

# Uplifting Chair Yoga for Strength, Balance, and Emotional Wellness

**Robin Goettel, Instructor**  
Mondays, 11:00 - 12:30 p.m.  
February 24 - March 16



# TRUE YOGA

IS NOT ABOUT THE SHAPE OF YOUR BODY,  
BUT THE SHAPE OF YOUR LIFE.

YOGA IS NOT TO BE PERFORMED

YOGA IS TO BE LIVED

YOGA DOESN'T CARE ABOUT WHAT YOU HAVE BEEN  
YOGA CARES ABOUT THE PERSON YOU ARE BECOMING  
YOGA IS DESIGNED FOR A VAST AND PROFOUND PURPOSE  
AND FOR IT TO BE TRULY CALLED YOGA,  
ITS ESSENCE MUST BE EMBODIED.

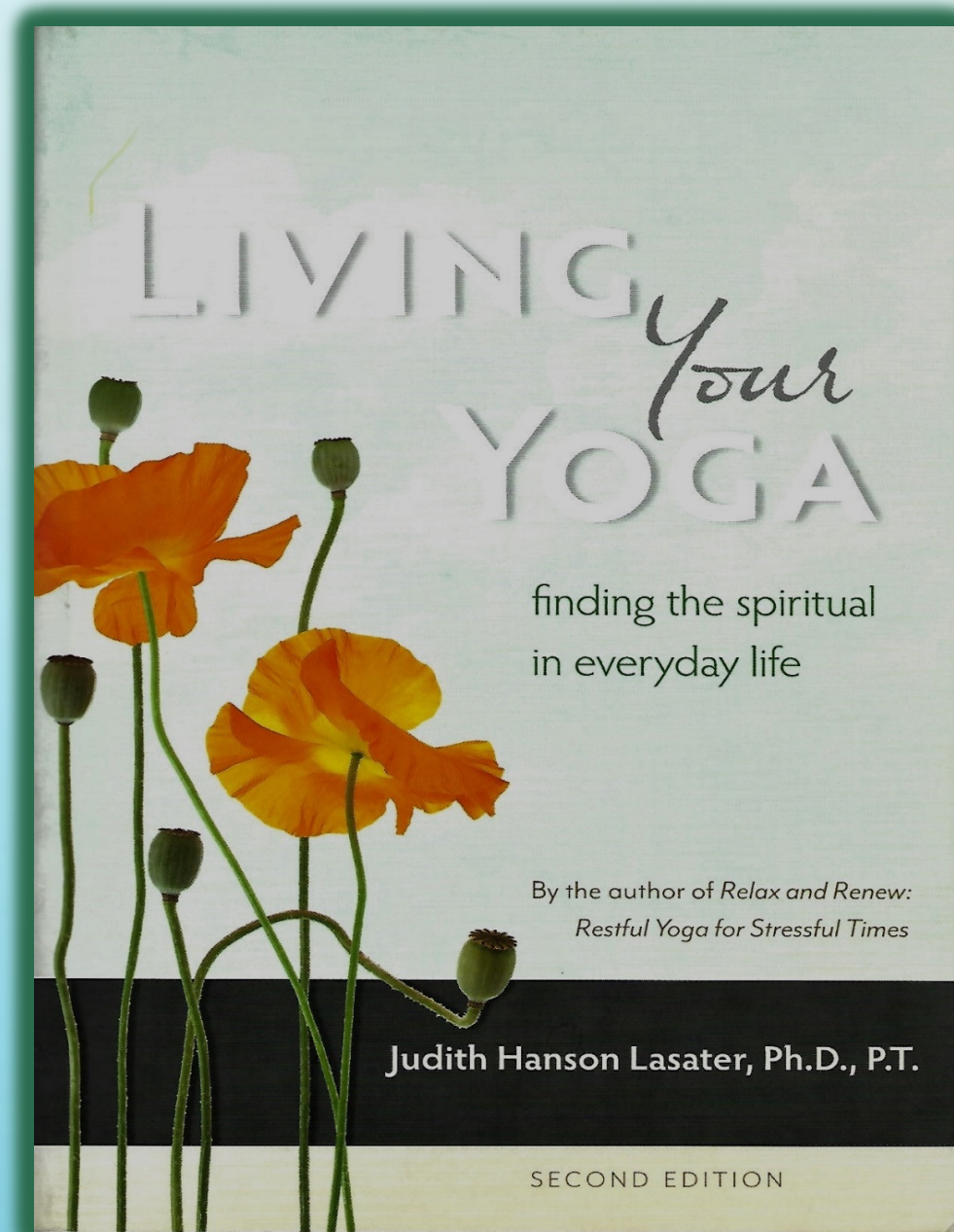
AADIL PALKHVALA

# Week 4: Living Your Yoga—

Calming the Mind

Bringing Yoga Principles into Everyday Life

- Awakening Awareness
- Yoga and Relationships
- Embracing All Life—Yoga & the World



