

# 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 2: Mindfulness in Yoga—  
Being in the Present Moment*



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

~Jon Kabat-Zinn



InnerFlowWellness.com



# *How to be present*

- ▶ Notice when you aren't present...and then bring yourself back.
- ▶ Even in activity, the mind can be still. Watch yourself as you do something.
  - ▶ driving the car
  - ▶ cooking supper
  - ▶ watching a sunset
- ▶ Meditation: Taking your mind from the field of mental objects to the field of awareness. Transcend the active mind.



# *What overshadows our awareness?*

- Anger
- Anxiety
- Fantasy
- Daydreaming
- Expectation
- Habit

# 5 Top Benefits of Mindfulness Meditation



## MORE PATIENCE

In our lightning-fast instant gratification culture, it's easy to get distracted. Mindfulness teaches us to practice patience so it comes more naturally to us when we need it.



## BETTER FOCUS & PRODUCTIVITY

It's tempting to get caught up in social media, interruptions, and unhelpful thoughts. Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them.



## INCREASED COMPASSION

Mindfulness broadens compassion for ourselves and others by helping us suspend self-judgment and bring our attention back to the present moment.



## HEIGHTENED BODY AWARENESS

We tend to lose awareness of what our body is feeling when we get too busy or distracted. With mindful awareness, we can listen to our bodies and react in healthier, purposeful ways.



## LESS STRESS & ANXIETY

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety.



POSITIVE THINKING EVOKES  
MORE ENERGY  
MORE INITIATIVE  
MORE HAPPINESS



Be happy ...  
not because  
everything is good,  
but because you  
can see the good  
in everything

WARWICK

# *The Healing Power of Gratitude*





# *Types of Mantras*

- ▶ Traditional meditation phrase or sound—  
“OM” can be a wonderful mantra.
- ▶ Choose a virtue you wish to develop; e.g., patience, kindness, hope.
- ▶ Craft your mantra in the positive and keep it brief.



# *U of I Mindfulness Training Program*

*Department of Psychology (1-2 hour classes)*

**Class #1 Mindfulness Training for Finding Peace in a Frantic World (8 weeks)**

**Class #2 Mindfulness Training for Finding Peace in a Frantic World (9 weeks--free)**

**Class#3: Mindfulness Based Cognitive Therapy (MBCT) Training for preventing depression (8 weeks)**

**Dr. Chris Menard, (217) 300-0910**  
**<https://mindfulness.illinois.edu/>**



# *The Power of Gratitude*

- Greater emotional wellbeing and Improved physical health
- More joyfulness
- Better sleep and awoken feeling refreshed
- Fewer symptoms of stress

Research results from Psychologists  
Robert Emmons and Michael McCullough

# *The Power of Gratitude* (cont'd)

- More optimistic about future
- More energy, enthusiasm, and focus
- Feel stronger during trying times
- Enjoy closer family ties
- More likely to help others/offer emotional support

# Mantras that inspire gratitude

I am thankful for my *health*.

It's more valuable than money or any superficial wealth.



I am thankful for my *family & friends*.

Their support of me is heart-warming and knows no end.

I am thankful for *each day* in time.

My youth I will cherish, but for it, I will not pine.

I am thankful for the *food* I eat,  
whether it's a big hearty meal or just a tiny tasty treat.

I am thankful for my warm bed in *my home*.

It's the place I rest and dream, and can call my very own.

Integrativenutrition.com  
From Dreena Burton,  
Plant-Powered Kitchen



# *Mantras that inspire happiness*

1. My worth does not depend on others. I am valuable simply for being me.
2. Suffering is temporary, and it will get better.
3. I am not my thoughts; I am not my moods.
4. Each day is a new beginning.
5. Every mistake is a chance to learn.
6. Happiness is what happens now, when you appreciate what you have.



