

YOGANUARY 9.0

Your journey to strength through mind, body, soul and breath.



Welcome to Yoganuary 9.0 STRONG

Created especially for the Soul Sanctuary family, this workbook is filled with philosophy, activities, journal prompts and affirmations to complement your **Yoganuary 9.0 STRONG** journey. As you flow through each chapter of Yoganuary on the mat, you'll find that these extra off the mat practices will help you to deepen your journey to strength.

Follow @mysoulsanctuary on instagram for even more ways to deepen your journey to strength.

STRONG Yoganuary 9.0

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Chapter 1: Strong Body

"Build a foundation of strength from the ground up."

Chapter 2: Strong Mind

"Focus your thoughts, cultivate clarity, and unlock resilience."



Chapter 3: Strong Breath

"Harness the power of your breath to steady and strengthen within."

Chapter 4: Strong Soul

"Reconnect with your essence and awaken the strength within."



Chapter 5: I am STRONG

"Integrate body, mind, breath and soul – your strength in unity."





An introduction to Yoganuary 9.0

Welcome to Yoganuary. This is your time for movement, healing, restoration, rebirth and renewal over 31 days.

Get ready to embark on a journey that calls you to embrace your strength in every dimension - body, mind, breath and soul. Yoganuary 9.0 invites you to discover a strength that activates on a deeper level, bringing resilience, connection and empowerment to every moment on the mat. This is your time to arrive exactly as you are, free of judgment, filled with presence and honouring each day with compassion. As always on any Soul Sanctuary journey, what we do on the mat is just the warm up to how we live life off the mat.

Over five chapters, we'll embrace strength in all its forms: STRONG Body, STRONG Mind, STRONG Breath, STRONG Soul and I Am STRONG.

Through this journey, you will experience yoga, movement, Qigong, meditation, breathwork, sound and so much more, all while finding connection with the Soul Sanctuary's supportive community. Each practice invites you to move and breathe with intention, letting curiosity and awareness guide you.



With love from Cat

Soul Sanctuary family,

Here we go again! Some of you will be new here and many of you are seasoned Yoganuary adventurers. Every year I deepen into so much gratitude when I see the flurry of new, current and past members coming through the Soul Sanctuary doors to embark on this journey.

Support goes both ways. There is an energy exchange between us that is constantly warming my heart. Your trust in me and our amazing guest teachers to guide this journey is no small thing, so thank you. Whether you come to your mat every day throughout Yoganuary 9.0, or you just dip in and out, please know that you are so welcome here. Come as you are. Show up in whatever is alive for you and get ready to feel STRONG.



As the Soul Sanctuary themes so often are, this year's Yoganuary theme is a very personal one for me. When filming our previous Yoganuary (8.0) I was in a very rocky patch of life and 2024 has definitely continued to throw many hurdles (as I'm sure is the same for many of you), but here I am, standing STRONG.

Despite my limiting beliefs and self-judgement trying to get in the way, I continue to show up and glow up in my strength; body, mind, breath and soul. My wish for you in this journey, is to do the same.

Meet Your Teachers



Founder of Soul Sanctuary

Cat is a yoga, meditation, free movement, breath work and sound healing facilitator. As founder and lead teacher of the Soul Sanctuary, Cat's mission is to hold space for people to connect with a deeper layer of the self through movement, stillness and everything in between.

This is Cat's 9th Yoganuary following on from 8 incredible journeys to begin the new year with a healing yoga journey. Over those 8 years, Cat has lead more than 35,000 beautiful souls around the world through movement, breath, meditation, sound and healing incorporating the philosophies of yoga along the way. This year, you can join Cat for practices throughout each Yoganuary chapter as we strengthen throughout the mind, body, soul and breath.

Expect lots of your favourite ways to flow, including mandala, power, free movement, classic vinyasa, restorative, breathwork and lots more.

Cat's Yoganuary Schedule

You can flow with Cat almost everyday throughout Yoganuary as she leads you on a journey through the five STRONG chapters.



Caroline Inspired

Yoga - Slow living - Meditation

Caroline is all about slowing down, being present, keeping the vibes high and the wisdom deep. A beloved guest teacher for Yoganuary 9.0, Caroline will guide you through practices that invite strength, ease and connection, helping you tap into your power both on and off the mat. She shares her love for yoga as both a teacher and a lifelong student of the practice, living a yoga-inspired lifestyle and inspiring others to weave yoga into their everyday lives no matter where they are or what they're doing.

Caroline's Yoganuary Schedule Join Caroline on Day 3 and Day 30.

