



Bite-Size Yoga

for your Voice

Om Namah Shivaya (mantra)

- 1 **Mantra:** OM SHANTI SHANTI SHANTI (aum shah-n-ti)
- 2 **Meaning:** "Peace, peace, peace."
- 3 **Practice:** Chant mantra (out loud or silently in head) for 108 rounds or for five to ten minutes.
- 4 **Silence:** Take a few breaths in silence at the end of your practice or move into a silent meditation for several minutes.





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Om Shanti Shanti Shanti (mantra)

Practice Daily for a Week:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Reflection: How did this practice make me feel?

Reflection: When did this practice work best for me?

Evaluation:

Like:

Dislike:

Neutral:

