Yoga Wise Meditation Course

Student Workbook

This workbook accompanies your six-week meditation course. It offers gentle guidance, space for reflection, and supportive context for each practice. Use it in whatever way feels helpful for you. Journaling is always optional.

Course Overview

Week 1 – Kaya Sthairiyam: Cultivating Body Stillness

Week 2 – Mindfulness of Breathing

Week 3 – Ajapa Japa: So–Hum Meditation

Week 4 – Antar Mouna: Cultivating Inner Silence

Week 5 – Heart Awareness (Heart Coherence & Hridayakasha Dharana)

Week 6 – Metta Bhavana: Cultivating Loving Kindness

Week 1 Reflection – Kaya Sthairiyam

Practice(s) explored this week:

Before practice – how did I feel physically, emotionally, mentally?

During practice – what did I notice?

After practice – were there any shifts or changes?

Reflections – what felt supportive or challenging?

Integration – how did this show up in daily life?

Closing note – what would I like to carry forward?

Week 2 Reflection – Mindfulness of Breathing

Practice(s) explored this week:

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Before practice – how did I feel physically, emotionally, mentally?

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During practice – what did I notice?

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After practice – were there any shifts or changes?

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Reflections – what felt supportive or challenging?

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Integration – how did this show up in daily life?

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Closing note – what would I like to carry forward?

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Week 3 Reflection – Ajapa Japa (So–Hum)

Practice(s) explored this week:

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Before practice – how did I feel physically, emotionally, mentally?

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During practice – what did I notice?

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After practice – were there any shifts or changes?

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Reflections – what felt supportive or challenging?

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Integration – how did this show up in daily life?

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Closing note – what would I like to carry forward?

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Week 4 Reflection – Antar Mouna

Practice(s) explored this week:

Before practice – how did I feel physically, emotionally, mentally?

During practice – what did I notice?

After practice – were there any shifts or changes?

Reflections – what felt supportive or challenging?

Integration – how did this show up in daily life?

Closing note – what would I like to carry forward?

Week 5 Reflection – Heart Awareness

Practice(s) explored this week:

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Before practice – how did I feel physically, emotionally, mentally?

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During practice – what did I notice?

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After practice – were there any shifts or changes?

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Reflections – what felt supportive or challenging?

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Integration – how did this show up in daily life?

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Closing note – what would I like to carry forward?

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Week 6 Reflection – Metta Bhavana

Practice(s) explored this week:

Before practice – how did I feel physically, emotionally, mentally?

During practice – what did I notice?

After practice – were there any shifts or changes?

Reflections – what felt supportive or challenging?

Integration – how did this show up in daily life?

Closing note – what would I like to carry forward?

After the Course

Completing this course is not an ending but a beginning. You are encouraged to continue with the practices that feel most supportive. Meditation works best when it is simple, consistent, and kind.

Return to stillness or breath awareness whenever you feel unsettled. Use mantra, heart practices, or loving kindness when you need softness or reassurance. Allow your practice to support your life, rather than becoming something you feel you should do.