The book cover features a decorative border made of mosaic tiles. The tiles are in shades of blue, green, yellow, and pink, forming a pattern of stylized flowers and leaves. The central text is set against a plain white background.

**The Practical
Yoga
Philosophy
Starter kit**

The Work-Book

*By Floss Harry
(M.Phil)*

Welcome

Start Here

Welcome

I am so glad you are here.

This workbook is an invitation to explore yoga philosophy not as something abstract or fixed in an ancient past, but as something alive that you can engage with in your own practice, life, and teaching. Its purpose is to help you find greater meaning and clarity in the great pilgrimage of life. *This* is what philosophy has traditionally been all about.

Start here

Before diving in, I recommend watching the two accompanying videos you will find on the Starter Kit page:

1. **What is Yoga Philosophy and How to Bring it into Practice, Life & Teaching**
2. **Yoga Philosophy: From Fluff to Foundations**

Start here

These videos will give you an idea of how yoga philosophy becomes something lived, and are great foundations to begin your own practice of enquiry!

This Workbook will offer you some practical prompts to begin to bring philosophy – as a practice – into your yoga practice, life, and teaching (if you are a teacher). **Enjoy!**

Prompts to
Practice Yoga
Philosophy as a
Way of Life

Take some time to reflect

Try this...

In traditional yogic texts, yoga is said to be a path to enlightenment. This is the purpose of the practice and the core of yoga philosophy.

Yet, for many modern yoga practitioners, this can feel like a distant goal that doesn't make much sense within the context of their lives and practices.

Try this...

This is why we must not take concepts such as ‘liberation’ purely at face value, but participate in the work of enquiry ourselves.

Through active contemplation, we can become clearer on our values, our greater goals, and our understanding of what yoga means and does for us.

This clarity gives us greater direction - in our practice, our lives, and our teaching.

*“The unexamined
life is not worth
living”*

– Socrates

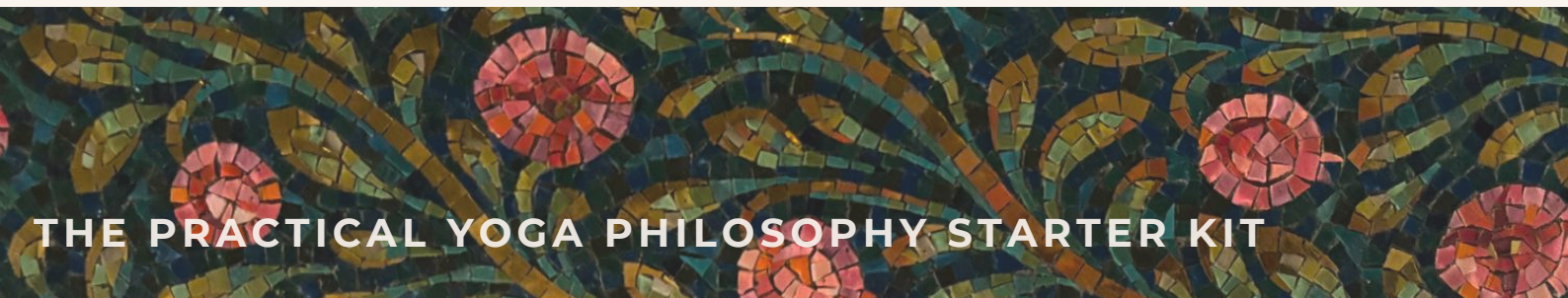
Try this...

Yoga helps me in my life...

Four horizontal dotted lines for writing.

Yoga helps me become...

Four horizontal dotted lines for writing.



Going deeper...

If, for me, yoga is about:

.....

.....

Then it invites me to explore:

.....

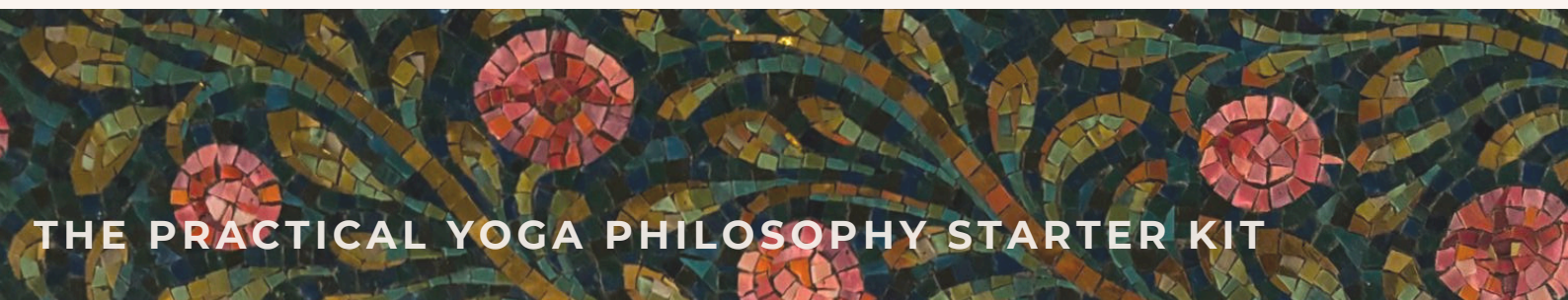
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In my life, this could look like:

.....

