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## Yoga Guidelines

By Ruth Meili, February 2024

Breath induces pace.

It is more important how it feels than how it looks.

Using props is smart.

If it hurts, adjust intensity or direction.

Appreciate the others in the room. All of them. And ignore what they do.

Notice feelings and mindfucks.

In pauses, focus on breath or heartbeat.

Use gravity as support.

Be suspicious about magic.

Spectacular poses are no sign of advancement. But sometimes fun.

Dare to fail, cry and shine.

Discipline is remembering what you want.