Joa Gomez

Strength - Arm balances - Drills

Joa is a talented yoga teacher with a focus on building strength, stability and resilience both on and off the mat. He believes that true strength comes from a solid foundation, not only in physical postures but also in mindfulness and self-awareness. He teaches that yoga is more than just a series of poses - it's about connecting with the body, mind and spirit in a way that fosters growth, inner strength and balance.

Joa's Yoganuary Schedule Join Joa on Day 20 and Day 23.



Lena Jungmann

Yoga - Empowerment - Body positivity

Lena is a yoga teacher from Austria, based in Berlin, where she teaches in both German and English. Her classes focus on inclusivity, showing that yoga is for every body, regardless of shape or ability. With core values of self-empowerment, self-care and mindfulness, Lena's approach emphasises building inner strength through self-compassion and acceptance. Her restorative practice during Yoganuary encourage students to honour their bodies, nurturing a deeper connection to both physical and emotional resilience.

Lena's Yoganuary Schedule Join Lena on Day 24.

Emma Tian Williamson

Qigong - Mindfulness - Yoga

Emma is a Qigong, mindfulness, and yoga teacher who believes embodied practices are the antidotes for modern life. Growing up with a Qigong teacher for a mother, Emma found solace in the meditative movements, and after her mother's passing, she discovered a path to healing through teaching Qigong. Her unique Qi Flow practice combines Qigong and vinyasa yoga, blending spiritual philosophy, mindfulness, and somatic awareness to help you connect with your inner wisdom. During Yoganuary, Emma's practices invite you to cultivate strength in body, mind, breath and soul through both QiFlow and Qigong.

Emma's Yoganuary Schedule Join Emma on Day 7, Day 14, Day 21 and Day 28.





Sadé Christine

Sound healing - Meditation - Restoration

Sadé is a trauma-informed facilitator specialising in sound healing, meditation and restorative practices. As the founder of Sanawell, she creates safe, inclusive spaces for reflection, calm and renewal. With a focus on somatic healing and radical rest, Sadé's mission is to help others reconnect with their inner wisdom and build resilience.
Through her full moon sound healing practice in Yoganuary, Sadé invites you to embrace stillness, release tension and cultivate deep emotional strength, allowing you to reconnect with your soul's true power.

Sadé's Yoganuary Schedule Join Sadé on Day 13.

Soul Sanctuary Guest Teachers

The guest teachers at Soul Sanctuary have been carefully selected for their expertise, unique areas of focus and extensive knowledge in both yoga and wellness. We invite you to immerse yourself in the diverse practices these beautiful teachers bring to your Yoganuary 9.0 journey.

STRONG Calendar

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY 4 2 3 5 1 ACTIVE SLOW FLOW VINYASA POWER FLOW MANDALA STRETCH WITH WITH CAT WITH CAT WITH CAT CAROLINE WITH CAT 35m 40m 30m 65m 30m 9 10 11 12 6 8 STRONG SOUND OIFLOW VINYASA MANDALA POWER FLOW MEDITATION STRETCH YTN WITH EMMA WITH CAT WITH CAT WITH CAT WITH CAT WITH CAT WITH CAT 20m 35m 30m 30m 50m 30m 55m 17 19 13 14 15 18 16 HIP BREATH SLOW FLOW OIGONG VINYASA MANDALA MEDITATION MOBILITY WORK WITH EMMA WITH CAT WITH CAT WITH CAT WITH SADÉ WITH CAT WITH CAT 20m 35m 35m 40m 30m 45m 30m 20 21 22 23 25 24 26 CALMING STRETCH + POWER MANDALA OIGONG VINYASA POWER FLOW FLOW SOUND FLOW WITH CAT WITH EMMA WITH JOA WITH JOA WITH LENA WITH CAT WITH CAT 30m 30m 30m 45m 30m 45m 60m 27 29 30 28 31 CLOSING

POWER FLOW

WITH

CAROLINE

30m

CEREMONY

WITH CAT

30m

FREE FLOW

WITH CAT

30m

QIGONG

WITH EMMA

30m

VINYASA

WITH CAT

45m

Chapter 1 STRONG BODY

Welcome to STRONG Body. This chapter invites you to reconnect with your physical form as a source of strength, resilience and vitality. Through a diverse range of practices, we explore what it means to embody strength - not just in power but in softness, fluidity and mindful movement.

From active stretching, mandala and power yoga with Cat, to grounding restorative with Caroline and a Qigong yoga fusion with Emma, this chapter invites you to explore strength in all its expressions. These practices encourage you to embrace the wisdom of your body, finding balance between effort and ease and honouring the strength that exists within every breath and movement.

