



CURVY YOGA EXPLORATION



CURVY LOVING-KINDNESS MEDITATION



Curvy Loving-Kindness Meditation

I started offering a loving-kindness meditation at the end of my classes, and my students loved it. While I love the many variations that abound, I wanted one specifically about accepting and loving your body – so I wrote one.

Feel free to use this however you might like – in your personal practice as well as with your students. I typically say it once at the end of class, using the pronoun “you,” but you could also do it the traditional way (starting with “I” and expanding from there) or any other number of options that work for you. Enjoy!

May you greet your body with gentleness.

May you soften when life invites you to harden.

May you listen to your intuition with wisdom and trust it with ease.

May you appreciate your body a little more in this moment, just as it is.