



Kaya Shtiram

This is a pratyahara practice – a way to withdraw our attention from the outside world. In this practice, we will sit perfectly still.



Let your spine be straight, adopt a comfortable sitting posture, and close your eyes.

- Give yourself about 30 seconds to settle into this.

**Now, sit still for 5 minutes.
Not one iota of movement!**

You'll notice that signals start arising – an itch, a discomfort. Things can feel difficult or torturous.

- Notice how difficult it is to hold perfectly still.
- Do not give into the desire to shift, itch, etc.



Breathe in and breathe out

- You may discover that breathing is a relief – that when you breathe, you forget the itch, or it disappears – but when the breath ends, the signal comes roaring back.
- Suddenly, each breath is a bliss as you breathe with this new awareness.



Then we will begin the closing of the practice.

- Let go of the breath – let it resume naturally.
- Prepare yourself to end the practice. Do not “give in” to the sensations, but rather acknowledge that movement will come soon.
- Take a deep breath and exhale.
- And move!

You sat for 5 minutes – that's all you did. You sit for 5 minutes all the time – in the waiting room, in the car, while waiting for an airplane. But sitting can be incredibly powerful, intense, robust. It all depends on the focus of your mind. If you master pratyahara – life can be invigorating, intense, or even exhausting. **You can do it even if it is difficult.**