By the end of this week, you will have tapped into the many layers of physical strength, leaving you feeling grounded, activated and empowered, ready to flow into the next chapter of this journey.



Chapter 1 Gratitude Journal

Three things I was grateful for during the chapter one practices

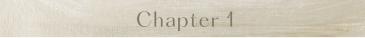


Things that made me smile off-the-mat during this chapter

One thing that inspired me during the week One person l've been grateful for this week

Affirmation of the chapter

Extra journalling

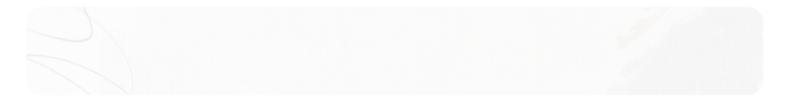


Daily journal prompts and affirmations to support your journey.

DAY 1

Journal prompt: What does 'strength in the body' mean to you?

Affirmation: My body is capable. My body is valuable. My body is loved.



DAY 2

Journal prompt: What opportunities do you have to step outside of your comfort zone? Physically, mentally and spiritually. List all three ways.

Affirmation: I am ready to embrace the opportunities that lie outside of my comfort zone.

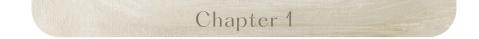


DAY 3

Journal prompt: Is there strength in restorative practice? If so, write about it.

Affirmation: I find strength in all parts if myself; mind, body and soul.





Daily journal prompts and affirmations to support your journey.

DAY 4

Journal prompt: What emotions do you feel when challenge arises?

Affirmation: Challenge is positive. I do not fear it.

DAY 5

Journal prompt: What does ego mean to you? Write about one time it helped you and one time you feel like your ego held you back.

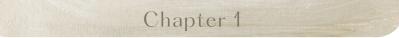
Affirmation: I embrace all parts of me. I am a perfect version of myself.

DAY 6

Journal prompt: How does stillness affect your body?

Affirmation: I am STRONG in all parts of myself.



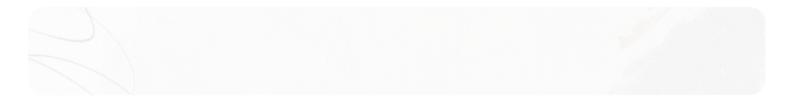


Daily journal prompts and affirmations to support your journey.

DAY 7

Journal prompt: What does your body need from you today and how can you honour that?

Affirmation: I listen to my body and the wisdom it holds.



"A strong body is the one that is aware. The body that can FEEL whilst it moves. The body that is capable of challenges, but the one that is willing to soak up rest. Every body has a strong body; it's how you nurture it that counts." - Cat Meffan



Unlocking True Strength: The Kleshas and Your Inner Power

In this first chapter of Yoganuary 9.0, we focus on building a strong body, not just through the physical practice of asana, but through a deeper internal journey. Our bodies are vessels of strength, but true strength comes from aligning the body with the mind and spirit. By exploring the Kleshas - obstacles to spiritual growth - we can uncover how these mental patterns play a role in shaping our physical practice and help us create lasting, transformative strength.

The Five Kleshas



Avidya: Ignorance



Asmita: Egoism



Raga: Attatchment



Dvesha: Repulsion & Aversion



Abhinivesha: Fear of death or change

The Kleshas offer valuable insight into the internal journey we embark on through our yoga practice. Each Klesha invites us to reflect on how we relate to ourselves and our bodies, guiding us towards a more balanced and resilient form of strength.



Here's how they influence the process of cultivating a strong body:

Avidya - Ignorance: Let go of self-judgment and unrealistic expectations. True strength lies in embracing your body as it is, without comparison.

Asmita - Ego: Let go of ego-driven goals. Strength is found in humility, listening to the body, and respecting its needs.

Raga - Attachment: Step beyond comfort zones. Strength is found in welcoming challenges and being open to exploration .

Dvesha - Aversion: Embrace discomfort in challenges. Facing discomfort (not pain) with openness builds deeper strength and resilience.

Abhinivesha - Fear of death/change: Accept change in the body. True strength is rooted in trust and the ability to adapt and evolve.

Unlocking True Strength: The Kleshas and Your Inner Power

By incorporating these teachings into your practice, you'll begin to see that true strength is not just about the physical body; it's about strengthening the mind and spirit as well. Embrace each posture with an open heart, honouring where you are in your practice and trusting in the process of growth.

For more on the Kleshas and how they influence your practice, check out our full article <u>here</u>.



