



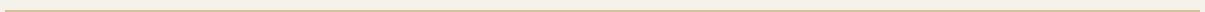
ISAAC MULLINS

A SIX-WEEK COURSE

BEING

Presence, Stillness and the Felt Sense

Meeting experience with awareness and ease



Before You Start

These practices work well alongside the asana (yoga posture) practices found in the [Library](#) on Isaac's website.

Modern life is full of stressors that can trigger the sympathetic nervous system — the fight, flight or freeze response — and keep it switched on long after the moment has passed. The body evolved to meet short bursts of stress followed by recovery, but the pace of modern life rarely allows for that recovery.

When the body responds to everyday pressures as though they were threats to survival, the cost accumulates. We become more irritable, more depleted, and eventually exhausted. Learning to relax consciously, and to return the body to balance, is therefore not a luxury but a necessity.

This course is designed to bring the body and mind back into balance, and to return to you a sense of autonomy over your own physical and psychological wellbeing.

How to Approach the Course

Practise as regularly as you can — ideally most days of the week. A strong body and a calm mind are built through habit: first we create our habits, and then our habits create us. If you want to feel more relaxed, more energised or more content, it helps to build the practices that support those qualities into daily life.

If daily practice isn't realistic, do what you can. Three or four times a week is still valuable; the more you put in, the more you receive. Equally, don't let the practice become another source of pressure.

Although it is laid out as a six-week course, you can move through it at whatever pace suits you, and return to any week for as long as you like. There is nothing wrong with staying on one week for a month or more if you are still enjoying it, or don't yet feel ready to move on.

Never force. Listen to your body, and go at your own pace.

The Being Practices

The Being practices support a deeper connection with your body, and through it, with yourself. This is where practice becomes less about what we do and more about how we meet experience — learning to stay present without immediately distracting ourselves, suppressing what we feel, or reacting automatically.

Some of the benefits of these practices include:

- Renewed energy and vitality.
- A richer, fuller experience of everyday life.
- Sharper perception, focus and intuition.
- A greater capacity to stay present.
- Improved physical and psychological health.
- A stronger connection with the natural world.
- The ability to respond to challenge rather than react to it.

Together, these practices help the body return to rest and recovery, and help you meet life with more steadiness, presence and enjoyment.

WEEK ONE

Relaxation

This week we focus on relaxation.

Learning to relax is one of the most valuable things we can do, for our health, our focus and our enjoyment of life. It can be learned by anyone: it simply means bringing awareness to tension and consciously letting it go. Relaxation is also something you can practise all day long, whatever you happen to be doing.

Being Practice 1 — Yoga Nidra

The Being practice this week is a deep relaxation known as yogic sleep — *yoga nidra* in Sanskrit. It is a powerful way to rest deeply, and it comes at the start of the course because it does so much to restore your natural energy.

To practise, lie on your back in savasana, completely comfortable. Use a blanket to stay warm, and cover your eyes if that feels good. Then simply listen to my voice and follow the guidance.

If you lose concentration, there is no need to criticise yourself or start again — just come back to my words. If you fall asleep, that is fine too; you probably needed it. Stay until the end of the practice, and the benefit will come of its own accord, whatever your experience has been.

GUIDED PRACTICE

Yoga Nidra

Watch or listen: [Yoga Nidra](#)

Taking It Into Your Week

Practise relaxation throughout the day, in every moment you can. Whenever you notice tension arise, return to your natural breathing and let the tension dissipate. When you relax the body, the mind relaxes too.

The more you practise, the more readily you will be able to relax — whenever you choose, and in whatever situation you find yourself.

Notes & Reflection

How is your physical body feeling? Stronger and more flexible? More alive? Do you notice any changes yet?

How are your energy levels? Do the practices affect them?

Are there any changes in your mood or emotions — perhaps more sensitivity, more balance, or more joy? Some difficult things may be arising too.
