

WELCOME TO SMALL STEPS TO CHANGE 2021



This guide is to help you to get the most out of Small Steps to Change 2021 with Movement for Modern Life. Keep this guide safe. You will need to get together a few things for the start of the course but it is intended to be a self-guided course to give you the time and space to set your course for the year ahead. Making changes can be overwhelming when we try to make them all at once and without adequate support. This course will give you time to reflect and to explore what feels best for you right now. A daily movement class will help to motivate you and the support of the community will inspire you. This is perfect if you want to commit to your home yoga practice on and off the mat.

Here's what you need to know:

- The course lasts 28 days. You work at your own pace, scheduling in time to complete the daily / weekly tasks and a short daily yoga class.
- We will meet live for a break and a brew at midday on 12 January and 2 February to set our intentions and to reflect on what we are learning together. These short live sessions are designed to support you. Our session is live streamed on Facebook and is available to you to catch up if you are unable to join us live.

- On 12 January, please join Kat and Rakhee who will introduce the course to you and will guide you through a short and potent intention setting practice. This will be the perfect opportunity for you to ask any questions you have. On 2 Feb you will be guided through a short practice and then there will be an opportunity to check-in and ask questions.
- You will be able to draw on the support of our friendly community sharing ideas and inspiration in our movers' group and be able to ask all your questions.
- This workbook introduces the overarching weekly theme and prompts which you can read and work through at your own time and pace. You might wish to come back to this later in the year too.
- You will need a notebook or a journal for the weekly prompts, for your daily gratitude practice, and to set your intentions and for your reflections.

Here's what you need to do:

- Set up your gratitude journal and commit to writing in at least three things each day that you are grateful for.
- You will find a link for the live stream on 12 January and 2 February in the announcements within the movers' group. If you tick interested, you will see a reminder when this goes live.
- Schedule your classes for the week ahead.
- Schedule time at the start and end of each week to set your goals and intentions and to reflect on progress (This doesn't need to take a long time.)

We will be using two principle tools to help you to make change. Read on to find out more:

GRATITUDE

Gratitude has been shown to improve physical and psychological health and is a precursor to experiencing happiness. At its simplest, a gratitude journal asks you to note three things each day that you are grateful for. This can be anything and you can draw on any area of your life. If you aren't sure where to start or are looking for more inspiration, read this [article](#).

JOURNALING

Journaling might feel daunting if you've never done it before and you might also feel a bit self-conscious or foolish. Think of it more like talking to yourself or a close friend. Sometimes, it is the very act of putting pen to paper that actually helps us to realise what we think or believe or our hesitation can reveal what we are afraid to admit! Remember the journal is for yourself - you don't have to write it in any particular way. You can use bullet points or notes; you can be as neat or messy as you like; you can get as distracted as you want. You might want to draw, doodle or illustrate as you go along! You might like to write using a certain kind of pen or pencil.

We recommend that you write by hand - there is something special about the embodied nature of doing so... but you can burn or bury what you've written. You might save it and read it in months to come, or you might be surprised at what emerges. There is no perfect time of day to do it. Sometimes first thing in the morning works; but most importantly it is just the action of doing it that counts! This is the same with the amount of time you journal for! You might even want to set a timer for 10 minutes and cap it at that. But it is really down to you!

You're all set. All you need to do, on or before 11 January 2021 is to read through the information for week one. You'll find some recipes towards the end of this workbook to support you during this course. We'll see you on 12 January for our check-in and intention-setting circle.

WEEK ONE: EMBODIMENT

'Embodiment' is one of those words that we're hearing about a great deal, but it can be tricky to understand what it means, how it can help us or indeed how it relates to yoga. The dictionary describes embodiment as the visible expression of something; it is the expression of something in tangible form. When we apply this to our yoga practice, this means that our bodies and minds are not separate. So, for example, when we talk about awareness - we're not just being aware of the body but as the body. We can talk of feeling sad, but do we pause and think about how we know this - and even where in our body we can feel this.

Through our breath and movement practice, we can come to understand and interpret our body's messages more clearly, rather than always privilege our thoughts and minds. In time this attention and awareness translates as a way in which to better understand ourselves and live in greater balance with others.

WEEKLY ACTIONS

This week, pause before you begin your daily class and ask yourself how you feel, and what it is you need? You might not get an immediate sense but equally you might get a sense of what it is you need. Use this information in the way you practice your class. Or, you might choose to stay present with your breath throughout each class and follow it closely. You might choose to notice each time you feel a strong response to something and question what it might mean? Why are you reacting in a certain way? Are you powering through your practice through gritted teeth? Or cruising through - what is it that will serve you better. Pause at the end of each practice and recognise anything that stood out for you.