Soul Sanctuary - STRONG

Chapter 2 STRONG MIND

Welcome to STRONG Mind. This chapter encourages you to explore the power of your mind, cultivating clarity, focus and a deep sense of inner strength. Through intentional movement, breath and stillness, you will discover how mental resilience supports every aspect of your journey, both on and off the mat. We know that we are not our thoughts, however our thoughts do have the power to shape us and our path, which is why having a strong mind is so important for us when trying to cultivate the life we want for ourselves.

From slow, introspective practices to grounding earth mandala flows and energising power yoga with Cat, this chapter delves into the heart-brain connection and the marriage between mind and body. Emma's serene Qigong practice blends flowing movement with focused breath to calm and centre the mind, while Sadé's full moon singing bowls meditation uses soothing sound vibrations from crystal bowls and her voice to release tension and nurture clarity and resilience.

By the end of this chapter, you will feel uplifted by the strength of your mind, with a deeper understanding of how cultivating mental strength enhances every area of your life, creating a solid foundation for confidence, balance and ease.



Chapter 2 Gratitude Journal

Three things I was grateful for during the chapter two practices

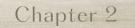


Things that made me smile off-the-mat this chapter

One thing that inspired me during the week One person l've been grateful for this week

Affirmation of the chapter

Extra journalling



Daily journal prompts and affirmations to support your journey.

DAY 8

Journal prompt: Write down three positive things about your mind. Read them aloud & write about the feelings that arise when we speak positively to ourselves.

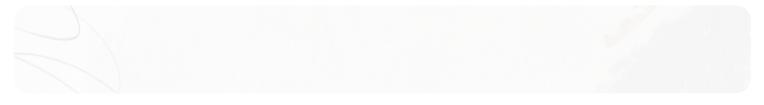
Affirmation: I am here.



DAY 9

Journal prompt: Are you aware of your limiting beliefs? Note down some of the key ones and then write about ways you can challenge them.

Affirmation: My thoughts dictate my reality. I am worthy of having positive and nourishing thoughts.

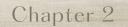


DAY 10

Journal prompt: Do you feel like you communicate with both your heart & your brain well? Can you think of a time your heart & brain communicated well?

Affirmation: I listen to all parts if myself. There is wisdom within me.





Daily journal prompts and affirmations to support your journey.

DAY 11

Journal prompt: What does the earth symbolise to you? What do you have in common?

Affirmation: I am (insert your own quality).



DAY 12

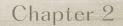
Journal prompt: When was the last time you had a judgemental thought about another human? Can you see this as a mirror for your own fears or insecurities?

Affirmation: I am kind and loving towards others and myself.

DAY 13

Journal prompt: What do you want to transform? What do you want to let go of?

Affirmation: I am ready to let go of the things that no longer serve me.



Daily journal prompts and affirmations to support your journey.

DAY 14

Journal prompt: What does a STRONG mind mean to you?

Affirmation: I look inwards to find the strength I need.



"A strong mind can witness the clouds, it can be fluid like water, it can be courageous like the flames and can be stable like the earth. A strong mind is the one that can dance through all seasons with compassion." - Cat Meffan



Strengthening The Mind Through Meditation

Meditation is often regarded as one of the most transformative practices for cultivating a strong mind. It's not just about sitting quietly; it's about learning to observe the mind, quieting mental chatter and developing a deeper awareness of our thoughts, feelings and emotions.

"Meditation is the process of creating a strong mind that is no longer at the mercy of your thoughts, but the master of them." – Mo Gawdat



Much like building physical strength, meditation is a practice - something that grows with consistency, patience and commitment. The more practice, the more your mind will grow in power and presence. At Soul Sanctuary, we understand that meditation comes in many forms and each style offers unique benefits for the mind. During Yoganuary (and on the membership), we offer a variety of meditation practices that align with our overarching theme of strength:

Traditional seated meditation:

Cultivates mindfulness, improves concentration, reduces stress

and enhances emotional regulation.





Slow movement and meditation:

Combines gentle yoga with stillness to release tension, deepen relaxation and connect breath and body.

Sound healing and singing bowls:

Uses healing vibrations to clear mental fog, calm the nervous system and promote emotional healing.





Qigong:

Merges movement and breathwork to enhance focus, grounding, and mental clarity while nurturing overall well-being.

"A STRONG MIND IS THE KEY TO OVERCOMING CHALLENGES AND MEDITATION IS THE PRACTICE THAT CULTIVATES IT." – DR. JOE DISPENZA

The benefits of meditation are endless, but a few that we love to highlight include its ability to increase mental clarity and focus, reduce stress and anxiety, and improve emotional regulation and resilience. Meditation also cultivates inner peace and selfawareness, helping to quiet the mind and foster a deeper understanding of ourselves.

