

Introduction to Yoga & Meditation

Healthy Mind & Body

What is Yoga?

- A mind-body practice rooted in Indian Philosophy
- Yoga = Union
- 8 Limb Practice : Yama (abstinence) Niyama (observance) Asana (yoga posture) Pranayama (breath control) Pratyahara (concentration) Dhyana (meditation) Samadhi (absorption)
- Hatha Yoga = Asana + Pranayama + Dhyana

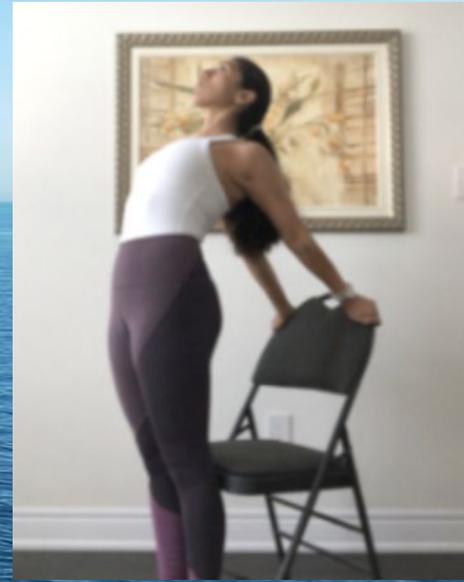
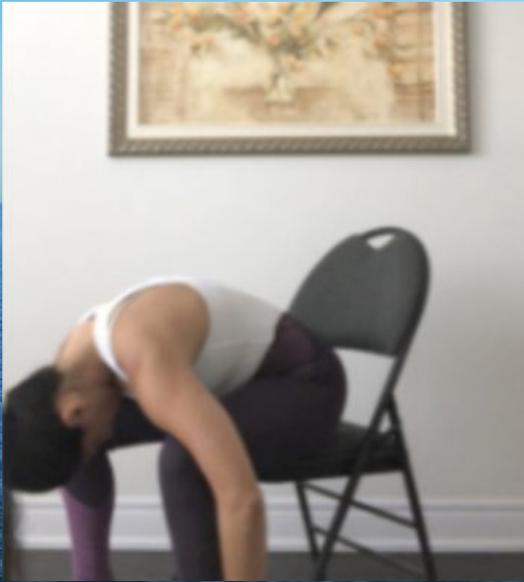
Benefits of Yoga

- Better breathing
- Builds muscle strength
- Gain Flexibility
- Improve balance
- Supports joint health
- Increase blood flow
- Enhance mental focus
- Foster mental calmness and relaxation
- Raised awareness of self and others
- Healthy lifestyle
- Make you happy, better your mood

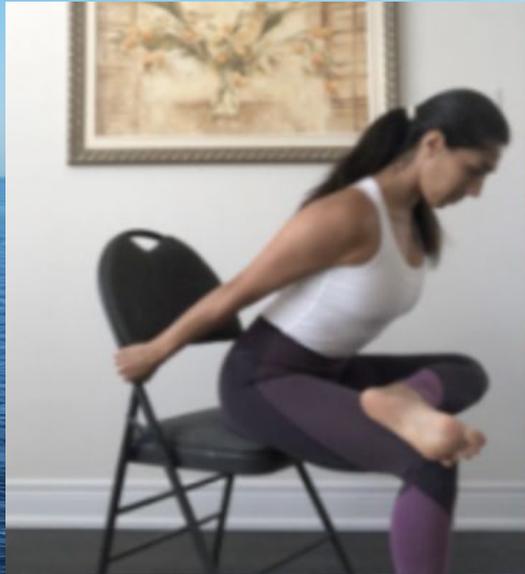
5 Yoga Chair Stretches

- Seated Cat Cow
- Seated Crescent Moon
- Seated Spinal Twist
- Seated Thread the Needle
- Seated Forward Fold & Standing Backbend

