



HUM<sup>®</sup>

SO HUM ◉ I AM

J O Y

Yoga ◉ Meditation ◉ Inspiration





*"There are two ways of spreading light: to be the candle, or the mirror that reflects it."  
~ Edith Wharton*

*"Joy is what happens to us when we allow ourselves to recognize how good things really are."  
~ Marianne Williamson*

*"Joy is a decision, a really brave one, about how you are going to respond to life."  
~ Wes Stafford*

*"The joy we feel has little to do with the circumstances of our lives, and everything to do with the focus of our lives."  
~ Russel M. Nelson*

*"Find a place inside where there is joy, and the joy will burn out the pain."  
~ Joseph Campbell*





# THE PRACTICE SEQUENCE

This short sequence is about cultivating joy - it is about BEing joyous, with intention. It is this intention that will flavour the poses; you are invited to luxuriate in the process, the breath, the movement - to savour each sweet sensation in your precious, precious body. Be brave enough to recognize how good things really are, and to express that through the practise. Enjoy! 10 - 15 minutes



1  
MOUNTAIN POSE WITH LOTUS HANDS



2  
DANCE/SHAKE YOUR JOINTS



3  
FALLING TREE



4  
SPINAL ROLLS



5  
HALF SUN SALUTATION



6  
LUNGE CROSS TWIST



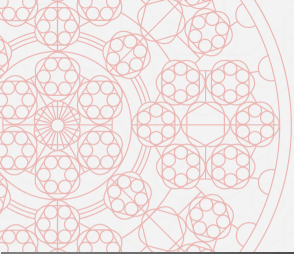
7  
CAMEL POSE WITH OPEN ARMS



8  
HAPPY BABY POSE



9  
SAVASANA & VISUALISATION MEDITATION



# THE POSES EXPLAINED



1

## MOUNTAIN POSE WITH HEART 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 an expression of the joy within, offered outward from your heart. Call up how it feels to be joyous in your body, and allow yourself to smile. Notice how that feels.

Stay and breathe until you have found the feeling you want to carry through the rest of the poses.



2

## DANCE/SHAKE YOUR JOINTS

Wake up and free up your body to flow with the energy of joy by moving through your body from your feet to your head, rolling and gently shaking out your feet and ankles, your hips, your shoulders, and your neck and head.

Then keep your feet rooted firmly, and explore how you can move your spine in spirals, rolls, waves.

Visualize releasing any stuck energy that blocks your bliss. It doesn't matter how it looks, but it does matter that it feels fun, joyous, and freeing.



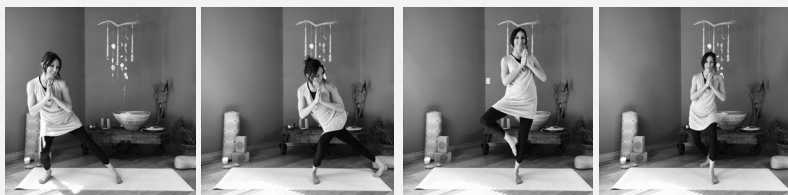


### 3

## FALLING TREE

A playful version of Vrksasana

This series of movements is a great opportunity to have some fun and play with balance and strength. It is challenging and you will wake up lots of stabilizer muscles, so keep your intention to BE Joy! Bring your hands together at heart centre, and shift your weight to your right foot. Lift your left knee out to the side and hover your left foot as high up the inner right leg as you can, waking your hamstrings. Lunge as far forward as you can with the left foot, shift your weight into the left foot, then spring back to centre to refind your balance. Repeat this process, lunging straight back behind you, and then over to the right, reaching your left foot all the way behind your right leg and as far over to the right as you can. Repeat on the other side.



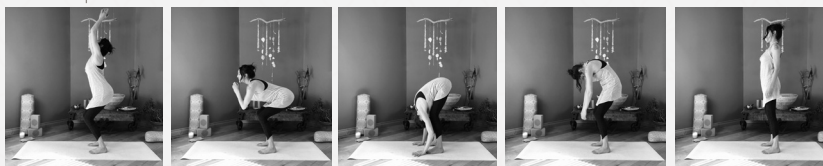
### 4

## SPINAL ROLLS

Stand with your feet parallel and hip width apart. Find a sense of energy rising up from your feet, up your inner thighs, and lengthening your spine. Bend your knees and keep your arms and shoulders loose as you fold forward from your hips, sending your hips back and rounding gently through your back and neck. At the bottom of this movement, press down through your feet and lift through the muscles along the front of your spine to roll back up standing, fluid and easeful.

The intention here is to find joy in fluid movement, and wake up and release your spine.

Repeat 3-5 times.





5

## HALF SUN SALUTATIONS

Ardha Surya Namaskar

Carry your spinal rolls into a lovely, rolling half salutation. Inhale as you open your heart and reach your arms up towards the sky. Bring your palms together. Exhale as you bring your prayer hands down to the earth, folding forward at the hips and rounding your spine. Take a full breath cycle as you slowly roll back up, inhaling and exhaling up to standing, and carry fluidly right into your next salutation, starting to open across your chest and raise your arms, rooted to the earth and reaching for the sky.

