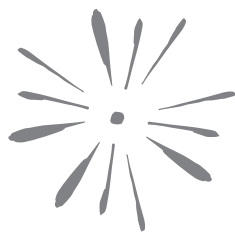




SPARK
CHANGE

JENNIE LEE

A GUIDE FOR YOGA TEACHERS



USING SPARK CHANGE IN YOUR YOGA CLASS OR PRACTICE

Looking for new inspirations for your classes or for your own personal practice? This guide is for you. Welcome!

Spark Change: 108 Provocative Questions for Spiritual Evolution was written by a longtime yoga teacher and yoga therapist, Jennie Lee, who has been inspiring her students and clients with directed self-inquiry for over two decades. This guide will show how you can utilize *Spark Change* to bring new life to your own practice and new themes to your classes or private sessions.

Self-reflection is an important part of the Eight Limb Path of Yoga outlined in the *Yoga Sutras* by Patanjali. The principle of introspection, or self-reflection, is called *swadhyaya*, and it is one of the five *niyamas*, which compose the second limb.

“Niyamas are observances that help us evolve toward harmonious existence within ourselves and with the world, integrating our inner and outer experience,” writes Jennie in her first book, *True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment*.

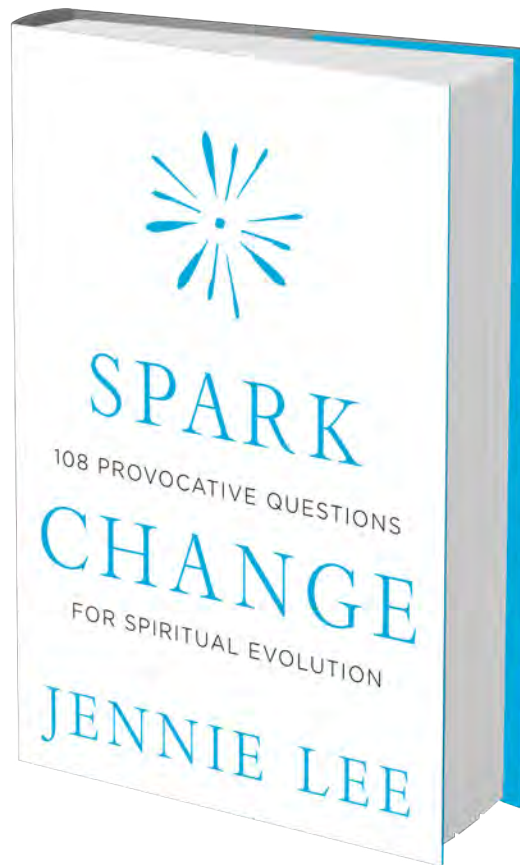
The observance of *swadhyaya* is the practice of reflecting on one’s spiritual nature via introspection and study of sacred texts. We begin introspection by understanding our personal egoic self and then expand to a realization of our higher or true Self.

In *Spark Change*, there are 12 themes for reflection. They follow an intentional order that mirrors the flow of the Eight Limb Path of Yoga. The 108 prompts help you initiate and accomplish deeper personal awareness and evolution toward your highest, truest Self.

Here are a few suggestions for using *Spark Change* in your yoga practice:

- ✧ Create a series of classes using the 12 main themes in the book.
- ✧ Choose one question randomly that inspires you, and weave spontaneous reflections throughout your class.
- ✧ Write a question on a whiteboard at the front of the room so students can have a silent focal point for their practice.
- ✧ Engage students in more active self-inquiry by incorporating a period of journaling into class. Ask them in advance to bring a journal, or have paper and pens available. Take mini breaks throughout the class to offer a question, and give them 1-3 minutes to quickly note their answer.
- ✧ At the end of practice, during *savasana*, offer a question for students to reflect on in the stillness.
- ✧ Leave students with a question at the very end of class to carry forward and ponder, continuing the practice off the mat.

These are just a few ways to use *Spark Change* in your yoga teaching. Be creative and have fun with it! These powerful questions are sure to ignite lots of new inspirations for you and your students.



Jennie Lee is the award-winning author of *True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment* and *Breathing Love: Meditation in Action*. She is a recognized expert in the fields of yoga therapy and spiritual living. As a certified yoga therapist, she has taught classical yoga and meditation for more than 20 years, and coached private clients in the practices that integrate life spiritually, mentally, emotionally, and physically. Her writing is featured regularly in national magazines such as *Light of Consciousness* and *Yoga Therapy Today*, and online at Yogapedia, Yoga Digest, mindbodygreen, and many more. She also writes inspirational screenplays and facilitates international wellness retreats. For more, see jennieleeyogatherapy.com.

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