

Chair Yoga for Releasing 2020 and Welcoming 2021



Releasing Negative Emotions

Coherent Breathing
and
Transformational
Breathing



Practicing Gratitude to Open the Heart-

Yoga Asanas
(movements and
poses)



Quieting the Mind and Setting Our Intention for 2021

So Hum Meditation



Daily Heart Opening Practice

[www.marthacatlette.com-](http://www.marthacatlette.com)

[go to Video option in Menu and it takes you straight to my YouTube station](#)

<https://www.youtube.com/watch?v=CRyAyf-XxTI&t=143s>

Closing in Yoga

Namaste' is a form of respect.

"I bow to you."

"I honor the place in you that is the same
In me."

Namaste'