*“The real power of yoga is unleashed only when we engage yoga as a way of life, twenty-four hours a day. Every single yoga technique is a tool for discovering the abiding happiness of the ultimate Self.”*

*–Georg Feuerstein, PhD*

*Director of Yoga Research and Education Center*



# BENEFITS OF YOGA

## FOR BODY

- INCREASED CORE STRENGTH
- LOWERS BLOOD PRESSURE
- WEIGHT MANAGEMENT
- IMPROVED DIGESTION
- IMPROVED CIRCULATION
- BODY DETOXIFICATION
- PAIN AND TENSION RELIEF
- INCREASED FLEXIBILITY
- IMPROVED POSTURE
- INCREASED IMMUNITY

## FOR MIND

- IMPROVED INTUITION
- INCREASED SELF-ACCEPTANCE
- IMPROVED CONCENTRATION
- NEUTRALIZED STRESS
- IMPROVED MEMORY
- INCREASES MENTAL AWARENESS
- FOCUS ON THE PRESENT
- INCREASED CONFIDENCE
- UNLOCKED ENERGY FLOW
- BALANCED BRAIN HEMISPHERES

**YOGA MAKES YOU HAPPY!**

# Benefits of Yoga

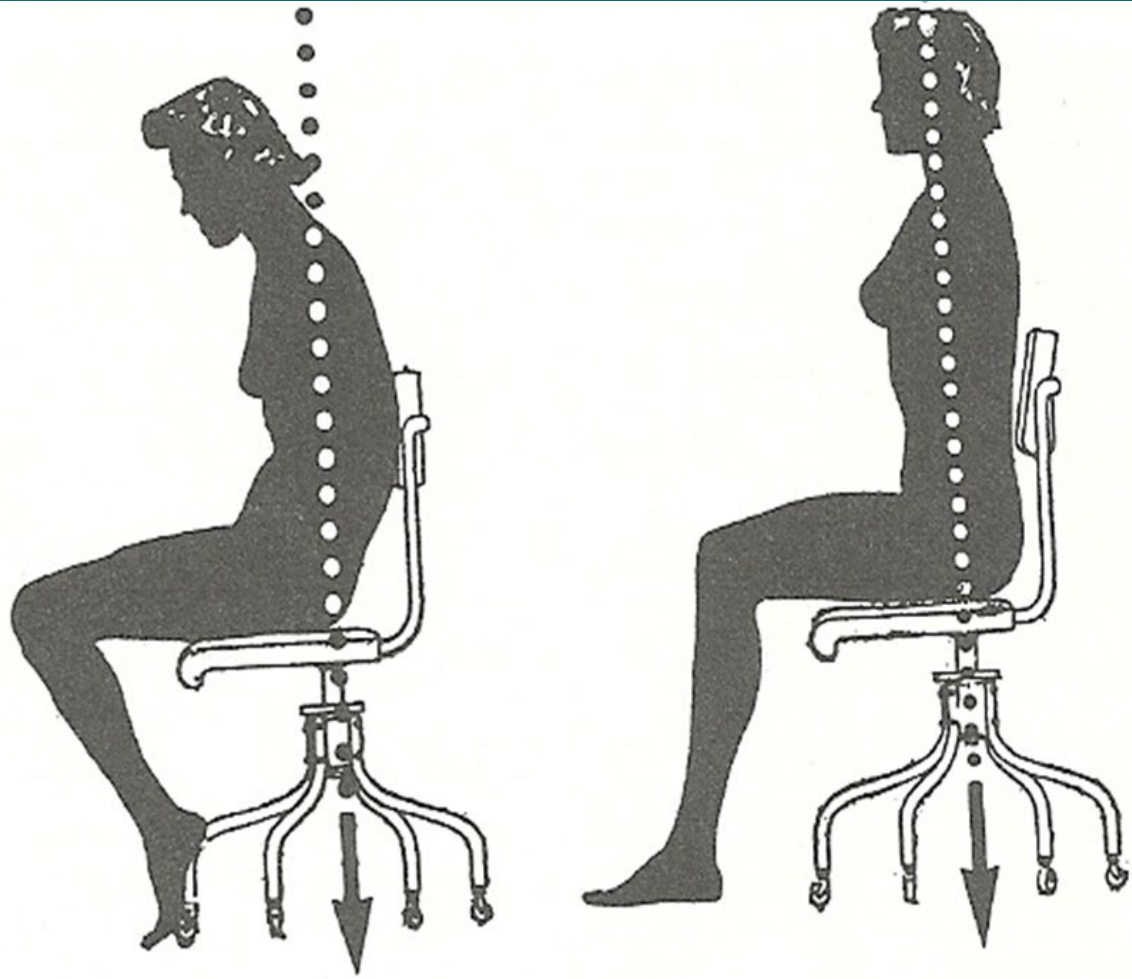
- Healing system
- Strength, Awareness, Harmony in mind and body
- Relaxation techniques
- New coping skills
- Reaching more positive outlook on life

