



Five simple stems of lotus leaf yoga practice

- 1 ~ Engage fully with an open mind in your regular weekly class
- 2 ~ Practice yoga at home every day. Fifteen minutes is fine... an hour rocks.
- 3 ~ Go for a lovely walk outside every day. As long or as short as you like. Just walk and notice what's around you.
- 4 ~ Eat healthy, nourishing food, mindfully. Enjoy each meal or snack as a multi-sensory experience.
- 5 ~ Extend your yoga practice off the mat with small daily actions based on ten evidence based keys for happier living

January 2019 Action for happiness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	1 Yoga <input type="checkbox"/> Find 3 good things to look forward to in 2019	2 Yoga <input type="checkbox"/> Look for the good in others and notice their strengths	3 Yoga <input type="checkbox"/> Do three extra acts of kindness for other people	4 Yoga <input type="checkbox"/> Make time today to do something kind for yourself	5 Yoga <input type="checkbox"/> Say something positive to everyone you meet today	6 Yoga <input type="checkbox"/> Do an extra 15 mins of physical activity (ideally outdoors)
7 Yoga <input type="checkbox"/> Write down 10 things you feel grateful for in life and why	8 Yoga <input type="checkbox"/> Go to bed an hour earlier than normal	9 Yoga <input type="checkbox"/> Take 10 minutes to just sit still and breathe	10 Yoga <input type="checkbox"/> Use one of your personal strengths in a new way	11 Yoga <input type="checkbox"/> Learn something new and share it with others	12 Yoga <input type="checkbox"/> Ask other people about things they've enjoyed recently	13 Yoga <input type="checkbox"/> Thank 3 people you're grateful to and tell them why.
14 Yoga <input type="checkbox"/> Switch off all your gadgets 2 hours before bedtime	15 Yoga <input type="checkbox"/> Make something happen for a good cause	16 Yoga <input type="checkbox"/> Take a different route today and see what you notice	17 Yoga <input type="checkbox"/> Put a worry into perspective & try to let it go	18 Yoga <input type="checkbox"/> Get outside and notice 5 things that are beautiful	19 Yoga <input type="checkbox"/> Eat healthy food that really nourishes you today	20 Yoga <input type="checkbox"/> Have a friendly chat with a stranger
21 Yoga <input type="checkbox"/> Get back in contact with an old friend you miss	22 Yoga <input type="checkbox"/> Be kinder to yourself when you make a mistake	23 Yoga <input type="checkbox"/> Take a small step towards an important goal	24 Yoga <input type="checkbox"/> Try something new to get out of your comfort zone	25 Yoga <input type="checkbox"/> Decide to lift people up sooner than put them down	26 Yoga <input type="checkbox"/> Put away your devices and focus fully on who you're with	27 Yoga <input type="checkbox"/> Say hello to a neighbour and get to know them better
28 Yoga <input type="checkbox"/> Challenge your negative thoughts and look for the upside	29 Yoga <input type="checkbox"/> Count how many people you smile at today	30 Yoga <input type="checkbox"/> Take a different route today and see what you notice	31 Yoga <input type="checkbox"/> Write down your dreams and plans for the future			

Keeping a journal will help. Don't just think it ~ ink it! You could share your reflections on the Lotus Leaf Thought Pool at www.facebook.com/groups/lotusleafyoga