

Default Settings and Practice

Context: *Nudge: Improving Decisions About Health, Wealth, and Happiness*, by Richard H. Thaler & Prof. Cass R. Sunstein
Choice Architecture & Default Settings when choices are complicated.

Center: Sit and notice what you need: More energy, flexibility, strength?

*Come, come, whoever you are,
Wonderer, worshipper, lover of leaving,
It doesn't matter,
Ours is not a caravan of despair,
Come, even if you have broken you vow
a thousand times
Come, yet again, come, come.*

-- Rumi

Prananyama: Part of Warm-up or on it's own? Be aware of your breath throughout your physical practice. (Ujjayi breathing may help you focus.) In addition you may begin with an energizing or soothing pranayama as you desire.

Vinyasa Series: Pick something very familiar or commit to learning one series of postures that you will practice "religiously" for a length of time.

Asanas: Hold these poses and notice your sensations. Are there postures that you feel compelled to practice regularly? Is there something calling you especially today? If you are a beginner, think of moving your spine in 6 directions: forward and back, side to side, and twisting right and left. This can be done standing, kneeling, sitting, and lying down. Pick whatever is convenient or feels good. **Stretch out on the floor > Relaxation:**

*Our true home is in the present moment.
To live in the present moment is a miracle.
The miracle in not to walk on water.
The miracle is to walk on the green Earth in the present moment,
to appreciate the peace and beauty that are available now.
Peace is all around us -
in the world and in nature -
and within us -
in our bodies and our spirits.
Once we learn to touch this peace,
we will be healed and transformed.
It is not a matter of faith;
it is a matter of practice.*

-- Thich Nhat Hanh