



HUM<sup>®</sup>

SO HUM ◉ I AM  
LOVE

Yoga ◉ Meditation ◉ Inspiration





*"Love is the first seed of the Soul."  
~ Rig Veda x.29*

*"Your task is not to seek for love,  
but merely to seek and find all the  
barriers within yourself that you  
have built."  
~ Rumi*

*"A kind of light spread out from her.  
And everything changed color.  
And the world opened out.  
And a day was good to awaken to.  
And there were no limits to anything.  
And the people of the world were  
good and handsome."  
~ John Steinbeck*





# THE PRACTICE SEQUENCE

The world needs love and open hearts for it to flow through. YOU ARE LOVE, you vibrate with it, every breath you take, every move you make and every action you take can be an expression of this truth. You have to start with yourself. This is a quick and easy practice sequence to help you cultivate the high vibration of LOVE, to embody it and carry it off the mat. It is intended to open your heart centre, tend the sacred flame that's always there, and to allow you to shine love out into the world. 10 - 15 minutes



1  
EASY POSE WITH VISUALISATION



2  
SEATED TWISTS WITH BREATH



3  
SEATED SIDE BENDS



4  
CAT-COW POSE



5  
COBRA POSE



6  
DOWNWARD FACING DOG



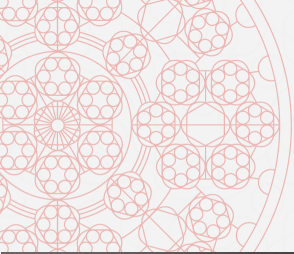
7  
CRESCENT MOON LUNGE



8  
SAGE TWIST



9  
LOVING KINDNESS MEDITATION



# THE POSES EXPLAINED



1

## EASY POSE WITH VISUALISATION 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 centered, 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. Every breath you receive is a gift, every breath you release is an offering. Meditate on this most basic and fundamental flow of love.

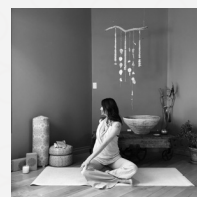
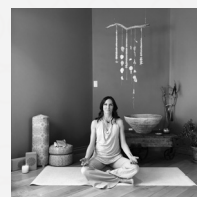
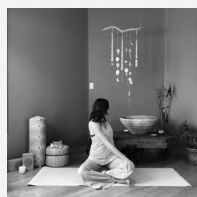
Shift your awareness to heart centre, and to any movement you notice there. Visualize a candle flame at heart centre, infusing your body with light from within, and shining outward like the rays of the sun which grace everything it shines upon. You may stay here for any length of time you wish, but aim for 5 minutes to start.



2

## SEATED TWIST WITH BREATH

This is a simple dynamic twisting sequence that gets your spine moving with your breath. Allow it to be an expression of love to your body; move slowly and easefully. From Easy Pose, with your sitting bones equally grounded and your spine tall, exhale and twist to the right, bringing your right hand to the floor behind you and your left hand to your right knee; look over your right shoulder. As you inhale, unwind back to centre, pausing to fully receive before exhaling to the other side. Repeat 10-20 times.

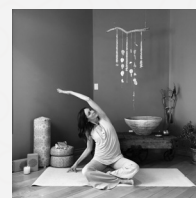
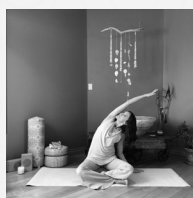




### 3 SEATED SIDE BENDS

Come back to centre. Bring your right hand to the floor beside you and reach your left arm up to the sky. Keep both sitting bones rooted and your spine long as you bend to the right. You may bend your right elbow or slide your hand further to the right as feels good for you. You can look forward or turn your gaze and chest slightly upward. Enjoy the spaciousness in your left side; practice with loving-kindness and gratitude for the gift of your body.

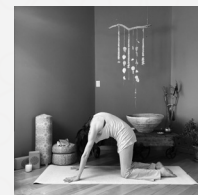
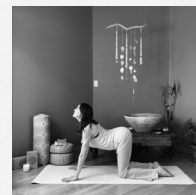
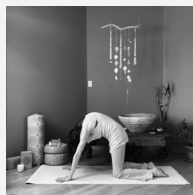
Stay for 3-5 breaths, then slowly return to centre. Take a few breaths while you scan your awareness through your body, then repeat on the other side.



### 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, bringing love to every inch of your spine and allowing it to flow through you.

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





5

## COBRA POSE

Bhujangasana

Lower onto your stomach. Engage the muscles of your legs and press them in towards each other like one long strong cobra tail. Press down through all ten toenails and down through your pubic bone. Bend your elbows and place your hands on either side of your ribcage, pressing firmly into the earth and trying to pull your hands back towards your hips. Lift the heads of your arm bones away from the floor and towards your back, and start to extend your spine forward and up, keeping the back of your neck long. The energy is grounded through your legs and pubic bone, and rising through to the crown of your head. Shine your heart forward and breathe softly and fully down into all sides of your ribcage.

Options: hold for 5 breaths, slowly lower, and repeat, or inhale as you lift, exhale as you lower, and repeat 5-10 times. See what feels best for your body today and honour it (practice love!)