SEATED FORWARD FOLD & STANDING BACKBEND



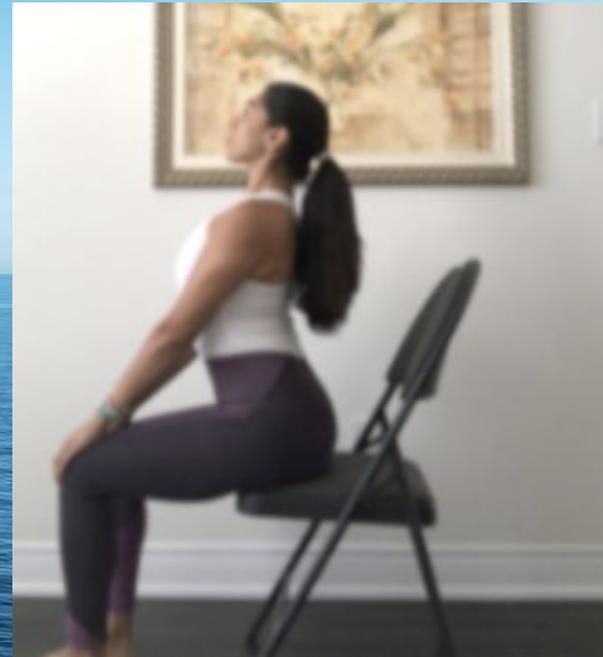
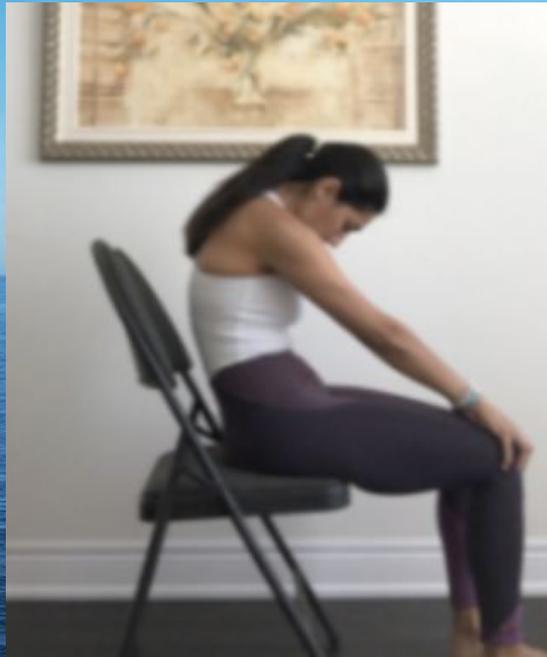
SEATED THREAD THE NEEDLE



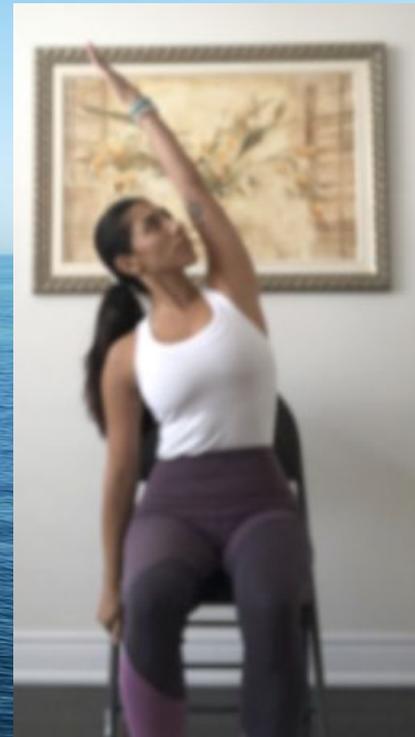
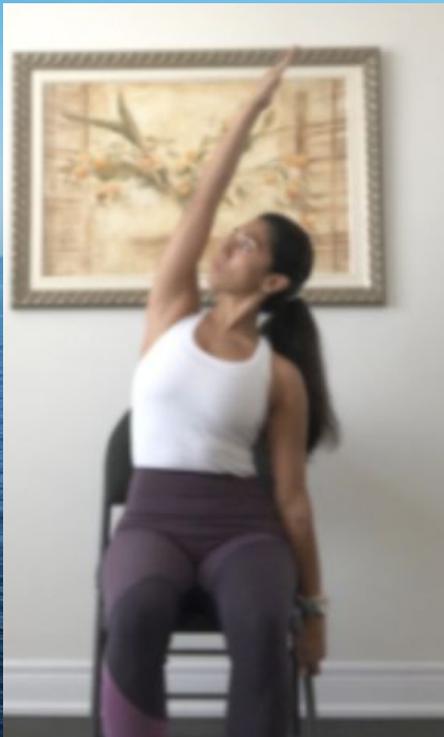
SEATED SPINAL TWIST



CAT COW



SEATED CRESCENT MOON



What is Meditation?

- A practice for the mind (a skill, not perfection)
- An experiencing (not checking out but rather checking in)
- Active engagement of the mind (not concentration but focused attention)
- Training awareness for a healthy sense of perspective (how & why we think & feel)
- Observation without judgment (compassion)
- Present with self (how we relate to things)

Benefits of Meditation

- 4 C's : Calm, Clarity, Contentment, Compassion
- Mental health & well-being
 - *Physical: Lower cortisol levels (suppressed immune system related to heart rate, blood pressure, inflammation, cholesterol levels, energy levels, sleep)
 - *Emotional: Shrink fear response, grow positive feedback
 - *Psychological: Lower levels of stress, anxiety, frustration, depression
- Improve mental awareness & focus
- Attain patience & acceptance

10 Min Seated Meditation

- Comfortable environment with minimal interruptions
- Comfortable Seat
- 5 deep breaths: inhale through the nose exhale through the mouth
- Check in, observe posture and senses
- Body scan
- Awareness of thoughts
- Attention to breath
- Count your breath up to 10 and repeat
- Free mind, 30 seconds of being
- Open your eyes, keep awareness with you

KEEP HEALTHY & HAPPY!



THANK YOU

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