



Six Mindful Weeks

A note from Michelle Rae Sobi...

Thank you so very much for trusting Edge Yoga School with your Six-Week Mindful Challenge.

Being mindful takes work. Try and embrace this as empowerment as you make daily choices. In yoga, we have an idea called "Tapas" which from Sanskrit translates to "Heat." Sometimes we need a little fire in our bellies to get to where we want to be!

Each week we will focus on one life habit that we want to develop. In this way, we will move in small measures over time. We aim to have these six weeks be a mindful experience that yields fruit by creating a new normal.

This workbook includes a yoga sequence for each of the three doshas. These sequences are meant to inspire you with your specific dosha. Feel free to practice these. Developing a daily personal practice is one way to find balance in life. Please be sure to listen to your body and do only what feels good to you!

We encourage you to seek out exercise that raises your heart rate to your target heart rate. This will vary from one practitioner to another, based on your goals. Once we assess your goals, we will incorporate a realistic plan that is sustainable.

Please be sure to consult your medical team prior to any dietary or exercise regimes. I look forward to walking alongside you on your journey!

Namaste,



Michelle Rae Sobi, RYS
Owner, Edge Yoga School



"Yoga has no destination"
– Michelle Rae Sobi



THE QUIZ

VATA DOSHA

These are some common traits found with the Vata Dosha. It can vary from one person to the next and is meant to be a guideline only. Check the characteristics that resonate with you and total at the bottom.

PHYSICAL TRAITS

- Slim Body
- Angular Face
- Small Eyes
- Dry or Dark Lips
- Big, Thin Gums
- Dry, Cold, Rough Skin
- Flat Chest
- Cracking Joints
- Brittle Nails
- Dark Hair

DISPOSITION

- Friendly
- Good Memory
- Highly Intelligent
- Anxious
- Speaks Quickly
- Financially Unsound
- Prefers Small Purchases
- Broken Sleep
- Changes Mind Easily
- Enjoys Social Settings

ACTIVITY

- Very Active
- Bored Easily
- Likes Change
- Dislikes Mundane
- High Energy
- Prefers Outdoors
- Enjoys New Activities
- Imaginative Mind
- Tends to Skip Meals
- Easily Distracted

OTHER

- Irregular Appetite
- Digestive Issues
- Prefers Sweet, Sour, Salty
- Changeable Thirst Levels
- Constipation Common
- Embraces New Projects
- Trouble Completing Projects
- Inconsistent Daily Routine
- Tends to be Cold
- Embraces Change



TOTAL: _____

Vata Sequence

Begin in Tadasana (Mountain Pose). Spread your toes and ground through all four corners of the feet, experiencing the spiral of energy moving from the arch of the foot through the inner and outer leg lines. Draw the energy in and up from the pelvic floor, as if you are energetically drawing your pubic bone toward your belly button, and expand out through the fingertips and crown of the head. Feel the energy beginning in the belly and moving outward, expanding out of its boundaries.

From here, bring your arms into Garudasana (Eagle Arms). Crossing your right arm over the left and bending the elbows. If you can, bring your thumb to your third eye, activating this focus on this space.

Start by staying upright and lifting your left leg. Press down through the right foot, and lengthen your left leg forward, drawing your toes toward your face to activate the lifted leg as well. Keep the hips level. Pause here for a few breaths. Repeat on the other side.

Ground down through the feet, and begin to shake the body completely in all parts. Lift your arms up in the air and shake, shake, shake. Shake your arms, shake your legs, and bounce up and down for at least thirty seconds to one minute. When finished, pause.

Bring your feet hip bone distance apart, and lift your arms up in space. When ready, sit back into Utkatasana (Chair Pose). Keeping the hips level, and sending the sitting bones back in space. Reach your fingertips forward as you keep the shoulder locked into their sockets.

Breathing deeply, pause here for ten full breaths.

When ready, inhale and exhale folding forward, bending at the knees. Coming into Uttanasana (Forward Fold). Pause here for as long as you need, allowing gravity to pull you forward in space.

