

Yoga Asana I and II Affirmations

200 Hour Fundamentals of Yoga Asana I	Affirmations	I feel in this Asana:
Tadasana-Mountain Posture	My body and mind are grounded and balanced.	
Ardha Chandrasana I - Half Moon	I bend. I am supple. I accept the will of the universe.	
Utkatasana - Powerful Pose-Chair	I allow life's energy to stream through me.	
Uttanansana - Standing forward fold	I release all obstacles to full and free expression.	
Vrikshasana - Tree	My foundation is firm, my being is flexible.	
Parsvottanasana - Pyramid/intense side stretch	May I see and perceive clearly on every level, and seek only the truth.	
Virabhadrasana I - Warrior I	I joyfully manifest the power of god.	
Virabhadrasana II - Warrior II-Proud Warrior	I am confident and focused, drawing on my inner strength.	
Marjaryasana/Bitilasana - Cat/Dog	My actions are purposeful and my thoughts are clear.	
Prasarita Padottanasana - Wide Legged forward Bend	I am free to let go in this moment.	
Adho Mukha Svanasana - Downward facing dog	I enjoy freedom of movement, flexibility of thought.	
Trikonasana - Triangle	I am balanced and secure, open to new possibilities.	
Parsvakanasana - Side Angle	I can accomplish anything I put my mind to.	
Sukhasana - Easy Seated	I receive goodness. I radiate happiness. I am content.	
Dandasana - Staff	I let go ... into the eternal now.	

Paschimottanasana - Seated forward fold - intense side stretch of the west	I let go.. into the eternal now.	
Janu Sirshasana - Head to Knee	I surrender into the flow of life.	
Sivasana - Corpse Pose/Final Relaxation	My body is rested. My mind is calm. My heart is at peace.	

Fundamentals of Yoga Asana II	Affirmations	I Feel in this Asana:
Virasana - Hero	I am fully present in my body, in the light of consciousness.	
Setu Bandha Sarvangasana- Bridge	I am vulnerable, I am strong. I can be vulnerable because I am strong.	
Chaturanga Dandasana - Four Limbs Staff Pose	Reflect on the question, Who is a Hero?	
Urdhva Mukha Svanasana- Upward facing dog	I am open to the ebb and flow in life.	
Salabhasana - Locust	My approach to life is calm, confident, and focused.	
Bhujangasana - Cobra	I rise to meet Life's challenges with calm and confidence.	
Dhanurasana -Bow	I am the essence of strength and confidence.	
Ustrasana - Camel	I give myself permission to go within and reenergize.	
Urdhva - Dhanurasana - Upward Bow	I am free! I am free!	
Parighasana -Gate	I set ablaze the fire of inner joy.	
Parivrtta Parsvakanasana- revolved side angle	At the center of life's storms I stand serene.	
Parivrtta Trikonasana	The Universe protects and nurtures me. I am secure and loved.	
Ardha Chandrasana II - Half Moon II	I am centered. I am relaxed. I am at peace.	

Marichyasana I - seated bind I	For all that has been, thanks.	
Marichyasana II - seated bind II	To all that will be, yes.	
Adho Mukha Vrikshasana - Downward Facing Tree - headstand	My body is no burden; it is light as air.	
Sirsasasana I -Head Stand I	In stillness I touch my inner strength.	
Halasana - Plow	I allow my inner beauty to shine forth	
Sarvangasana - Shoulder stand	My body is a glorious work of wonder.	