Over time, it enhances creativity and problem-solving while strengthening the connection between mind, body and spirit, allowing for greater balance and well-being.

Soul Sanctuary - STRONG

Chapter 3 STRONG BREATH

Your breath, known in yoga as your prana (life force) is your anchor, your guide and your constant companion. In this chapter, we explore the power of breath as both a grounding force and a tool for transformation. Through intentional breath control, you can cultivate calmness, energise your body and create space for a deeper connection. But also just by observing your natural breath and being more mindful of it's qualities we can find more harmony in the body, mind and soul.

This chapter invites you to deepen your connection to the breath as a practice of selfdiscovery and empowerment through pranayama techniques, the science of breathing. You will learn how harnessing the breath strengthens both body and mind.

You will be guided through yoga practices that seamlessly link breath with movement, from stretching to building power, while also incorporating breath in Qigong and a gentle conscious-connected breathwork session with our founder, Cat. By harnessing the power of breath, we strengthen ourselves both on and off the mat.



Chapter 3 Gratitude Journal

Three things I was grateful for during the chapter three practices

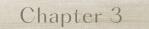


Things that made me smile off-the-mat this chapter

One thing that inspired me during the week One person or thing l've been grateful for this week

Affirmation of the chapter

Extra journalling



Daily journal prompts and affirmations to support your journey.

DAY 15

Journal prompt: Take a moment to pause and take 5 breaths. What do you notice about the qualities of your breath? Is it linked to how you feel emotionally right now?

Affirmation: I am capable of cultivating a powerful connection with my breath.



Journal prompt: Use three words to summarise your Yoganuary journey so far. Share these three words with the Soul Sanctuary community if you feel called to.

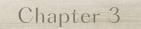
Affirmation: I find joy in the journey of life.

DAY 17

Journal prompt: Take one DEEP breath. Let it all go. Write down one thing you want to achieve this year. Is this your true desire? Be honest and dream big.

Affirmation: I am lead by my own inner strength.



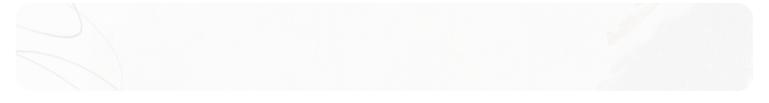


Daily journal prompts and affirmations to support your journey.

DAY 18

Journal prompt: How does it make you feel when you connect your breath seamlessly with your movement practice?

Affirmation: I am capable of cultivating a powerful connection with my breath.



DAY 19

Journal prompt: Before practice: set your intention. After practice: how did today's gentle breathwork class make you feel?

Affirmation: I am open to trying new things.

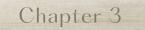


DAY 20

Journal prompt: Who are you grateful for in your life today? Write them a letter, a text or give them a call.

Affirmation: I am love. I am loved. I am loving.





Daily journal prompts and affirmations to support your journey.

DAY 21

Journal prompt: Think back to the 1st January. Write down one thing you have learned about yourself since that date.

Affirmation: I am growing, learning and transforming.



"The breath is medicine. It is life-force energy. It is spirit. Having a strong connection to the breath allows us to drop into presence. Recognising qualities of the breath helps us understand what emotions may be moving to the surface. Get intimate with your breath and the rest will follow." - Cat Meffan



The Strength of Breath: On and Off the Mat

Breath is far more than a bodily function; it is the vital life force - prana - that connects our physical, mental and spiritual well-being. In yoga, the breath acts as a powerful bridge between body and mind, guiding us towards balance, focus and resilience.Off the mat, mindful breathing becomes a tool for navigating life's challenges with clarity and calm. It reminds us of the inherent strength we hold within and how our breath can anchor us even in the most turbulent moments.

Breathwork has become increasingly popular in modern wellness practices, but how does it differ from the ancient yogic tradition of pranayama?

PRANAYAMA - YOGIC BREATH CONTROL:

Pranayama, often translated as "breath control" or "expansion of life force", is the foundation of yoga. This ancient practice includes techniques designed to regulate and direct the breath to enhance physical vitality and mental clarity.

Methods like Nadi Shodhana (alternate nostril breathing) or Ujjayi (victorious breath) encourage inner stillness, improve lung capacity, and harmonise the body's energy systems. Pranayama is deeply meditative, offering practitioners a path inward to cultivate mindfulness, presence, and spiritual connection.







