


What you need before we start:

1. Water
2. Put your finger tips together
3. Take 3 deep breaths

A photograph of two hands in a prayer position (Anjali Mudra) with fingers pointing upwards. A small circular logo is in the top right corner. The slide has a yellow wavy border at the bottom.

YOGA PRINCIPLES

A small circular logo is in the top right corner. The slide has a yellow wavy border at the bottom.

Yoga principles

Yoga is essentially the dedication of creating body, mind and spirit union.

By the use of breath and body we can find more awareness in ourselves and ultimately connect to live in peace and harmony with the greater whole.



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YOGA PRINCIPLES

8 Limbs of Yoga:

Yama : Universal morality

Niyama : Personal observances

Asanas : Body postures

Pranayama : Breathing exercises, and control of prana

Pratyahara : Control of the senses

Dharana : Concentration and cultivating inner perceptual awareness

Dhyana : Devotion, Meditation on the Divine

Samadhi : Union with the Divine




YOGA PRINCIPLES

Yama: Universal Morality

Rather than telling you what you should and should not do the yama's are to represent fundamental human nature and wise characteristics.

- 1.Ahimsa – Compassion for all living things
- 2.Satya – Commitment to truthfulness
- 3.Asteya – Non – stealing
- 4.Brahmacharya – Sense control
- 5.Aparigraha – Neutralizing the desire to acquire and hoard wealth


YOGA PRINCIPLES



Niyama: like the yama's these are about self discovery and choice. The Niyama's however are a little more intimate and personal.

- 1.Sauca – Purity
- 2.Santosha – Contentment
- 3.Tapas – Disciplined use of our energy
- 4.Svadyaya – Self Study
- 5.Isvapranidhana – Celebration of the spiritual

YOGA PRINCIPLES




Asanas: the practice of the physical postures.

Physically you will become stronger, more balanced and have improved overall health by practice

Deeper level asana means in Sanskrit "staying" or "abiding" so it is a way to find calm and stillness through movement

YOGA PRINCIPLES



Pranayama: Breath Control

Used to create balance, stillness and perfect relaxation by matching the breath

Goes hand and hand with asana limb

Strengthens the respiratory system and soothes the nervous system or nadis

YOGA PRINCIPLES

Pratyahara: Control of the senses

In yoga pratyahara implies withdrawal of the senses from attachment to external objects.

Essentially seen as the practice of non-attachment to sensorial distractions

Pratyahara occurs almost automatically when we meditate because we are so absorbed on the object of meditation.

YOGA PRINCIPLES

Dharana: Concentration and cultivating inner perceptual awareness

Means "immovable concentration of the mind"

Sixth stage of yoga once the mind has become purified by asana and pranayama practice

Become fully engrossed in a single task or thought

Here there is no feeling of I or mine

YOGA PRINCIPLES

Dhyana: Devotion and meditation of the divine

Dhyana means worship

Concept is that you will become more reflective in this state and know your true nature

Realization that the only reality is the universal self or God which is veiled by Maya (illusion of power) and after you get rid of the veils of Maya you can see the truth

YOGA PRINCIPLES



Samadhi: Union with the Divine

The final step or limb in yoga is Samadhi

No longer contemplation or any difference between self and non-self

The mind and intellect have become one and there is now only

experience of consciousness, truth and joy

Yoga does not try to change you, it simply shows you the natural state of total health and integration in each of us as a reality

Different yoga styles



1. Anusara: Means "flowing with grace" it is a vinyasa style of practice about opening up the heart and a lot of alignment work.
2. Ashtanga: Means "8 limbed" and is sometimes referenced as the modern day form of classical yoga. More vigorous style of yoga with lots of standing and seated postures.
3. Bikram: All classes follow the same 90 minute, 26 posture pattern and dialogue. Classes are taught in 104 degree F.
4. Hatha: Means "forceful" in Sanskrit however our take on Hatha is that it is a gentler more basic style of yoga with no flow between postures

Different yoga styles



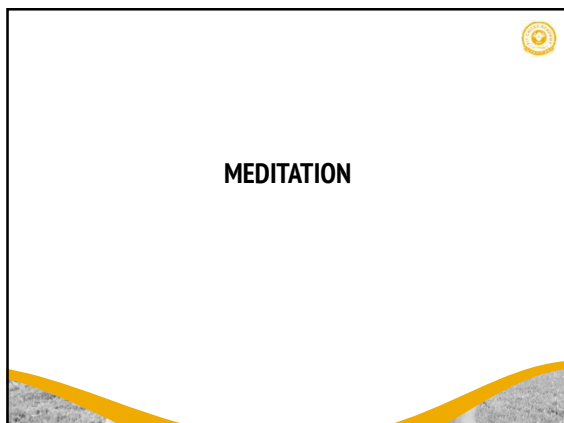
5. Iyengar: More in depth use of asanas and pranayamas. Connecting the breathe and body with over 200 asanas and 14 different pranyamas.

6. Moksha: Founded in 2004 by 2 Toronto based yoga teachers this style of yoga has 3 levels of classes and are anywhere from 60-90 minutes.



7. Restorative: Yoga postures using props, slower movements and long deep breathing techniques to really get deep into muscles and joints for restorative and relaxing techniques

8. Vinyasa: A form of Ashtanga yoga known for quick, powerful movements and vinyasa flows between each posture.




Meditation

- History that date back to over 5000 years ago Buddha one of the most iconic people in meditation began to practice and teach around 500B.C.
- 1960's and 1970's when Western world started to adopt the ideas of meditation and run tests
- Most popular in today's society are Buddhist and Hindu based meditation practices



Benefits of meditation

- Reduces stress
- Allows you to concentrate more clearly
- Improves memory
- Lowers blood pressure
- Helps you learn to let go
- Reduces irrational thoughts and reactions
- Boosts serotonin
- Helps you sleep better
- Increases brain activity and function
- You can practice anywhere
- Provides inner peace



For 99 other reasons check out this article:
<http://www.chopra.com/ccl/99-reasons-to-start-meditating>

Hand mudras

Abhaya – No Fear: fearlessness and sense of strong deep inner security.



