

COMFORT

Physical



Adjust the Body
Before Session

Exercise
Yoga



Mindfully Adjust
During Session

Not reactive,
Not pushing
though
pain...
just...



Maintain
continuity of
stillness while
adjusting

Posture



Comfy
Seat

Neutral
Pelvis



Leg
Support



Comfy
Hands



Mental



Stay

Content
& Neutral

SHOULD FEEL

EASY NATURAL
& CALMING

Go with the
Flow