"We're beginning to understand that
improved breathing
means improved sleep,
digestion, cognitive
function, longevity,
athletic performance."
James Nestor, Breathe

1:15

BREATHWORK - MODERN EXPLORATIONS OF BREATH:

Breathwork shares similarities with pranayama but is often tailored to modern wellness needs. Very often we see pranayama practices taught in similar ways, but marketed as modern breathwork to reach a new-age audience, without being rooted in Yogic philosophy. It includes a variety of techniques, such as rhythmic or connected breathing, simple deep diaphragmatic breathing, breathing for functional health and sports or longer and more intense conscious connected breathwork (CCB). The latter is aimed at emotional release, stress reduction and even altered states of consciousness. CCB is frequently guided in sessions and accessible to all, regardless of yoga experience. It is a healing modality that can take a student into deeper subconscious exploration.

While pranayama emphasises intentional control and draws from ancient philosophy, breathwork leans into functional health, emotional healing and self-discovery. Together, these practices highlight the transformative power of breath - both as a grounding force on the mat and as a tool for strength and renewal in everyday life.



Soul Sanctuary - STRONG



Chapter 4 STRONG SOUL

In this chapter, we invite you to reconnect with the deeper layers of your being. Soul strength is not about force but about presence, connection and authenticity. By embracing stillness, self-reflection and intuitive movement, you'll create space to feel, heal and reconnect with the essence of who you are.

True strength lies in honouring your emotions, trusting your intuition and showing up as your most authentic self.

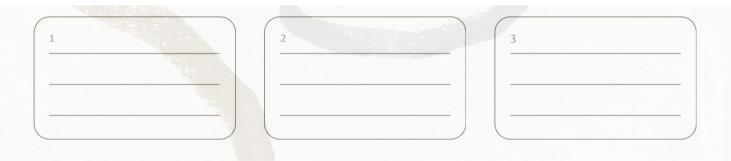
This week's practices are designed to awaken and nurture a STRONG Soul. Through a powerful blend of movement, breathwork, meditation and sound healing, you'll explore the subtle yet profound strength that resides within. Expect moments of energising flows, restorative stillness and deep presence to help you find freedom, balance and inner strength.





Chapter 4 Gratitude Journal

Three things I was grateful for during the chapter four practices

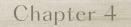


Things that made me smile off-the-mat this chapter

One thing that inspired me during the week One person l've been grateful for this week

Affirmation of the chapter

Extra journalling



Daily journal prompts and affirmations to support your journey.

DAY 22

Journal prompt: What does the word 'soul' mean to you? What does being "spiritual" mean to you?

Affirmation: I am ready to explore and deepen my connection to my spirit.



DAY 23

Journal prompt: Describe your true soul. What words do you associate with yourself? Consider who you are without the influence of labels, thoughts, emotions and ego.

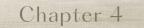
Affirmation: Everyday I move closer to balance and harmony.

DAY 24

Journal prompt: What are the things currently providing distractions or discomfort within your heart and gut? What can you do to deal with them?

Affirmation: I will focus on the things I can control.





Daily journal prompts and affirmations to support your journey.

DAY 25

Journal prompt: What emotions do you feel after today's mandala practice?

Affirmation: There is strength in every layer of my being.



DAY 26

Journal prompt: Write down three things that you miss having time for. Where in your life can you find more time for the things you love?

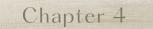
Affirmation: I am capable of creating my dream life.

DAY 27

Journal prompt: How can you tell when fear is holding you back and when fear is protecting you?

Affirmation: I am free. I let go of the fear of judgement from myself and others.





Daily journal prompts and affirmations to support your journey.

DAY 28

Journal prompt: Are you honouring your soul? In what ways can you honour your soul more? Write a love letter to your soul (nobody will see it, be honest and loving).

Affirmation: I love myself! I love my soul! **Repeat**.



"The strong soul is the one that understands the balance between rest, resilience and strength. It is the soul that can see, the one without labels and the one that always comes back to love and kindness." - Cat Meffan



The Importance of the Koshas –The Gateway to The Soul



In yoga philosophy, the koshas - often described as "layers" or "sheaths" - guide us through a journey inward, peeling back the different aspects of our being to reveal the deepest layer: the soul. The koshas offer a map to explore our physical, energetic, mental and emotional layers, ultimately reconnecting us with our authentic selves.

There are five koshas, each providing a gateway to a deeper soul awareness:

The Koshas



Annamaya Kosha: the physical body



Pranamaya Kosha: the energetic body





Vijnanamaya Kosha: the wisdom body



By peeling back these layers, we uncover a truth that goes beyond the physical: true soul strength comes from presence, connection and living in alignment with who

and a factor

we really are.