# *Awakening Awareness*

## Proper Posture/Alignment

- Strengthens Core
- Stabilizes Spine
- Creates a new awareness to adjust old habits while sitting or standing

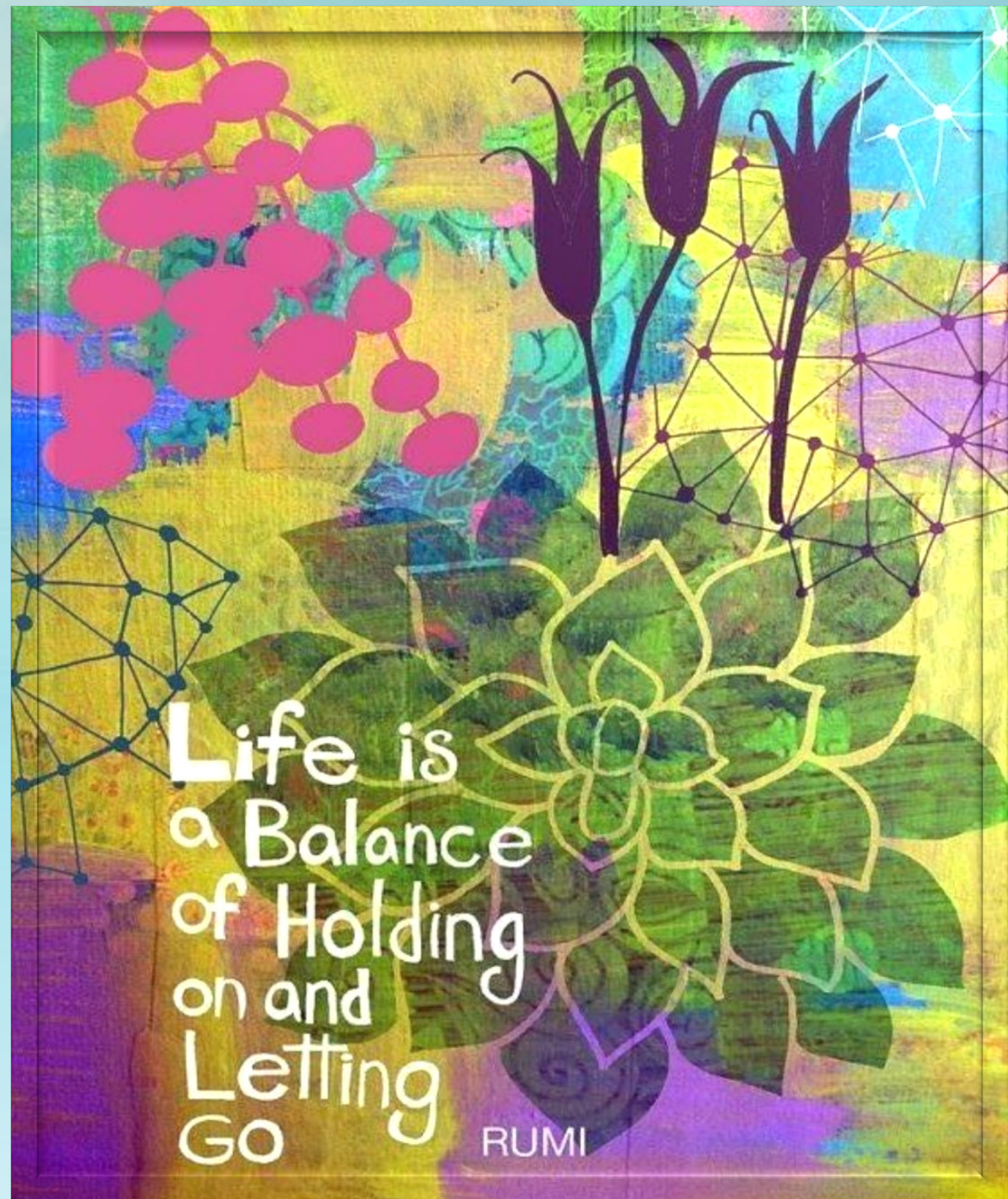
# Posture/ Alignment



**Figure 4.13.** *Left*, a slumped sitting attitude that is typical of balance-disturbing posture. Note distortion of the spine compared with the properly balanced figure on the *right*.



