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Extra

The Practice

Center stand or sit, feel ground, feel the breath inhale whole chest, allow abdomen to release as diaphragm drops, exhale from perineum to pubis to navel by lightly tightening abdominal muscles. 3-4 breaths then use santosha aloud or to self on exhale. NOTE: they prefer santosha, familiar with word.

Standing arms at side. Right leg in front of left, body over center between 2 feet, hip width apart. Balance weighty grounding equally front and back foot.

INHALE (raise both arms overhead) stretch up, EXHALE (arms come down-chant SANTOSHA or say to self.) repeat 3-4 times. in option with forward fold they would exhale and fold over forward leg, Inhale come back to arms overhead then Exhale lower arms and use mantra again.

Practice and Client

Client loved the quote and wrote it down. They have a long way to go to refinding themselves. The idea of Tapas, Svadyaya, Isvara pranidhani is very alive here. They are working towards more journaling as the stress and survival mode calm down.