

Bringing Balance, Flexibility, and Calm to your Life with LV Chair Yoga™



Robin Goettel, Instructor
Mondays, 10:00-11:30.m.
October 11 - November 1

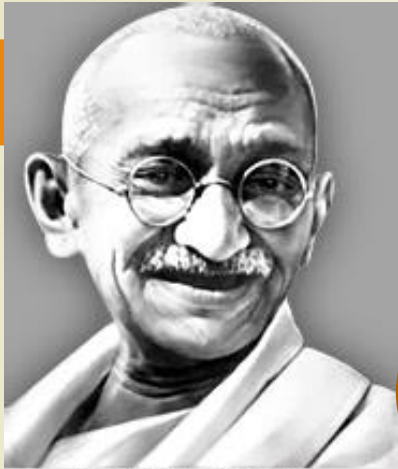


Week Four—Yoga Breath and Bringing Yoga into Your Daily Life

- Yogic breath practices
- The value of continuing yoga for wellness
- Best approaches for bringing yoga into daily life

The Breath, in Yoga

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



Mahatma Gandhi

Use breathing to enhance their physical, mental, and spiritual well-being.



Christian Monks



Buddhist Meditators



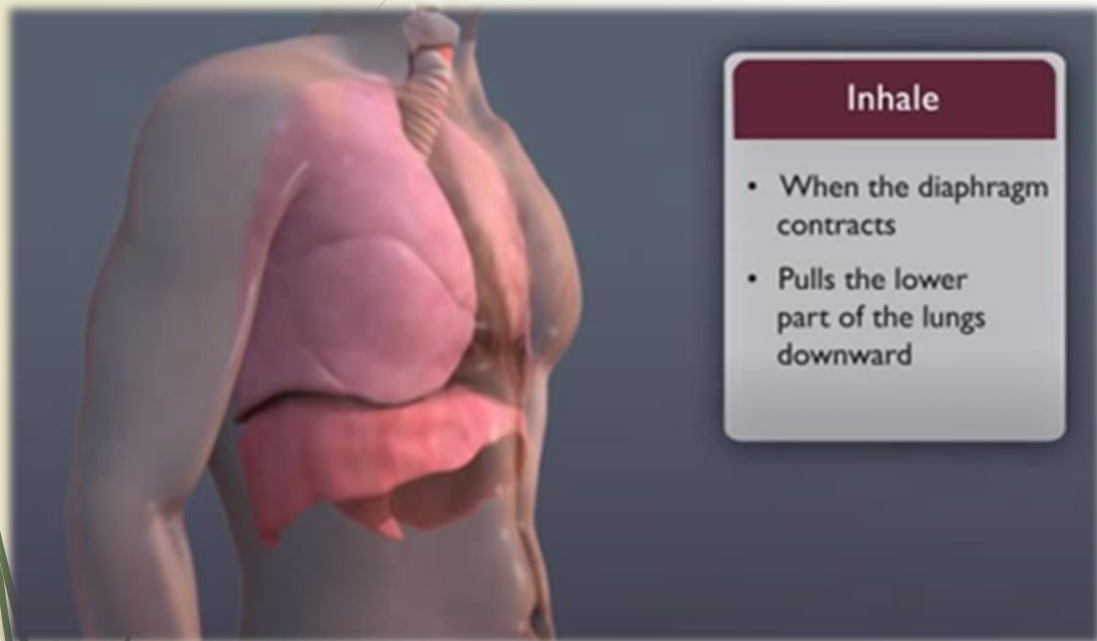
Bruce Lee

Beginning Breathing Technique

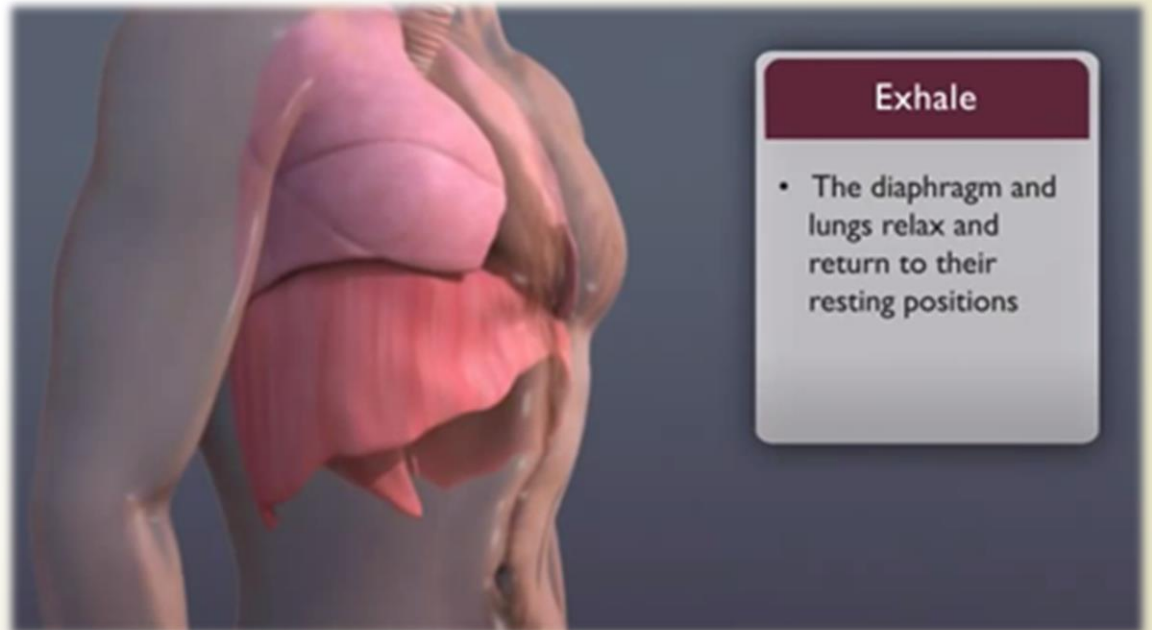
“Let go and breathe into the goodness that you are.”



Physiology of Deep Belly Breathing



Source: Jeddah Beauty Blog



Ujjayi Breath (Victorious breath)

- A warming breath
- A balancing influence on the entire cardiorespiratory system
- Soothes feelings of irritation and frustration
- Focuses your mind
- Let's practice Ujjayi breath



Deep Belly Breathing

- Remember to relax.
- Try not to judge yourself.
- Give yourself time to get hang of it.
- Close eyes, close mouth, breathe through nose.
- Time for guided belly breathing with yours truly!



Sitali Breath