Slowly roll up as you return to Mountain.



PITTA DOSHA

These are some common traits found with the Pitta Dosha. It can vary from one person to the next and is meant to be a guideline only. Check the characteristics that resonate with you and total at the bottom.

PHYSICAL TRAITS

- Muscular Body
- Tapered Face
- Eyes Sensitive to Light
- Red Lips
- Medium, Tender Gums
- Warm, Oily Skin
- Moderate Chest
- Moderate Joints
- Flexible Nails
- Oily Hair

DISPOSITION

- Fiery
- Intense
- Creative
- Outcome Focused
- Direct
- Regimented
- Organized
- Ambitious
- Intellectual
- Passionate

ACTIVITY

- Purposeful
- Determined
- Enjoys Moderate Activity
- Enjoys Luxury
- Moderate Energy
- Likes Extreme Sports
- Competitive
- Creative Mind
- Prefers Work
- Focused

OTHER

- Solid Appetite
- Fast Digestion
- Prefers Sweet, Savory
- Very Thirsty
- Loose Stool
- Sees Projects to Completion
- Leaders
- Easy to Anger
- Sound, Short Sleep
- Fiery



TOTAL: _____

Pitta Sequence

In Uttanasana (forward fold), bend your knees and allow the body to fall forward with gravity. Feel the weight come heavy in the feet and upper body, and allow the weight to continue to pull you closer to the floor.

Bring your hands to your shins and lift halfway to Ardha Uttanasana (monkey pose, halfway lift), extending the spine and creating space across the chest, pressing the thighs back in space as you ground down through all four corners of the feet.

When you are ready, ground down through the feet, bend the knees and slowly make your way back up to standing.

From a standing position, begin to create large hips circles from the pelvis, grounding down through the feet. Continue this and move the arms in circular, fluid movements as well. Continue moving in this fluid, organic way. Continue for five breaths.

When ready, stop the fluid movements and ground down through the feet, slightly bending the knees. Begin to sway the arms, without any control or tension in the muscles, from side to side. Allowing the arms to just hit the rest of your body, falling with gravity. Keep going for at least ten strong breaths.

Leave your right foot at the top of the mat, sending your left foot a few feet behind coming into Trikonasana (Triangle).

Ground down through the feet, extend the arms out to a ‘T’ and begin to reach your front arm forward. Slowly tilt your torso down as you continue to spiral your heart toward the ceiling, and extend the spine. Be here for a few breaths.

Slowly begin to come out of this by bending into your front knee and lifting your torso upward. Do the same on the other side.

Turn both of your toes to face the long end of your mat, bring your feet wider (extend your arms to a ‘T’ and bring your ankles underneath your wrists) and fold forward into wide-legged forward fold. Play around here, sway from side to side, bend the knees, breathe deeply and lift halfway and fold deeper on the exhale.

Slowly work your way back up to standing, and repeat the sequence.



KAPHA DOSHA

These are some common traits found with the Kapha Dosha. It can vary from one person to the next and is meant to be a guideline only. Check the characteristics that resonate with you and total at the bottom.

PHYSICAL TRAITS

- Heavy Body Frame
- Round Face
- Large Eyes
- Pale Lips
- Healthy Gums
- Warm Skin
- Full Chest
- Smooth, Large Joints
- Thick Nails
- Thick Hair

DISPOSITION

- Calm
- Patient
- Consistent
- Romantic
- Steady
- Greedy, Attached
- Slow
- Sluggish
- Dependable
- Hard to Motivate

ACTIVITY

- Inactive
- Entertains Well
- Dislikes Change
- Likes Routine
- Slow Energy
- Prefers Indoors
- Hesitant Towards New
- Self-Entertains Well
- Enjoys Nature
- Likes Quiet Activities

OTHER

- Slow but Steady Appetite
- Detail-Oriented
- Prefers Bitter, Savory
- Not Very Thirsty
- Slow Digestion
- Slow Stool Elimination
- Enjoys Eating
- Resists Change
- Loving
- Financially Responsible



TOTAL: _____

Kapha Sequence

Begin in Tadasana, inhale and lift the arms up to Urdhva Hastana (Upward Mountain Pose) and exhale folding forward to Uttanasana.