# Balance



# Harmony

- An orderly or pleasing combination of elements in a whole
- Combining many parts to bring unity and wholeness (e.g., alignment, breath, balance)
- In *Yoga*, we find a balance between becoming strong, stable, and steady, while also creating inner joy and relaxation.

# Why Balance Is So Important!

- A strong sense of **balance** promotes stillness in **yoga** poses, as well as stillness in your mind.
- As your **balance** improves, you'll also notice the strengthening of your muscles and improved flexibility.
- Achieve overall muscular control, as well as a greater body awareness.
- Improved focus, concentration, and memory



# The Breath—Many Benefits

- Reduces adverse effects of stress on physical health.
- Calms agitated mind.
- Helps relieve symptoms of worry, anxiety, insomnia, depression, PTSD, etc.
- Can improve circulation, oxygenation, and endurance.



“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.”

– THICH NHAT HANH



## FINDING CALM



# Mindfulness

Mindfulness means  
paying attention  
in a particular way;  
on purpose,  
in the present moment,  
and nonjudgmentally.

~Jon Kabat-Zinn



# Mindfulness

- Notice when you aren't present... and then bring yourself back.
- Even in activity, the mind can be still.
- Meditation: Taking your mind from the field of mental objects to the field of awareness itself.

# *Yoga and Relationships*

- Compassion
- Control (fear, suffering, attachment)
- Patience
- Empathy



# Compassion



# Yoga Brings Compassion

- Note how emotions manifest themselves as physical sensations.
  - clenched jaw, hunched shoulders, collapsed chest; others?
- You can welcome any part of your body/mind that needs compassionate attention.
- Focus on a steady breath, asking discomfort to take a backseat in your awareness.

# Fostering Compassion for Yourself

- Recognize your own attributes worthy of compassion
- Become aware of and explore these personal qualities.
- Avoid judging yourself for not living up to a certain standard.
- Be kind to yourself and avoid being self critical.



- Listen and suspend all judgment.
- Respond to the emotion, not the actual words.
- Have your own support system and replenish your soul by receiving unconditional love from others.
- Put yourself in their situation mentally.
- Give yourself a break if you come up short; no one is perfect so have compassion for yourself.

# *The Practice of Loving-kindness*

- To yourself
- To someone you find difficult
- To the broader community/the world

May you be well.  
May you be happy.  
May you be loved.  
May you be at peace.

Lovingkindness Meditation

# Gratitude

POSITIVE THINKING EVOKES

MORE ENERGY

MORE INITIATIVE

MORE HAPPINESS

When we focus on our  
gratitude, the tide of  
disappointment goes  
out and the tide of love  
rushes in.

*Kristin Armstrong*

[www.MarketingArtfully.com](http://www.MarketingArtfully.com)

# The Power of Gratitude

- Greater emotional wellbeing
- Improved physical health
- More joyful
- Sleep better and awaken refreshed
- Experience less stress

Research results from Psychologists  
Robert Emmons and Michael McCullough

# *Embracing All Life— Yoga & the World*

*Service* - Choose to serve needs of others w/o attachment to outcome.

*Connection* - Find your purpose and contribute with joy to change the world.

*Truth* - Tell truth about what you see, feel and need; Maintain integrity—refuse to tell a lie for self or for others.

*Love* - Holds great power—to transform us and those we love; we are receptive to the other and are vulnerable.

*Worship* - Our intention and willingness to understand on a profound level our small place in the Universe.





Courage

Success

Compassion

Letting-go

Aversion

Fear

Discipline

Impermanence

Relationships

Self-judgment

Service

Control

Nonviolence

Love

Patience

Connection

Attachment

Perspective

Faith

Truth



Go for long walks.  
Indulge in great conversations.  
Question your assumptions.  
Love yourself.  
Pay attention to the moment.  
Be a little crazy.  
Count your blessings.  
Let go for a little while and just be.

Yoga  
in Daily Life  
Serves for Well being  
of  
Body, Mind  
and Soul



Take care of your body.  
It's the only place  
you have to live in.



SLOGANSMOTTO  
COM

YOGA

IS LIKE LIFE.



IT'S A BALANCE  
OF HOLDING ON  
& LETTING GO.

HOLY YOGA

Inner peace comes when –  
You relax your body  
Quiet your mind &  
Open your Heart.



# THE YOGA APPROACH TO LIFE

*marisamohi.com*

- ❖ Do what your body needs, not what you think your body should be capable of.
- ❖ You are constantly evolving as a practitioner.
- ❖ It's your practice—appreciate your body and where you are right now.
- ❖ Do what your body and spirit need.
- ❖ Never regret the time you spend thanking your body for what it has done for you.

Thank You  
for Joining Me  
in Your Yoga  
Journey!

Continue yoga practice at  
home or come to one of  
my yoga classes at  
Urbana Park District or  
Clark-Lindsey Village.