Hand mudras

Dhyana – Meditation promotes deep contemplation and energy for meditation.



Hand mudras


Namaskara – Greeting and adoration used to greet another with the utmost respect and admiration.



Meditation seated positions


Different positions:

1. Burmese Style
2. Half Lotus
3. Full Lotus
4. Seiza Position
5. Chair




BURMESE STYLE

- Legs crossed with tops of feet resting on the floor




HALF LOTUS

- Left foot on the right thigh (or vice versa) and opposite leg is tucked under




FULL LOTUS

- Each foot is placed on top of the opposite thigh



SEIZA POSITION

- Kneeling position on a pillow, bench or zafu



CHAIR POSITION

Seated upright in a chair with no back support keeps you alert and body from slouching.

Cushions can also be placed against your lower back for support and ease.



Meditation what you need:

Get Comfortable:

- Prop a pillow, yoga block or mat under you to be elevated
- Straighten out your legs if better for your back
- Find a quite place to practice
- Peaceful surrounding
- No clock



Vipassana: to see things as they really are


What is Vipassana:

- One of India's most ancient techniques of meditation
- The foundation of all Buddhist meditations
- Used in India over 2500 years ago as a universal remedy of illness
- Way to self transform through self-observation
- Life becomes characterized by increased awareness, non-delusion, self control and peace

Vipassana:

How to practice Vipassana meditation:

- Sit comfortably in cross legged or lotus position
- Close your eyes and begin to focus your attention your breathing in to your belly
- Focus on the in and the out and the sensations that you feel in your body when you breathe
- Breathe normally, do not force breath
- Sharpen your focus by getting even more into the feeling
- If your mind wanders as soon as you catch it simply label it "thought" or "thinking" and then go back to breath
- Try to remain still and allow thoughts to fall by way side
- When you have sensations in the body label them and then go back to breath
- Slowly begin to open the eyes when done coming back to your body and surroundings



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Loving kindness meditation


How to practice Loving Kindness Meditation:

1. Get comfortable
2. Decide if you are going to give yourself love or to someone else
3. Close your eyes and focus on breathe until you feel more centered and at ease
4. Start by breathing in love and kindness
5. Exhale and open up space within yourself or letting go of any negativity
6. Continue breath for as long as you wish
7. When ready to come out bring chin to your chest breathe deeper and slowly come back to your body and mindfully open eyes
8. Take your time



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MANTRAS AND AFFIRMATIONS



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Mantras and affirmations

Mantras are a word, sound or phrase used while meditating to help with complete concentration

Can be something as simply as "love" or "OM" whatever you choose that connects with you and what you currently need in your life.

Some examples of mantras can be:

- Happiness
- "Today I choose joy."
- Being present
- "Be here, now."
- Empowerment
- "I am capable of wonderful things"



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Mantras and affirmations

To affirm something by definition means that you are declaring this is truth.

Affirmations are something you declare to yourself and the universe to affirm that this will be your truth.

Can be sentences, phrases or words like mantras
By repeating over and over again you are sending a clear message to your self and your RAS that this is important to you and that you will begin to take action to create this truth



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Mantras and affirmations

How to create an effective mantra or affirmation:

1. Determine what transformation you want or need to bring to your life.

Can be a goal, intention, characteristic or value you want to remind yourself of or develop in yourself

2. If it fits add an emotion this would create for you if this mantra was your present state

3. Make it POSITIVE vs negative!

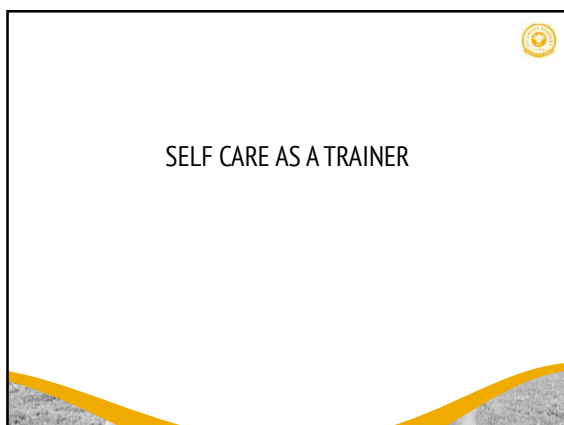
4. Repeat over and over again – they say it takes 21 days for the affirmation to form in your psyche so keep it up for at least a month

Eventually this will become a regular part of your daily routine as opposed to a conscious decision and will replace the negative self talk with positive reinforcement and love

My mantra: "I love and approve of myself, I trust the process of life"



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Wellness Session 2 : Recap

YOGA PRINCIPLES:

- 8 Limbs of Yoga

DIFFERENT YOGA STYLES:

- Types
- Benefits of each
- When to recommend each of them

HISTORY OF MEDITATION:

- Benefits
- Vipassana
- Mudras
- Seated positions
- Loving Kindness

Wellness Session 2 : Recap

MANTRAS AND AFFIRMATIONS:

- Differences between Mantra Vs. Affirmation
- Benefits
- Why they work
- How to create

SELF CARE AS A TRAINER:

- Why this is so important
- How to care for yourself

WHAT'S COMING UP IN NEXT CLASS?

Any questions or inquiries, please email:

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