Inhale and lift the spine halfway bringing the crown of the head forward in space and spine long, and exhale forward fold.

Inhale and lift your spine halfway once again, bringing your hands to blocks or the Earth, and very slowly start to lift your left leg off of the ground and send it back in space.

Go very slowly, experiencing the lightness in your body as you point your toes back and lengthen your leg long. Very slowly, begin to lower your toes down coming to a runner's lunge position.

Pause here as you inhale and lift your chin up in space, bringing your heart forward, lengthening your left heel back as you lift through the inner thigh.

When ready, inhale and send your left leg back and pause in plank pose. Be sure to keep your body stable by pressing firmly into your fingertips and activating the forearms, pressing the heart slightly up and back in space so you aren't collapsing into the shoulders, and slightly tucking the pubic bone toward the belly. Pause here for three breaths.

On your next inhale slightly shift your weight forward bringing your shoulders over your fingertips, and exhale to lower down as slow as possible, keeping the shoulders active and not allowing them to collapse. Feel free to lower the knees if more comfortable.

Root down through the pelvis as if you are scooping it towards the front of the mat, and bring your arms slightly wider than the mat in the same line with your breastbone.

On the inhale, come into spider fingers (fingertips on the Earth, rounding the cups of the palm) and lift the heart into a variation of cobra pose. Only come as far as is comfortable, and allow the breath to be your main guide. Do this for five breaths coming up and down with each inhale and exhale.

Bring the hands back underneath your shoulders and go back to Adho Mukha Svanasana (Downward Facing Dog).

Come back to Uttanasana, and do the same sequence on the other side.



YOUR RESULTS

Total the circled traits and tally below. Remember to take the quiz in the different phases of your life.

VATA TOTAL _____

ELEMENTS: AIR

Our Vata friends keep things lights and enjoy different things. They can benefit from spending time with grounding people. They bore easily, and do best with variety. When in balance, tend to be creative, when out of balance, prone to anxiety.

PITTA TOTAL _____

ELEMENTS: FIRE

Our ambitious Pitta friends make for great leaders. They are purposeful in their movements. They are loyal and determined, but can quickly become over-worked. When in balance, they tend to be warm and natural leaders, when out of balance, prone to aggression.

KAPHA TOTAL _____

ELEMENTS: EARTH

Our Kapha friends are pillars of the community. They can always be counted on. Slow to start, steady wins the race for our Kapha friends. They enjoy puzzles and simple things in life. When in balance, tend to be loving and nurturing, when out of balance, lethargic.

ABOUT

Each of us carry all three of the constitutions. Our doshas are largely impacted by our diet, the company we keep and daily activity. Eating foods that help balance the dosha, will result in an enhanced life for the the respective in-balance traits. This quiz is meant to be a tool of self-study only.





THE WORKBOOK

Week I

List four steps you plan to take this week to meet your wellness goals. Include all four categories: Meals, Exercise, Mindfulness, Self-Care.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



Week II

List four steps you plan to take this week to meet your wellness goals. Include all four categories: Meals, Exercise, Mindfulness, Self-Care.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



Week III

List four steps you plan to take this week to meet your wellness goals. Include all four categories: Meals, Exercise, Mindfulness, Self-Care.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



Week IV

List four steps you plan to take this week to meet your wellness goals. Include all four categories: Meals, Exercise, Mindfulness, Self-Care.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



Week V

List four steps you plan to take this week to meet your wellness goals. Include all four categories: Meals, Exercise, Mindfulness, Self-Care.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



Week VI

List four steps you plan to take this week to meet your wellness goals. Include all four categories: Meals, Exercise, Mindfulness, Self-Care.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