WEEKLY REFLECTION

At the end of the week, check back with yourself and see if you have noticed the effects of your yoga practice leaking into other areas of your life? If you practiced more intentionally, did you

notice how you felt at other times during the week? Were you able to act on what your body was telling you? Did tuning into your body's messages more, make it feel like your yoga practice was able to sustain you more?

WEEK TWO: HAPPINESS

Scientific research has shown that 40% of our happiness is controlled by our thoughts, actions and behaviour whilst only 10% is due to our circumstances. We have the power to control how we feel and we can increase our happiness by nurturing relationships; having new experiences; helping others and being grateful for what we have.

Alongside this, you might want to spend a little time doing something that makes you feel more playful, joyful and content all round! And remember contentment is not a practice about putting up with injustice or things that are wrong but rather a practice of accepting what can not be changed in this moment, even if you are working towards ultimate and long-lasting change.

WEEKLY ACTIONS

What will you do this week to integrate greater happiness and contentment into your life? We have included a number of classes to help you to feel more playful and joyful in your practice. Alongside this, you might want to spend a little time doing something that makes you feel more playful, joyful and content all round! how you can practice contentment, playfulness and joy. We suggest you incorporate something from each of the following during the week. Make a plan for each day and write in your gratitude journal daily.

1. How will you nurture your relationships?
2. How will you help others?
3. What new experiences are you planning?

WEEKLY REFLECTION

Each day reflect on what made you joyful (you don't need to write this down - but just be aware of it) and at the end of the week, reflect on how you feel and how you plan to incorporate anything you have discovered into your routine.

WEEK THREE: HEALTH

What does being healthy mean to you? What would optimally healthy feel like for you? Good health is not an absolute that we can measure but has more to do with an innate sense of wholeness and wellbeing and this is something that yoga supports. Remember, healthy does not mean the absence of disease but rather achieving equilibrium. So, it might be that recovery from illness or setback is something you consider when you set your goals for good health.

Our classes this week will support you to get more sleep; look after your body; and explore the role of the breath. As you work through this course begin to consider what being healthy means to you and then note the small steps you can take to enjoy greater health.

Both Ayurveda and Traditional Chinese medicine recommend that we eat foods that are seasonally appropriate and best support us in this moment. So in winter we might warm up with soups and stews, whilst in summer fresh, cooling foods would give us a boost. We could consider what would give us the most optimum boost in terms of the energy we need. Eating mindfully can provide a great health boost. This means that we consider what we need and respond to this rather than eating through force of habit or societal pressure.

WEEKLY ACTIONS

How can you support your health this week? Make a list of ten things you can do to support your health and draw widely from different areas: think about what you can eat, how you can improve your environment (it can be as simple as a declutter or buying a plant) and what can you do about your social environment? Again, simple is often the most powerful - you could reach out to a friend you haven't been in touch with for a while or perhaps think about the activities you are undertaking to make yourself happier - do these also make you healthier? Finally, remember to continue writing in your gratitude journal. This week, you can note things pertaining to your health that you are grateful for.

Our health extends to our social and physical environment too. As you consider your health, consider what steps you are able to take with regards to your environment. Are you nourishing yourself with healthy company and activities? What is your physical environment like? Are there simple ways you can make your physical environment feel a more nurturing place?

WEEKLY REFLECTION

Each day note one thing you did for the benefit of your health. At the end of the week, note any shifts that you have observed, or indeed anything that you found difficult.

WEEK FOUR: SUSTAINABILITY

We tend to think of sustainability in environmental terms but of course sustainability refers to anything that we wish to sustain. The dictionary defines sustainable as “able to be maintained at a certain rate or level.” In its broadest sense sustainability refers to how we care for ourselves and our environment and uphold what matters to us. As we explore this section, think about whether you are living your life sustainably.

In the yogic texts, restraint or [yamas](#) are considered the foundations of a yoga practice and they are curbs to actions, thoughts and deeds that could cause harm. In fact, the yamas are a useful guide in living sustainably and include: non-violence, truthfulness, restraining from greed and covetousness and using energy wisely.

Are you living sustainably? As with your health and happiness, small adjustments can have a profound effect. This week, carry out an audit on how sustainable your life is and whether on the whole you are able to maintain your health and happiness through sustainable habits, routines and consumption.

ACTION PROMPTS

We think of yoga asana as beneficial to our health, but of course, different practices suit us at different times. Is the way you practice yoga sustainable? How about your daily routine? We all have days or weeks or even months when we need to put in extra effort, but this is not sustainable in the long term.

