



FITNESS & NUTRITION EXPERT PROGRAM

WELLNESS SESSION 2:

Yoga, meditations, and mantras



Wellness Session 2 : What we are going to cover



YOGA PRINCIPLES:

- 8 Limbs of Yoga

DIFFERENT YOGA STYLES:

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

MEDITATION:

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

Wellness Session 2 : What we are going to cover

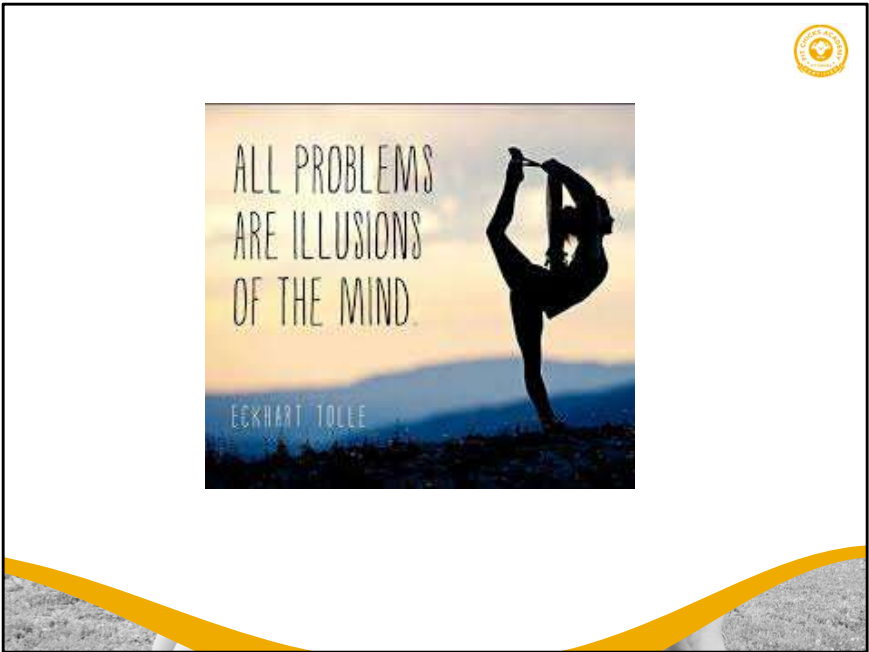


MANTRAS AND AFFIRMATIONS:

- Mantras and Affirmations
- Benefits
- How to create

SELF CARE AS A TRAINER:

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



What you need before we start:



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





YOGA PRINCIPLES



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



Please reference Light on the Yoga Sutras of Patanjali for more in depth look at the yoga principles by B.K.S. Iyengar

<http://www.expressionsofspirit.com/yoga/eight-limbs.htm>

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

1. Ahimsa – Compassion for all living things

The word ahimsa literally mean not to injure or show cruelty to any creature or any person in any way whatsoever. Ahimsa is, however, more than just lack of violence as adapted in yoga. It means kindness, friendliness, and thoughtful consideration of other people and things. It also has to do with our duties and responsibilities too. Ahimsa implies that in every situation we should adopt a considerate attitude and do no harm.

2. Satya – Commitment to Truthfulness

Satya means "to speak the truth," yet it is not always desirable to speak the truth on all occasions, for it could harm someone unnecessarily. We have to consider what we say, how we say it, and in what way it could affect others. If speaking the truth has negative consequences for another, then it is better to say nothing. Satya should never come into conflict with our efforts to behave with ahimsa. This precept is based on the understanding that honest communication and action form the bedrock of any healthy relationship, community, or government, and that deliberate deception, exaggerations, and mistruths harm others. ⁱⁱ

3. Asteya - Non-stealing

Steya means "to steal"; asteya is the opposite-to take nothing that does not belong to us. This also means that if we are in a situation where someone entrusts something

to us or confides in us, we do not take advantage of him or her. Non-stealing includes not only taking what belongs to another without permission, but also using something for a different purpose to that intended, or beyond the time permitted by its owner.ⁱⁱⁱ The practice of asteya implies not taking anything that has not been freely given. This includes fostering a consciousness of how we ask for others' time for inconsiderate behavior demanding another's attention when not freely given is, in effect, stealing.