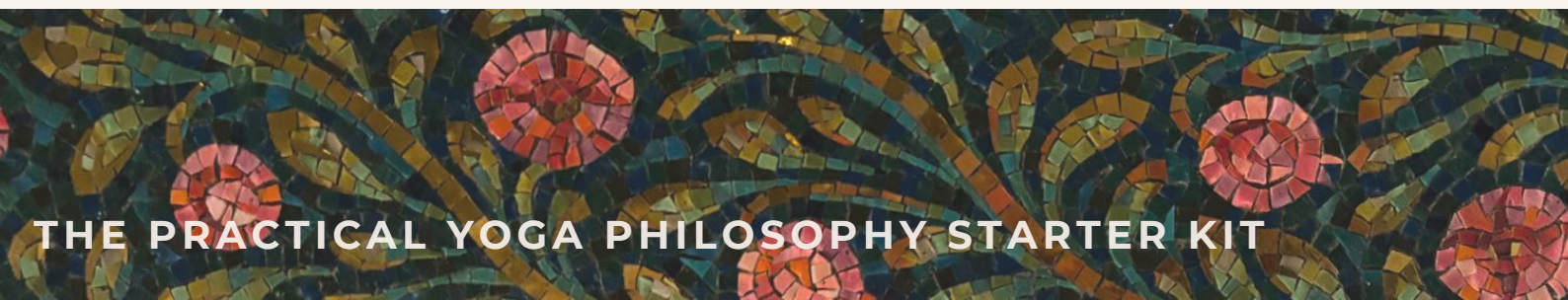
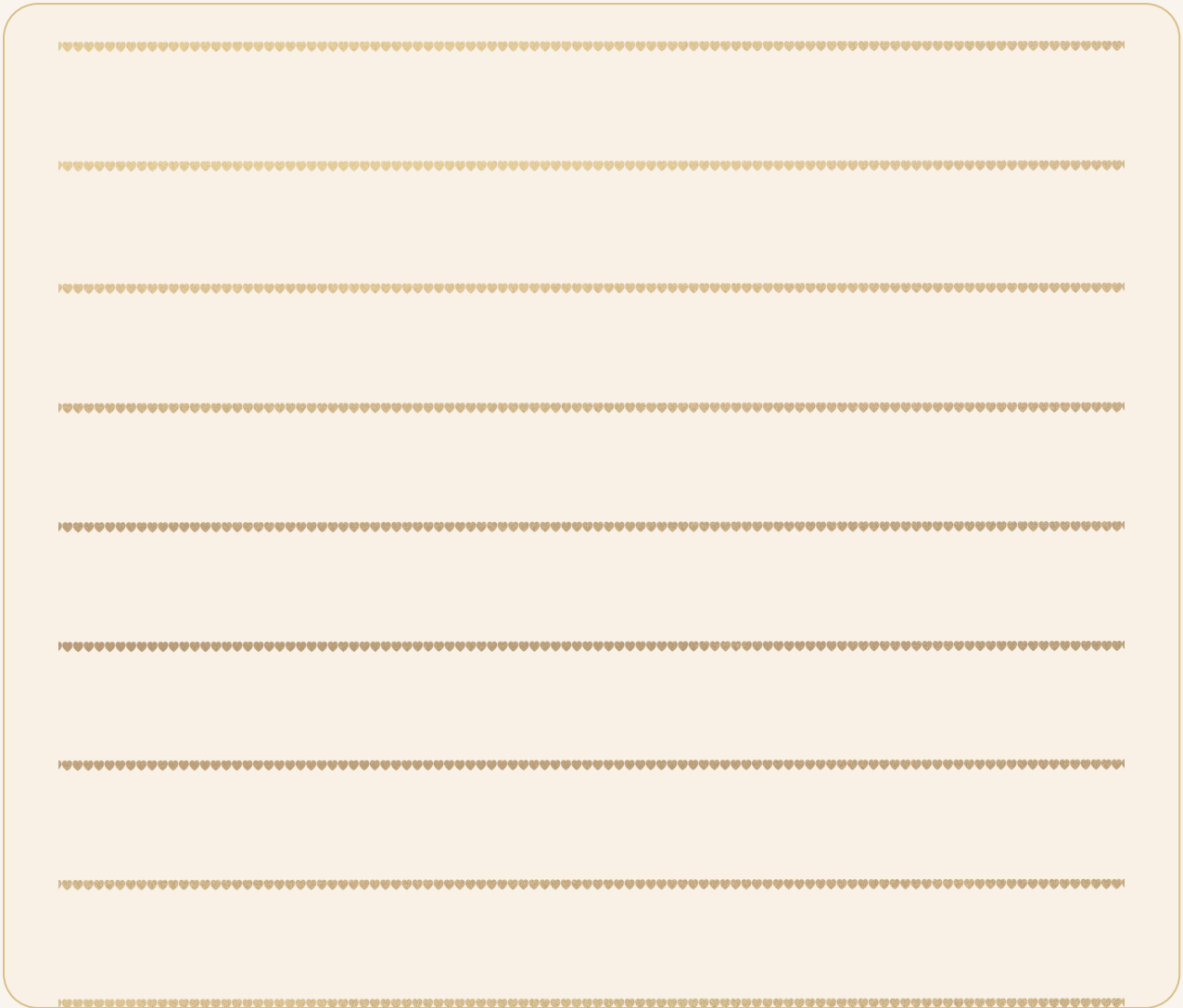
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Integration

How might this show up: in your practice, your life, your teaching if you are a teacher?



This is Philosophy

This is what it means to practice yoga philosophy – to explore and live your values. It is not something we finish, but something we continually return to through reflection, practice, and lived experience.

Let this be something you experiment with, over and over again throughout your life. It is practice, after all, not perfect!

Continuing the Journey

If you've enjoyed this exploration, there is so much more to discover, uncover, and practice.

Traditionally, philosophy is not something we do alone. It unfolds through learning, reflection, and dialogue in community.

This is what I offer in my online spaces – when you feel ready to go deeper.

Ready to Continue the Journey?

Learn more at
www.flossophyandyoga.com