6

## DOWNWARD FACING DOG

Adho Mukha Svanasana

Begin on hands and knees, shoulders over wrists, hips over knees. Align your index fingers parallel and pointing straight forward, all 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 back and then up, keeping 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. 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. Feel free to allow some movement; peddle your feet, shift from side to side, experiment with shoulder positions -- find your pose from the inside out.



7

## CRESCENT MOON LUNGE

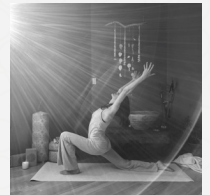
Anjanayasana

This pose is all about using the rootedness to the earth to open your heart and rise. It is a celebration of love.

From Downward Dog drop to hands and knees, step your right foot forward between your hands and align your right knee directly over your right heel. Press down through the top of your left foot, and engage the support of your legs to stabilize your pelvis by gently pulling your knees towards each other. Keep your left glute engaged and start to press your hips gently forward until you feel a stretch in the front of your hip. Reach your arms to the sky, palms facing inward, and lift your ribcage and shoulders away from your strong foundation. Keep breathing into your pelvis, grounded and stable while you reach and lengthen. A small back-bend might feel lovely.

Stay for 5 breaths, then slowly lower your hands and step back to hands and knees.

Repeat with the left foot forward.



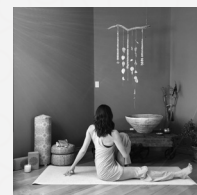
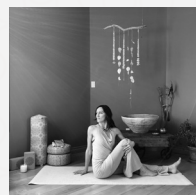
8

## SAGE TWIST

Marichyasana

Marichi means "ray of light"; a mythic seer who intuitively discerns the divine law.

Come to sit on the floor with your spine tall and both legs outstretched. You may wish to sit on a folded blanket, block or cushion to bring your pelvis to neutral. Bend your right knee and bring your heel close to your right sitz bone. Ground through the right foot, and keep the left leg engaged. With both sitz bones equally rooted, twist to the right, bringing your right hand around behind your back to support the lift in your torso. Wrap your left arm around your right knee, or hook your elbow to the outside of the knee, palm open and raised in offering. Lift and turn your heart and your gaze to the right. Imagine offering a shining ray of light from your heart to all it shines upon.



Repeat on the left side.





## 9

# LOVING-KINDNESS MEDITATION

Metta Bhavana

Offering Metta, or Loving-Kindness, is a beautiful practice from the Buddhist tradition. The idea is that when we offer love and kindness to others, it flows more freely through us and creates a more peaceful, loving life for ourselves as well as others. In the cultural context in which this practice originated, it was assumed that it would be easiest to offer loving-kindness to ourselves first, and then to expand that outward. In our present day world, this is not always the case. Sometimes it is easiest to offer loving-kindness to a loved one first, to teach our heart how to feel when it is time to offer to ourselves. Start where it makes sense to you.

To do this practice, come into a comfortable seated position with your spine tall and your breath relaxed. You may wish to sit on a cushion to keep your spine in its natural curves, for more comfort. In your mind, direct the following phrases to yourself, to a loved one, to a person who is challenging for you to love, and to all beings everywhere. Notice how you feel as you visualize and direct your loving intentions. Ultimately this practice is meant to remind us, and to practice with the awareness, that we are all one; everyone just wants to be loved and understood, peaceful and connected, whether or not they walk skillfully in the world.

### **To yourself**

*May I be happy  
May I be well  
May I be free from suffering  
May I be free to grow and thrive*

### **To a friend/loved one**

*May you be happy  
May you be well  
May you be free from suffering  
May you be free to grow and thrive*

### **To a difficult person in your life**

*May you be happy  
May you be well  
May you be free from suffering  
May you be free to grow and thrive*

### **To all beings everywhere**

*May all beings be happy  
May all beings be well  
May all beings be free from suffering  
May all beings be free to grow and thrive*

*Bring your hands to heart centre. Visualize the candle flame burning within and shining outward. You are love. You are loved. Bow to your heart.*



## A RITUAL TO EMPOWER YOUR PRACTICE

Begin or end your practice by sending waves of loving kindness and positive vibrations to the rest of the world through the enchanting sounds of a Tibetan singing bowl, a bell or a chime.

SO HUM : I AM

LOVE



# 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

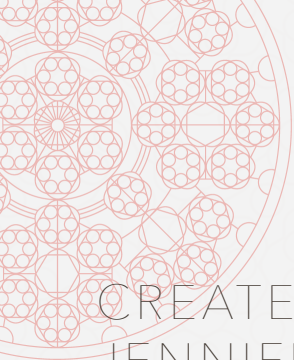
In most poses you need a certain amount of muscular tension to create stability, strength and proper alignment for a yoga pose. This is the EFFORT, found by engaging the muscles needed to hold the foundation of the pose. Balance this intelligent effort with EASE. Ease can be found in the parts of your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

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





# 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.

---

[www.hum.life](http://www.hum.life)

*© 2023 HUM Life Inc. This document is original content that has been created by HUM for your personal use. It may not be reproduced or reused in any manner whatsoever without the express written permission of the author.*