



Digital Pilgrim

21 Minute Practice Plan

This is a great plan for anyone who can only find 20 minutes for their personal yoga practice. You can fit it in any time of the day, although you will find it works best if there are a few hours between a meal and your practice.

- 1) 5 Minutes Makarasana (Crocodile pose for diaphragmatic breathing – You can find instructional video/s for Makarasana and diaphragmatic breathing @ Digital Pilgrim).
- 2) 7 Minutes Joints & Glands (Subtle physical practices with breath awareness – You can find instructional video/s for Joints & Glands @ Digital Pilgrim).
- 3) 9 Minutes Meditation (Using foundational meditation sequence – You can find instructional video/s for meditation @ Digital Pilgrim).

Take your time to come out of meditation slowly and bring your calm and joyful state of mind into the rest of your day.

Tip: You can boost your meditation practice by doing a **three minute meditation** many times throughout the day! You can find instructions for the three minute meditation @ Digital Pilgrim.

All yoga practices (including physical practices, breathing practices and meditation) are best undertaken with the personal guidance of an expert. Practices should always be performed with care and consideration of one's personal capacity. In case of any medical/health concerns related to your yoga practice, consult your doctor.