- A cooling breath that adds moisture to one's system.
- Helps calm hunger and thirst.
- Reduces fatigue and high blood pressure.
- Cultivates a love for solitude.
- Balances the endocrine system.
- Helps builds vitality.



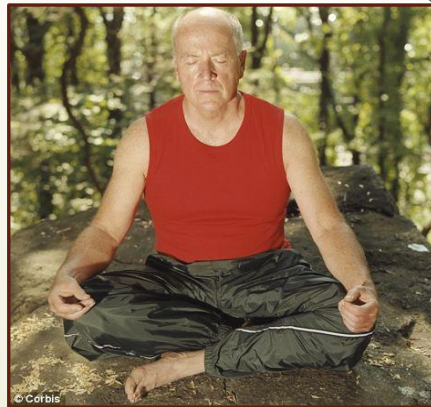


“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.”

– THICH NHAT HANH

Breath Benefits Summary

- Shallow breathing limits diaphragm's range of motion. The lowest part of the lungs don't get full share of oxygenated air. Can make you feel short of breath or anxious.
- Our breathing is influenced by our thoughts; our thoughts & physiology can be influenced by our breath.
- Positive impact in reducing body's stress response.





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!



Awakening Awareness

Proper Posture/Alignment

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

Importance of Balance

- 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





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 Brings Compassion

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

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.

Yoga and Relationships

- Compassion
- Releasing Control
- Patience
- Empathy

Compassion for Others



- 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.

