

# THE FOUNDATIONS OF YOGA

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## JESUS

CENTERED  
APPROACH



15 MINUTE PRACTICE

“DO NOT DESPISE THE DAY OF SMALL BEGINNINGS FOR THE  
LORD REJOICES TO SEE THE WORK BEGIN.”

-zechariah 4:10

*Was there a movement or pose that felt especially challenging or unpleasant? Recall that moment – the physical sensations, the thoughts that came up, the emotions that surged – and imagine Jesus in that moment with you (because He was!). Ask Him what His thoughts were toward you in that moment. Write them below.*

*Bring to mind other "small beginnings" in your life right now and reflect on your default response to them – are you quick to dismiss, belittle, or criticize them or yourself? Ask the Lord to replace dismissal with hope and criticism with celebration.*