Annamaya Kosha - the physical body: The outermost layer, where we connect through movement and sensation. Your yoga asana practice nurtures this kosha, inviting strength and grounding.

The Koshsas

The Gateway

To The Soul

Pranamaya Kosha - the energetic body: Breathwork and pranayama awaken this layer, helping you connect to the life force that flows through you.

Manomaya Kosha - the mental body: The mind, thoughts and emotions live here. Meditation and self-reflection cultivate balance and clarity within this sheath.

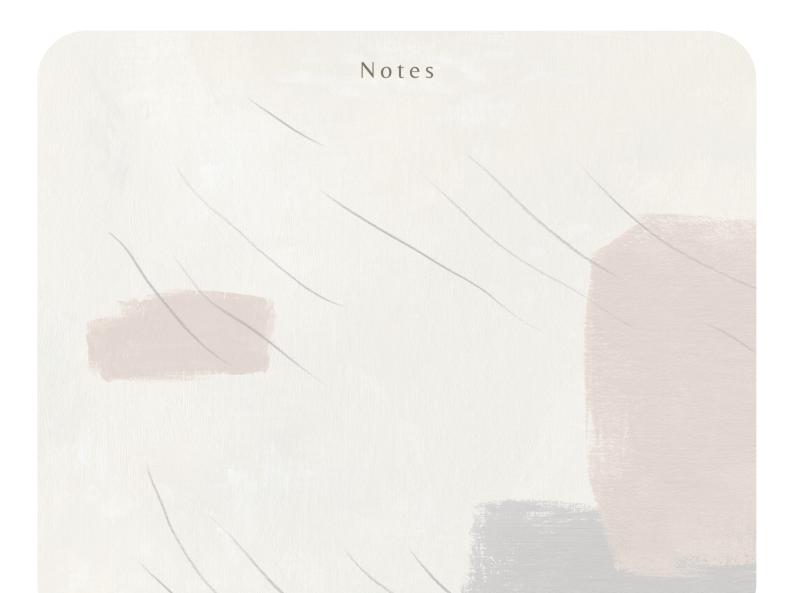
Vijnanamaya Kosha - the wisdom body: This layer is home to our intuition and deeper awareness. Practices that encourage stillness and introspection help us access this wisdom.

Anandamaya Kosha - the bliss body: The innermost kosha and the gateway to the soul. It's the layer of pure joy, connection and presence that comes when we release the layers above and rest fully in our authentic selves.

The Importance of the Koshas –The Gateway to The Soul

This week's Strong Soul chapter encourages you to explore the koshas through a blend of movement, breathwork, meditation and sound healing. Each practice offers a way to nurture these layers, gently guiding you from the external to the internal - toward that blissful state where the soul resides. Whether you're moving through an energising flow, embracing stillness, or diving into deep presence, you are invited to reconnect with your essence and explore the subtle strength within.

For more on the Kosha's and how they influence your practice, check out our full article <u>here</u>.



Soul Sanctuary - STRONG

Chapter 5 I AM STRONG

YOU'VE MADE IT!

As we close this journey, we arrive at the ultimate affirmation: I AM STRONG - in body, mind, breath and soul. This chapter brings together everything you've explored throughout Yoganuary 9.0, integrating your physical, mental and spiritual growth.

Strength is not a destination; it's a continuous practice of showing up, staying present, and trusting in your ability to evolve.

It's a short but powerful week this week. Get ready to flow with Cat under the energy of the New Moon and embrace your inner fire with Caroline. Finally, we'll finish this transformative journey with a heartfelt closing ceremony led by Cat, celebrating the strength you've uncovered and the new year ahead.

Always remember - You are STRONG, resilient, adaptable and capable of so much more than you know.



Chapter 5 Gratitude Journal

Three things I was grateful for during the chapter five practices

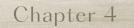


Things that made me smile off-the-mat this chapter

One thing that inspired me during the week One person l've been grateful for this week

Affirmation of the chapter

Extra journalling



Daily journal prompts and affirmations to support your journey.

DAY 29

Journal prompt: What do you want to call in to your life? What do you want over the next month, 6 months and year?

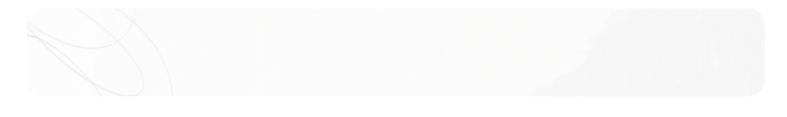
Affirmation: The universe loves me. The universe wants me to succeed.