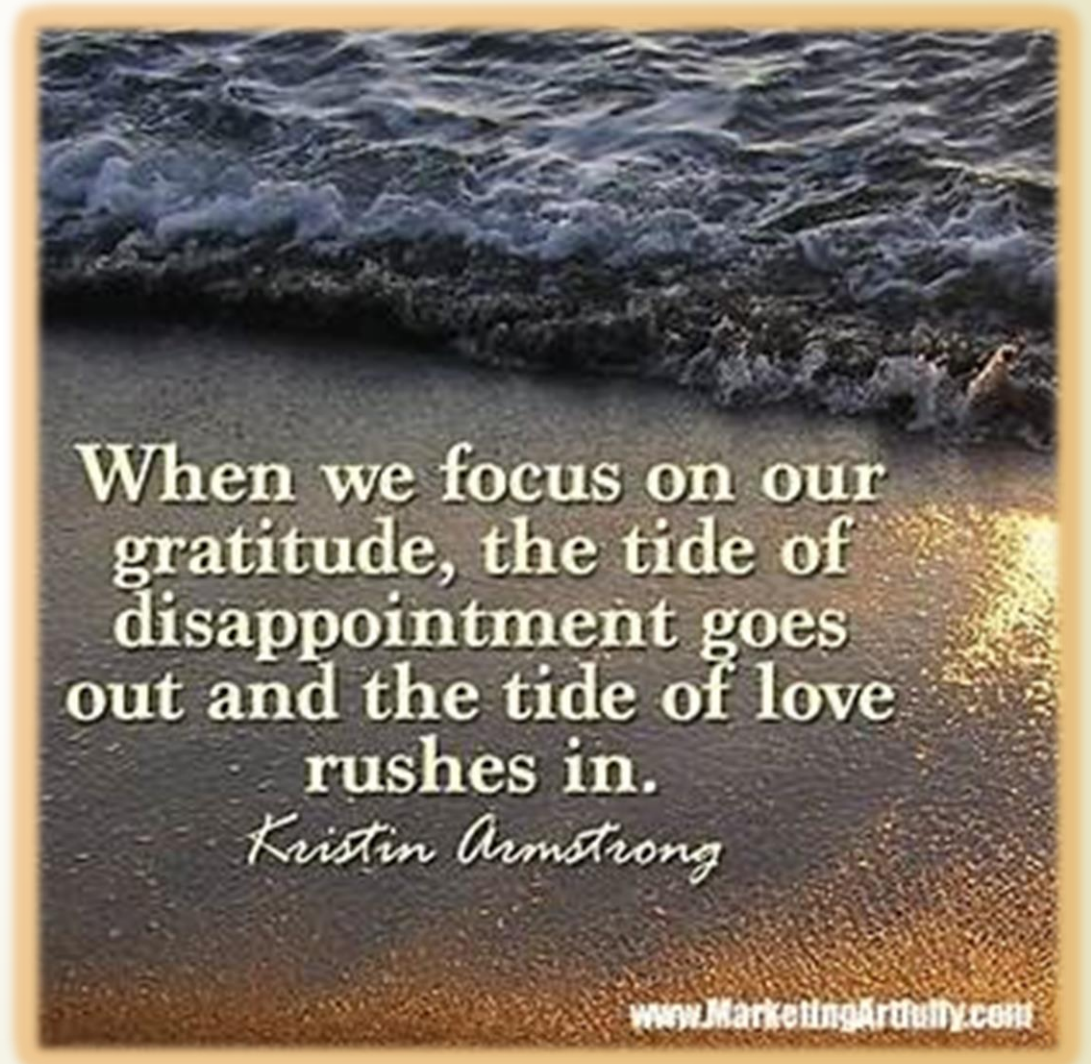
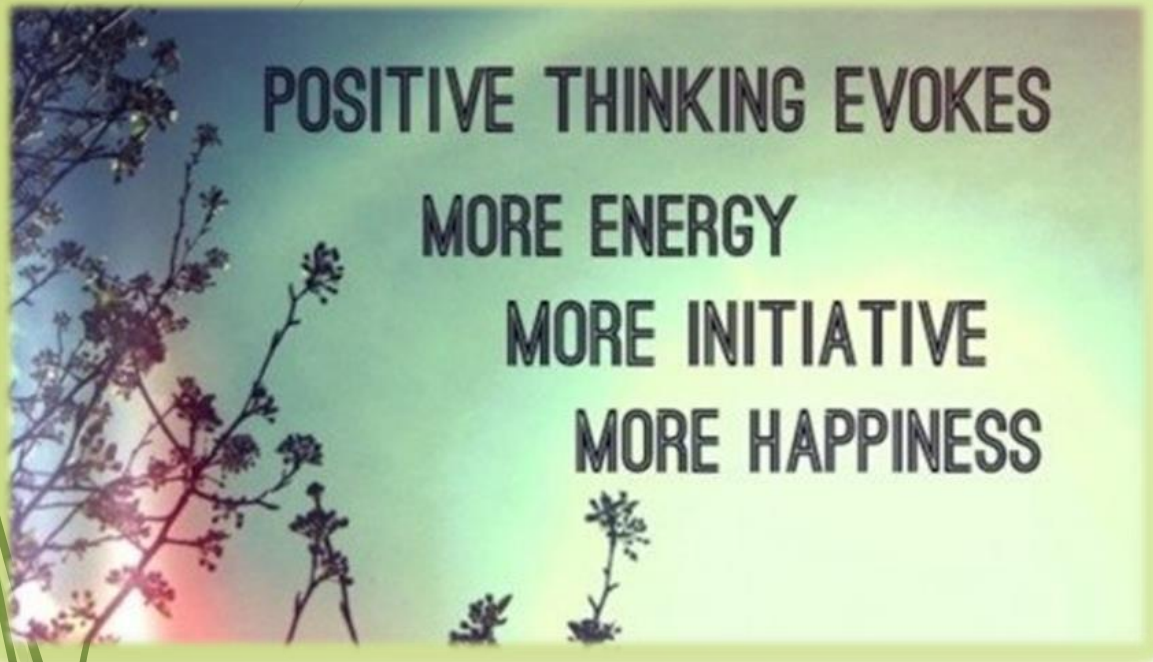
The Practice of Loving-kindness

