

Unity in Many Voices - Passport to Disciplines
A 6 Week Yoga Journey
by Elina Kivikoski

Welcome!

This 6-week journey invites you to explore different "voices" within yourself through accessible yoga practices. Each week focuses on a different form of intelligence—body, breath, mind, heart, intuition, and connection.

You are encouraged to move at your own pace, listen to your body, and reflect on your experience.

An overall guide to your journey:

- Attend as many weekly session as you can
- Practice gently between sessions if you wish
- Reflect after each class using the prompts
- Notice changes over time

Weekly Theme/Reflection Focus are below. Each week includes movement/asana practice relevant to the theme, and a meditation/mindfulness moment in the end. Questions and observations are encouraged but not compulsory.

1. Body 🧘
2. Breath 🌬️
3. Mind 🧠
4. Heart ❤️
5. Intuition 🧐
6. Unity 🤝

Week 1: The Body - Physical Intelligence

Intention: I trust what I feel.

Reflection: What did your body communicate to you today?

Week 2: The Breath - Rhythmic Intelligence

Intention: I am guided by my breath.

Reflection: How did your breath influence your experience?

Week 3: The Mind - Cognitive Discipline

Intention: I observe without judgment.

Reflection: What thoughts did you notice?

Week 4: The Heart - Emotional Intelligence

Intention: I allow what is present.

Reflection: What emotions arose during practice?

Week 5: Intuition - Inner Guidance

Intention: I listen inward.

Reflection: What did your inner voice tell you?

Week 6: Unity - Collective Intelligence

Intention: I am part of something larger.

Reflection: How did you experience connection?

Final Reflection: Take a moment to look back over your journey.

- Which week resonated most with you?
- Which felt most challenging?

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