Standing yoga instruction. This program of gentle yoga stretching is an invitation to enter more deeply into the life of the body. To experience the mind and body as one, as a unity. To bring them together as the meaning of the word yoga, to yog or join, suggests. And as with all mindfulness practices, this yoga is about paying attention moment to moment to the sensations, thoughts, and feelings that arise in your awareness. As you go through this program entering into the experience of the body as deeply as you can and without judging. This is not about performing, about doing the movements in some ideal way for some critical audience. Rather, it’s about doing them to help connect more closely to and better understand the body. So not forcing any movement, rather, relaxing into it. Not taking on any part of the program that seems inappropriate for you. Instead, using your knowledge of your own body and its limits to guide you and to override the instructions, adapting the movements in a way that works for you. Or skipping them entirely and perhaps imagining yourself doing the movements, feeling them in stillness, which is a valuable practice in a self.