

Yoga for Anxiety, Stress and Depression



DoYogaWithMe

CHEAT SHEET

Week 1

1. Each day, try to do the class first, then the meditation, back-to-back.
2. You can replace any class or meditation with a 6-minute meditation. In fact, listen to the 6-minute meditations as often as you can.
3. Using headphones to listen to the meditations makes it easier to focus.
4. If you have trouble staying awake during a meditation, try sitting up.
5. As often as you can, ask yourself "How am I conditioned?". Listen to and feel what comes up.

Week 2

1. Stop seeking an answer to your problems!
2. Be totally, completely honest with yourself.
3. Continue asking yourself the question "How am I conditioned?".
4. Remember that energy flows better when you are relaxed.

Week 3

1. Meditate on the question "Who am I?"
2. Continue letting go of the need to seek answers!