legs towards the bones, keep equal weight through both feet. Clasp your palms behind your back and hinge forward at the hip, leading with your heart, to fold to the inside of your front knee. Once you have folded with a straight back as far as you can comfortable, you may release your head and neck gently, and continue to press your upper arms towards each other as you reach your hands towards the sky. Embody the humble warrior -- scan your awareness and gratitude through your whole body. Stay for 5 breaths, then slowly rise up, unclasp your hands and return to downward dog. Repeat on the other side.





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## HEART MELTING POSE

Anahatasana

Come down to your hands and knees. Keep your hips over your knees, and walk your hands forward, allowing your head and chest to release towards the ground. Keep your arms engaged and your elbows lifted. Breathe slowly and evenly as your spine releases into this gentle extension.

Start with 3-5 breaths, and stay longer as is comfortable. To release, walk your hands back under your shoulders and notice the sensations in your spine and shoulders.



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## SEATED FORWARD FOLD

Paschimottanasana

Sit with your legs extended forward and your sitz bones propped up on a folded blanket at the height that allows you to have a neutral pelvis (your front hip points in line with your pubic bone). You may have a slight bend in your knees or even slide a blanket or bolster under them. Allow your spine to fold gently forward towards your legs, and release your neck and head. Avoid excessive pulling with your arms, and just allow gravity to work its gentle, consistent magic on the whole back chain of your body. Relax and receive and breathe slowly and evenly. Notice every sensation and every breath with gratitude for what is.

Stay for at least ten breaths, or for up to several minutes as long as you are comfortable.





# 9 SAVASANA

Come down for your final rest position, either in Savasana with your arms and legs extended, or with your knees bent if that is more comfortable. Release into the floor with gratitude for the earth beneath you, for your breath, for the air around you, for your beating heart, and for the very gift of existence.

Stay and breathe for at least 5 minutes, returning to your breath and body whenever you notice your thoughts have carried you away.

You might set a timer for 5 minutes, or rest here as long as you would like.



## A RITUAL TO EMPOWER YOUR PRACTICE



Take a few minutes at the end of this practice to write down all the things you have to be grateful for, or about how you feel after this practice. There are many benefits you can derive from making gratitude journaling a part of your every day life; gratitude is the field where happiness flowers.

SO HUM : I AM  
GRATITUDE





# 5 ESSENTIAL 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

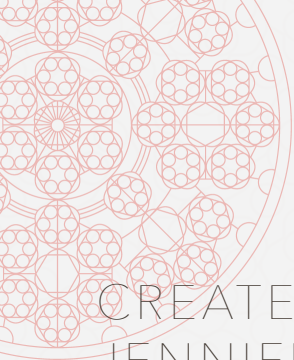
In most poses you need a certain amount of muscular tension to create stability, strength and proper alignment for a yoga pose. This is the EFFORT, found by engaging the muscles needed to hold the foundation of the pose. Balance this intelligent effort with EASE. Ease can be found in the parts of your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

YOGA & MEDITATION  
**ESSENTIALS**

JUST BE HERE

HUM is the place to be to find all the right tools, information and inspiration for your yoga and meditation journey, everything you need to build your daily home practice and to create your practice sanctuary. So that you can find your highest vibration, get harmonic, follow your own hum.

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

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