Reflect on your daily routines and think about whether you are living in a way that is sustainable. You may want to make a list by thinking about the following areas: the way you travel; the way you exercise; what you eat - where has it come from and how is it produced; what you buy. What are the changes and swaps that you can make easily? You can extend this audit to your relationship with those around you and with the environment. Are these sustainable?

REFLECTION

Each day, note what helped you find sustainability and plan each day what you are going to try the next day that will support your efforts to be more sustainable. At the end of the week, reflect on how participating in this course so far made you more aware of changes that you need to make.

RECIPES

KALE AND SWEET POTATO SALAD

1 ½ cups sweet potato(300 g), diced

2 teaspoons paprika

salt, to taste

pepper, to taste

olive oil, to taste

½ cup pumpkin seeds(65 g)

2 teaspoons chili powder

2 tablespoons maple syrup, divided

½ cup tahini(110 g)

1 ½ tablespoons lemon juice

3 tablespoons water

1 bunch kale, stemmed and torn into large pieces

½ cup red onion(75 g), diced

1. Preheat the oven to 375°F (190°C).
2. Add the sweet potatoes to a baking sheet. Sprinkle with the paprika, salt, and pepper, and drizzle with olive oil. Toss until the sweet potato is well-coated in the spices, then spread out evenly. Bake for 15 minutes, or until tender.
3. In a small bowl, add the pumpkin seeds, chili powder, 1 tablespoon maple syrup, and salt, and mix until well-combined. Spread the pumpkin seeds out on a baking sheet so they're not touching each other.
4. Add to the oven with the sweet potato and bake for 10 minutes, stirring halfway through, until toasted.
5. In a liquid measuring cup, combine the tahini, remaining tablespoon of maple syrup, lemon juice, salt, and pepper. Mix well, then add 1 tablespoon of water at a time until desired consistency is reached.
6. Steam the Kale lightly. Add to a large bowl.
7. Add the roasted sweet potatoes, red onion, and pumpkin seeds. Drizzle with tahini dressing and toss well.
8. Serve with more dressing if desired.
9. Enjoy!

COCONUT DAL MAKHANI

This recipe is from Emine and Paul Rushton. You can find more at:

<https://thisconsciouslife.co/recipes/>

This is a luxurious plant-based dal to lift the spirits, with warming, uplifting spices, plenty of fresh ginger & balance from cooling coconut oil & cream. Dal makhani is well revered in India, traditionally made with butter or ghee & fresh cream. We've sought to balance the heavier, cooling qualities of coconut cream with the zing and heat of ginger & garlic, so that all doshas can enjoy it. As always, pay attention to your appetite and your inclinations... it may be that you'd rather have more heat than cream, or more cream than bite. This recipe, as it is written, balances both well.



In our book 'Sattva' we talk about traditional sattvic, versus modern, dairy – & believe that this more coconut-ty offering is more in line with the balancing of qualities & humours in the dish as well as the principle of 'ahimsa' or non-violence which, we feel, holds transformative power over our lives & nourishment.

Ingredients

2 tbsps of coconut oil.

1 tsp of cumin seeds.

8 whole cloves.

5 green cardamom pods.

1 tsp ground cinnamon.

1 pinch of asafoetida.

2 thumb size pieces of fresh ginger with the skin removed & grated.

2 cloves of garlic.

6 curry leaves (soaked in water to rehydrate if dried.)

2 bay leaves.

1 tsp. methi (dried fenugreek leaf)

½ tsp. garam masala

250g of urad dal - split black grams (soaked overnight & rinsed well; dried brown, speckled, green or puy lentils can also be used)

250g of tomato passata.

200ml of coconut cream.

1 large fresh tomato

Sea or rock salt

Black pepper

Mint leaves for scattering

Method

1. Using a pestle & mortar, grind your cloves & the seeds from your cardamom pods into a fine powder

2. Warm your coconut oil in a large saucepan & add your cumin seeds

3. Add your grated garlic & ginger, curry & bay leaves and stir for a minute or two

4. Add your ground clove, cardamom & cinnamon with your chopped fresh tomato and asafoetida & stir well for 1 minute

5. Add your dal, the tomato passata & a splash of water & stir well. Bring to a low bubble & simmer for ten minutes

6. Add your coconut cream, keeping a little back for dressing

7. Season well with salt & pepper & simmer on a low heat for 1 hour, until the dal is tender & yielding

8. Add a little water if necessary to the texture of a thick soup

9. Sprinkle over your garam masala & methi leaf, teasing it between your thumb & forefinger to release the flavour

10. Simmer for 5 minutes

11. Serve with a swirl of coconut cream & a scattering of mint leaves, with fresh chapatis, sourdough or basmati rice, or as a component in a vibrant, various thali lunch