Find the flow, feel your way, and cultivate a deep appreciation and fascination for the intricacies of your movement. Let this flow be an expression of joy. Repeat 2-5 times.

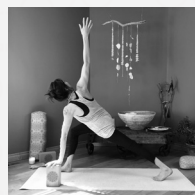


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## LUNGE CROSS TWIST WITH A BLOCK

Come down to knees and set up your blocks at the front of your mat, about mat width apart. Place your hands on your blocks and step your left foot forward between them for a high lunge, with your right leg strong and straight, inner thigh lifting towards the sky and your left shin vertical (knee over heel). Come into the twist by lifting your left elbow up to the sky, rotating your torso, and expressing your arm joyously up to the sky. Keep your lower back long and work to open wider across your collarbones. Take 5 slow breaths here, and return your left hand to the block.

Step your right foot forward and your left foot back into your high lunge, and twist to the other side.





7

## CAMEL POSE VARIATION

Ustrasana with heart open arms

Come to kneel with your knees and feet hip width apart. (Toes can be pointed straight back or curled under - whatever is most comfortable for your ankles.) Find neutral pelvis and lengthen through your spine, engaging your deep abdominal muscles to protect your lower back from compressing. Reach your arms to the sky. Pull your elbows wide and down using your arm and back muscles as though you are actively pulling something down towards your chest, while simultaneously lifting your collarbones up toward the sky, extending your upper back, and lengthening through your neck to look up. It is work in this pose to maintain length through your spine to avoid the discomfort of over-compression, just like we have to put forth brave effort to choose joy in our everyday lives.

Hold for 3-5 breaths and release gently.



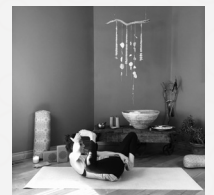
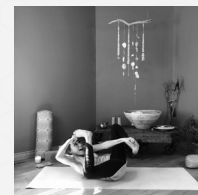
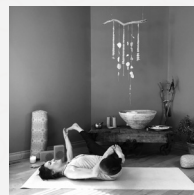
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## HAPPY BABY POSE

Ananda Balasana

Come to lie down on your back, and bring your knees in towards your chest. Reach your arms to the inside of your legs and take hold of your big toes with your peace fingers (you could also grab the outside edges of your feet.) Pull your knees out and down towards your armpits, and shine the soles of your feet to the sky.

Happy babies revel in the joy of exploring life through their bodies! Play. Explore the possibilities of movement, stretching and moving your legs. Can you bring your big toe towards your forehead? You never know unless you try! ;)







## 9

# SAVASANA & VISUALISATION MEDITATION

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.

Choose this resting time to practice a beautiful visualisation meditation, staying alert while you rest.

Think of a place where you have felt greatly happy and joyful. It could be a beautiful place in nature you have been to, a beach, a forest, a mountain, it could be a family moment you cherish, or a place and time spent with a dear friend. Then imagine yourself back there and remember all you can about it. Remember the sights, the sounds, the fragrances, perhaps the tastes that you experienced. Think of all the details...the time, the season, all the colours that surround you, the people you were with, what you were experiencing in that moment... Remember how you were feeling in that place, in that moment remember the joy and the peace, the sense of bliss. Be there in those joyful moments for as long as you like. And then bring all those beautiful sensations and feelings into the present moment. When you are ready bring your awareness back into the room.

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



## RITUALS TO EMPOWER YOUR PRACTICE



You are born joyful. Joy is in your DNA. Here are two rituals to reconnect with joy.

1) At the start of your practice, light some all-natural incense to reconnect with your higher joyful self. As you light your incense, focus on remembering a moment of intense, child-like joy. It could be a memory of yourself doing something, or a memory of a child you know.

Any moment that made you laugh and feel ultra-happy.

2) After your practice, do something playful to reconnect with your inner child. Blow bubbles, play with a hula-hoop, roll around on the grass, read a children's book, make a fort, build a sandcastle...

Just let go of the need to control, do anything that makes your heart sing.

SO HUM : I AM  
JOY



# 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

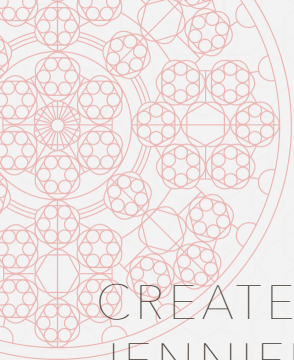
In most poses you need a certain amount of muscular tension to create stability, strength and proper alignment for a yoga pose. This is the EFFORT, found by engaging the muscles needed to hold the foundation of the pose. Balance this intelligent effort with EASE. Ease can be found in the parts of your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



*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

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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