

Larryisms

Let the breath surround the movement

Challenge yourself, don't strain yourself.

Be in the moment

This is a dialogue, not a monologue... body, breath and mind

Think of your Yoga practice as meditation in motion, a work in instead of a work out

Yoga is not a competition, not even with yourself

Forget about what you used to do

There is no gain with negative pain

Try not to muscle into the postures, relax into them. If you are making a face you are trying too hard. On a 1-10 in intensity, don't go beyond a 7 _.

You are the chairman of the board, you decide when to come out of the posture.

Let the posture fit you instead of trying to fit yourself into the posture

The exhalation phase of your breath is the key to relaxation

Remembering the breath has an accumulative effect like mileage plus

Yoga is not in a hurry, resist the temptation to speed up

Think of Lengthening and widening.

Concentrate here and you will concentrate better in everything you do.

When comfortable, close your eyes, so you won't compete with anyone else.

If you hear a pop in this twist, you just saved yourself \$75.

The beauty of yoga is that if you don't get the pose right in this lifetime, you can get it in the next lifetime