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Head Over Heels: A Yogi's Guide to Dating - Chapter 10 Mini Practice

This 3 minute **yoga** practice is for trust. This balancing series of tree pose and eagle pose helps you remain calm in the midst of ...

Head Over Heels: A Yogi's Guide to Dating - Chapter 13

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Mini Practice This 5 1/2 minute **yoga** practice is for sweet unfolding. This little hip opening and twisting series will help you settle and let go.

Head Over Heels: A Yogi's Guide To Dating

Head Over Heels: A Yogi's Guide to Dating - Chapter 9

Mini Practice This 3 minute **yoga** practice

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is for softening. This backbending series encourages softening as a way to become more open and ...

Head Over Heels: A Yogi's Guide to Dating - Chapter 3

Mini Practice This 2 minute **yoga** practice is for inward looking. Forward folds invite you to move inside, to connect more deeply to your inner ...

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Head Over Heels: A Yogi's Guide to Dating - Chapter 11

Mini Practice This 3
1/2 minute **yoga**
practice is for sensual
experience. This hip
opening sequence will
help you connect to
your hips and legs.

Head Over Heels: A Yogi's Guide to Dating - Chapter 5

Mini Practice This 4
1/2 minute **yoga**
practice is for clarity.

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As you practice, sense the Reality of your body in space. Where are your hips, your ...

Head Over Heels: A Yogi's Guide to Dating - Chapter 4 Mini Practice

This 4 1/2 minute sun salutation practice is for self expression. As you move through the series, explore how you like to move.

Head Over Heels: A

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Yogi's Guide to Dating - Chapter 12

Mini Practice This 2
1/2 minute **yoga**
practice helps you find
the space and power
that arises from
boundaries. This
backbending series of
locust ...

Head Over Heels: A Yogi's Guide to Dating - Chapter 8

Mini Practice This 3
minute **yoga** practice
is for fortitude. This

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fiery little series will help you connect to your core and your endurance.

Head Over Heels: A Yogi's Guide to Dating - Chapter 6 Mini Practice

This 3 minute **yoga** practice is for vision. Before you practice, take a few moments to visualize yourself: strong, capable, resilient.

Head Over Heels: A

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Yogi's Guide to Dating - Chapter 7

Mini Practice This 3 minute **yoga** practice is for transformation. This twisting series will help you connect to your core strength and the power of ...

Head Over Heels: A Yogi's Guide to Dating Chapter 2

Mini Practice This 3 1/2 minute **yoga** practice is for self connection. This little

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series will help you
connect to your body,
your breath and
your ...

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