4. *Brahmacharya - Sense control*

Brahmacharya is used mostly in the sense of abstinence, particularly in relationship to sexual activity. Brahmacharya suggests that we should form relationships that foster our understanding of the highest truths. Brahmacharya does not necessarily imply celibacy. Rather, it means responsible behavior with respect to our goal of moving toward the truth. Practicing brahmacharya means that we use our sexual energy to regenerate our connection to our spiritual self. It also means that we don't use this energy in any way that might harm others.^{iv}

5. *Aparigraha - Neutralizing the desire to acquire and hoard wealth*

Aparigraha means to take only what is necessary, and not to take advantage of a situation or act greedy. We should only take what we have earned; if we take more, we are exploiting someone else. The yogi feels that the collection or hoarding of things implies a lack of faith in God and in himself to provide for his future.^v

Aparigraha also implies letting go of our attachments to things and an understanding that impermanence and change are the only constants.

The Yoga Sutra describes what happens when these five behaviors outlined above become part of a person's daily life. Thus, the yamas are the moral virtues which, if attended to, purify human nature and contribute to health and happiness of society.

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.Santosa - Contentment
- 3.Tapas - Disciplined used of our energy
- 4.Svadhya - Self Study
- 5.Isvarapranidhana - Celebration of the spiritual

1. Sauca - Purity

The first niyama is sauca, meaning purity and cleanliness. Sauca has both an inner and an outer aspect. Outer cleanliness simply means keeping ourselves clean. Inner cleanliness has as much to do with the healthy, free functioning of our bodily organs as with the clarity of our mind. Practicing asanas or pranayama are essential means for attending to this inner sauca. Asanas tones the entire body and removes toxins while pranayama cleanses our lungs, oxygenates our blood and purifies our nerves. "But more important than the physical cleansing of the body is the cleansing of the mind of its disturbing emotions like hatred, passion, anger, lust, greed, delusion and pride." ^{vi}

2. Santosa - Contentment

Another niyama is santosa, modesty and the feeling of being content with what we have. To be at peace within and content with one's lifestyle finding contentment even while experiencing life's difficulties for life becomes a process of growth through all kinds of circumstances. We should accept that there is a purpose for everything - yoga calls it karma – and we cultivate contentment 'to accept what happens'. It means being happy with what we have rather than being unhappy about what we don't have.

3. Tapas – Disciplined use of our energy

Tapas refers to the activity of keeping the body fit or to confront and handle the inner urges without outer show. Literally it means to heat the body and, by so doing, to cleanse it. Behind the notion of tapas lies the idea we can direct our energy to enthusiastically engage life and achieve our ultimate goal of creating union with the Divine. Tapas helps us burn up all the desires that stand in our way of this goal. Another form of tapas is paying attention to what we eat. Attention to body posture, attention to eating habits, attention to breathing patterns - these are all tapas.

4. Svadhyaya – Self study

The fourth niyama is svadhyaya. Sva means "self" adhyaya means "inquiry" or "examination". Any activity that cultivates self-reflective consciousness can be considered svadhyaya. It means to intentionally find self-awareness in all our activities and efforts, even to the point of welcoming and accepting our limitations. It teaches us to be centered and non-reactive to the dualities, to burn out unwanted and self-destructive tendencies.

5. Isvrapranidhana - Celebration of the Spiritual

Isvrapranidhana means "to lay all your actions at the feet of God." It is the contemplation on God (Isvara) in order to become attuned to god and god's will. It is the recognition that the spiritual suffuses everything and through our attention and care we can attune ourselves with our role as part of the Creator. The practice requires that we set aside some time each day to recognize that there is some omnipresent force larger than ourselves that is guiding and directing the course of

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

<http://life.gaiam.com/article/beginners-guide-8-major-styles-yoga>

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.

