



## Ganja Yoga Tips for Everyone

### Key Cannabis Guidelines

- Pay attention to terpenes
  - The aromatic, essential oil of the plant
  - What you can smell
  - Possess therapeutic applications
  - Allow the intelligence of your body to decide
- Consumption methods to ensure a robust endocannabinoid system
  - Edibles, or medibles
  - Vaping
  - Smoking
  - Dabbing
  - Tinctures/oils
  - Topicals
- Dose
  - Microdosing – minimum effective dose for optimal benefit
    - Low
    - Medium/social
    - High
    - Turbo/shamanic
- Frequency
  - Individualized
  - Trail + error method
  - Work with your healthcare professional
- Set + setting
  - Inner + outer landscape (context) mediates the drug effect
  - Use an intention to ground the experience to meet your desired outcomes
    - *Where am I at emotionally/ energetically/physically?*
    - *What do I want?*
    - *Is now a good time to get that want met?*
    - *How can I facilitate the cannabis to get that need met?*



### Key Yoga Guidelines

- Mindfulness is the foundation of all yoga
  - Alert, flexible, focused attention
  - Relaxation is not the goal, but an eventual outcome
  - If there's pain or tension, be with it
  - No goal of mindfulness, except to expand awareness
- Breath is as important as the movement
  - Forget what you've seen of Western yoga
  - If the breath is compromised, you're working too hard
  - Sound vibration
- Practicing yoga
  - Warm up with controlled, slow, dynamic stretches first
    - Hold for 10-60 seconds, or whatever feels good for you
    - Do 1-3 rounds of each stretch
    - If new to stretching, do more frequent, shorter rounds
  - Cultivate healthy alignment + biomechanics
  - Less is more
    - Feel into subtle sensations
    - Go slow
    - Get out of your head (time and time again!)
    - Rest when required
    - Do more challenging stretches or poses at the end
  - Hold a soft bubble, or cloud, of awareness around pain
    - Even very gentle stretching may not be appropriate when there are injuries to the tissues
    - Try soft massage with topical cannabis plus either a heat or cold (whichever provides more relief)
- Meditation is the fruit of yoga
  - You can meditate sitting, lying down, standing, walking, or in any yoga pose
    - Try corpse pose with a pillow under the head and tops of shoulders
  - If you fall asleep during meditation, splash cold water on your face or place a cool damp cloth at the back of the neck just before practicing. If this doesn't help, meditate seated. Or skip meditation and go to bed.
  - If you're more tired than energized after meditation, you may be fighting with your mind or concentrating too hard. Aim to be relaxed and aware.