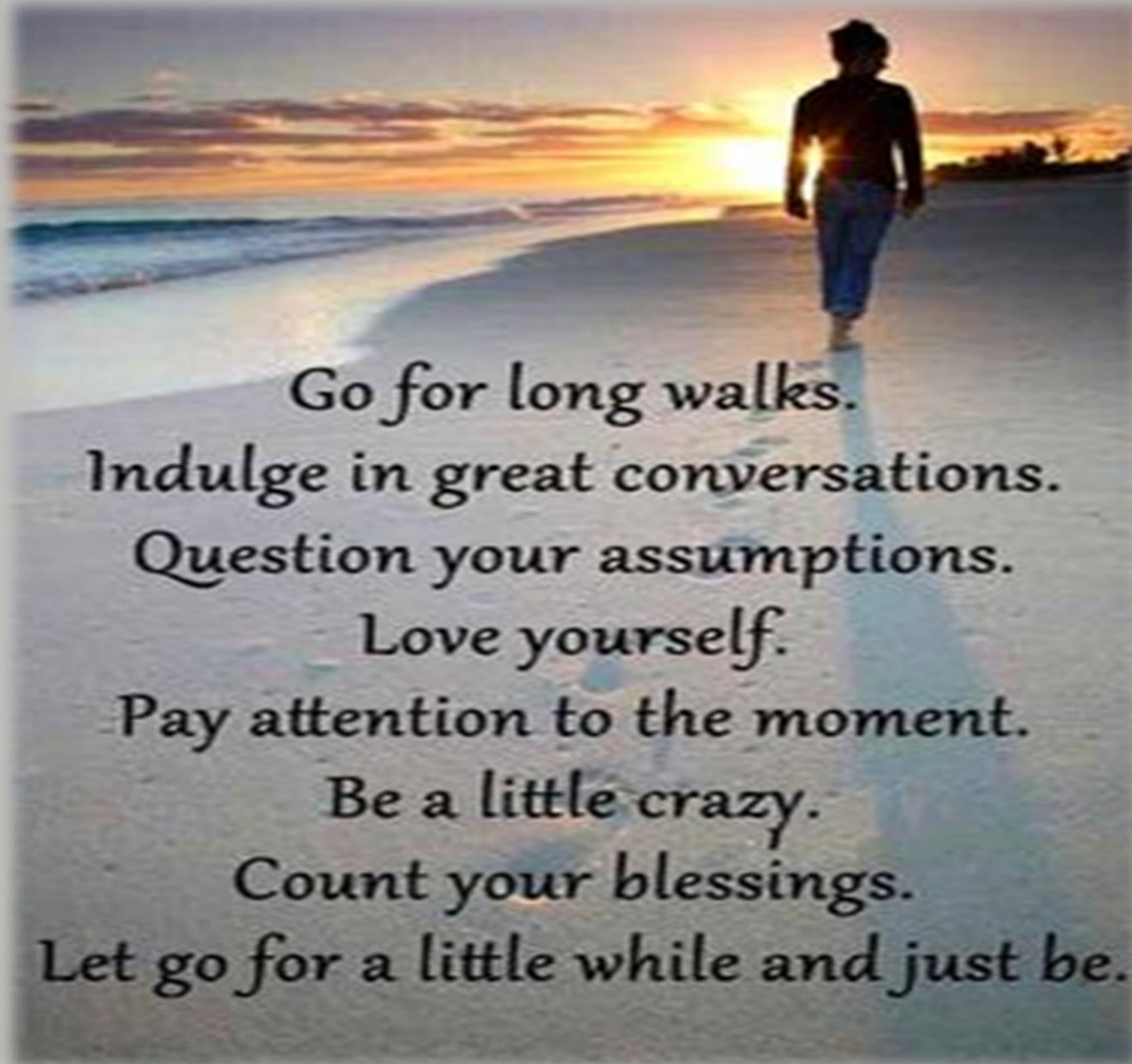
- To yourself
- To someone you find difficult
- To the broader community/the world

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

Lovingkindness Meditation

The Power of Gratitude





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.

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





THE YOGA APPROACH TO LIFE

- ❖ 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 right now.
- ❖ Never regret the time you spend thanking your body for what it has done for you.

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



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COM

Thank You for Joining Me on Your Yoga Journey!

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

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Time for LV Chair Yoga!!