<http://life.gaiam.com/article/beginners-guide-8-major-styles-yoga>



MEDITATION



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



Daily meditation book Journey to the heart – Melody Beattie



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

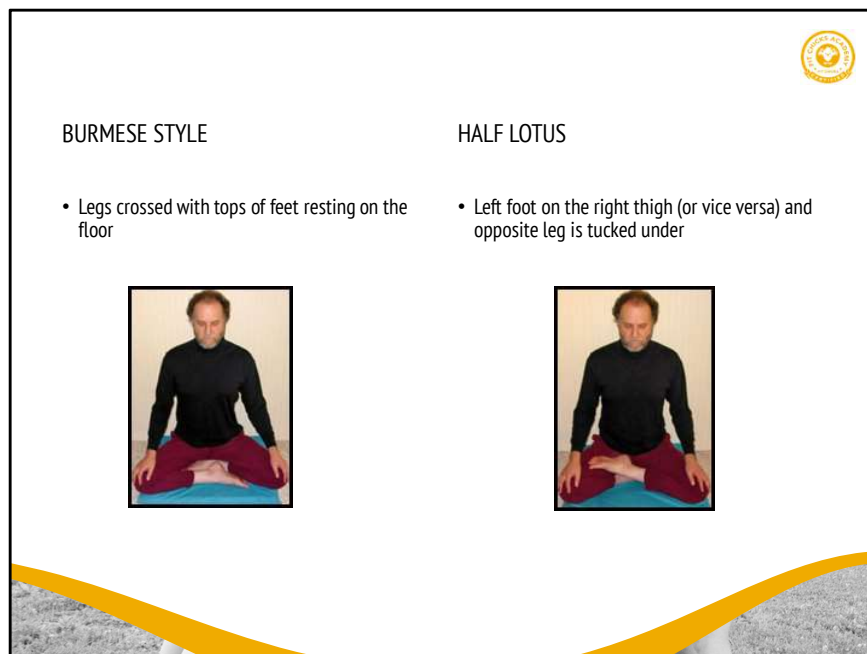


Different positions:

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



<http://www.insightmeditationcenter.org/books-articles/articles/postures-for-meditation/>



Burmese style:

The legs are crossed and the tops/sides of both feet rest on the floor.

The knees should ideally also rest on the floor. Depending on your flexibility, it may take a bit of practice for the muscles to stretch and the knees to begin to drop. A cushion under the knee(s) can help.

Sit on the front third of the zafu (if round), which helps keep your back upright.

Imagine the top of your head being pulled upward towards the ceiling, which straightens your spine, then just let the muscles go soft and relax.

There should be a slight curve in the lower region of the back. In this position, it takes very little effort to keep the body upright.

If you sit more than 30 minutes a day, I recommend that you alternate which leg goes in front

Half Lotus

The left foot is placed up onto the right thigh and the right leg is tucked under. This position is slightly asymmetrical and sometimes the upper body needs to compensate in order to keep itself absolutely straight. If you sit more than 30 minutes a day, I recommend that you alternate which leg goes on top.



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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<http://www.lionsroar.com/how-to-practice-vipassana-insight-meditation/#>

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



Mantras and affirmations

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

Can be something as simple 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 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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SELF CARE AS A TRAINER



Self care as a trainer

Why this is so important:

1. Avoid burning out
2. Restorative time for your body
3. If you are not at your best you cannot continue to give fully
4. Creates a positive outlook and mindset
5. Feel more gracious



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Self care as a trainer

How to do it:

1. Take rest days
2. Give yourself space
3. Be mindful of your movements when training others
4. Get plenty of rest
5. Fuel your body
6. Recovery days and workouts
7. Yoga
8. Loving Kindness for yourself



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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:

fne@fitchicks.ca

