

As teachers, often we are wanting to bring more spirituality into the classroom. Here are some ideas to invite the sacred:

1. The All-Popular OM. You can start off class with one to three OMs and/or finish class with one to three OMs. When thinking of OMing, it helps to think of AUM, the ahh sound starting deep in the base of the throat, coming up all the way from the base belly, then the oohh or oh sound resonating in the middle of the mouth, and the mmmmm sound ending at the lips, and giving equal time to those three parts, including silence at the end of the mmmmm (so its four parts really).

2. Declaring an intention for the class:

-Today's class focuses on chest openers, so let's use this heart-opening time to practice forgiveness. Think of someone you are having a hard time loving unconditionally, and during each chest opener, we will practice sending love out with our breath to that person.

-Today's class focuses on challenging arm balances. Egos will be challenged, and let's look at those times to look at our own resistances to being present.

-Today's class focuses on long-holds with hip openers. A lot of emotions are stored in our hips and pelvic region. Let's use these long holds to look at our stuff as it comes up; but more importantly, with the breath, let's let it go and release the binding.

And then, releasing that intention into the universe at the end of class.

3. Mindfulness meditation practices, done either at the beginning, end or both. Just quieting the monkey mind is a spiritual act, in that we can start to glimpse deeper into our own true, loving, self-less natures. The more glimpses we get, the more we can remember that is who we really are, ideally lessening our dramas and ego-games.

4. Staying really present with the breath throughout the class, is also another mindfulness exercise.

5. Reading from an inspirational text, during initial meditation, savasana, or final meditation.