DAY 30

Journal prompt: Write about a hidden strength that nobody knows you have? How can you share it with the world?

Affirmation: The world wants to see the gifts I have to offer.



DAY 31

Journal prompt: Write about what makes you STRONG – in body, mind, breath and soul.

Affirmation: I am STRONG.

"When I believe that I am strong, my energy encourages those around me to feel the same. When I am in a community of strength, I am abundant in stability, compassion and adventure." – Cat Meffan



I AM STRONG: Strength Through the Eight Limb Pathway



As we arrive at the final chapter of Yoganuary 9.0, we embody the ultimate affirmation: I AM STRONG. This is not a statement of physical force, but a quiet, unwavering belief in the strength that resides within each of us - strength that has been nurtured through movement, stillness, breath and reflection over this transformative journey.

Throughout Yoganuary, we've explored how strength manifests in the body, mind, breath, and soul, both on and off the mat. In this chapter, we unite these layers of strength, inspired by the wisdom of yoga's Eight Limb Pathway, a timeless guide to living a life of balance, resilience and authenticity.

I AM STRONG: Strength Through the Eight Limb Pathway

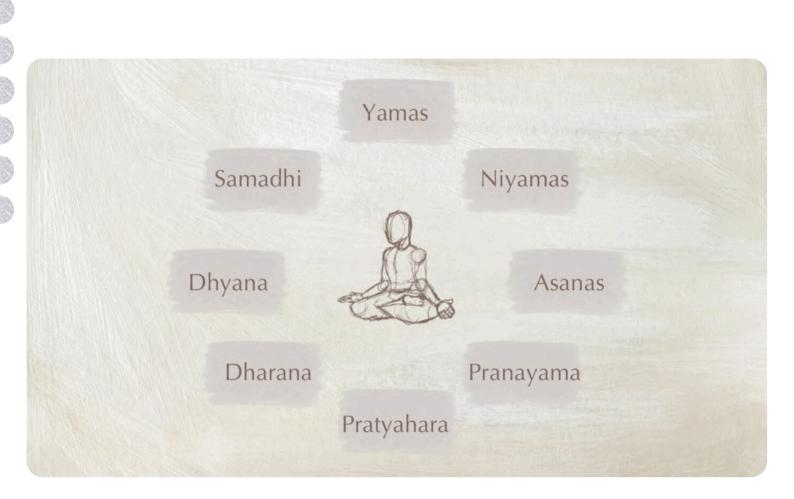
The Eight Limbs of Yoga - outlined in Patanjali's Yoga Sutras - offer us a clear path to cultivate strength in every aspect of our being. They remind us that yoga is not just a physical practice but a holistic experience that integrates movement, breath, mindset and spirit.

It begins with the Yamas (ethical restraints) and the Niyamas (self observances), teaching us that strength lies in how we choose to show up for ourselves and others. Through self-discipline, non-attachment, and self-study, we learn to harness inner strength with compassion, integrity and humility.

Asana (posture), is where we've explored strength through the physical body. On the mat, we build resilience, balance and endurance, but true strength comes from more than holding a pose - it's found in our ability to adapt, listen to the body and trust its wisdom.

Similarly, Pranayama (breath control/life force) reminds us of the power of the breath to calm the mind, steady the spirit, and reconnect us to the present moment. The breath becomes an anchor in moments of challenge and a tool for cultivating inner calm and clarity.

As we journey deeper into the limbs of Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation), and Samadhi (enlightenment), we uncover the subtler forms of strength that reside within. Here, strength is not about doing, but about being. It's in the stillness where we witness the fluctuations of the mind, embrace our emotions without judgment and reconnect to the unwavering presence within - the essence of our soul. This is where the real transformation begins.



The Eight Limb Pathway reminds us that strength is a practice, not a destination. It's the courage to show up as we are, the resilience to embrace challenges and the trust to surrender to the process of growth. Strength is cultivated on the mat through physical and mindful movement, but it extends far beyond into how we live our lives, how we breathe through the hard days, pause to listen within and honour our bodies, minds and souls with kindness and presence.

As this chapter and journey come to a close, let the affirmation I AM STRONG reflect all you have cultivated throughout Yoganuary 9.0. Remember that this strength is always within you - it is the strong body that supports you, the focused mind that guides you, the steady breath that anchors you and the resilient soul that carries you forward. The Eight Limb Pathway is your guide to living in alignment with this strength every day.







Soul Sanctuary - STRONG

THANK YOU FOR TAKING PART IN YOGANUARY 9.0 **STRONG**

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