# *Mantras that inspire happiness*

7. Happiness begins with an open heart.

8. I am always growing and learning.

9. When life gives you every reason to be negative, think of one reason to be positive.

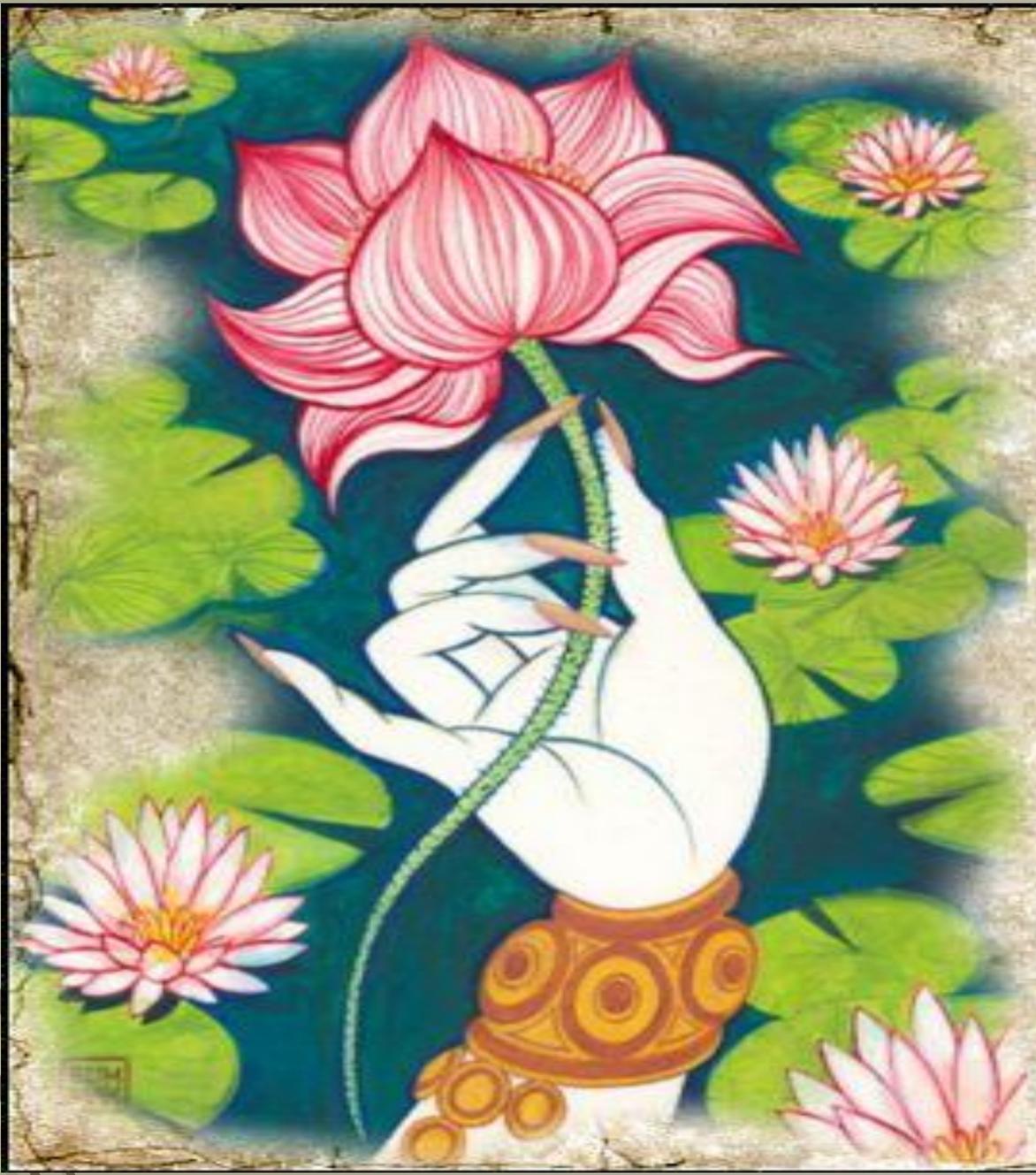
10. Change what you can and make peace with what you can't.

# *Mindful Chair Yoga— Cultivating a Healthy Relationship with Thoughts and Emotions*



~Corey Roos, White Cloud Wellness

1:02-6:00 9:45-12:45



May you be filled  
with Loving  
Kindness.  
May you be safe  
from inner and  
outer dangers.  
May you be healthy  
in body and mind.  
May you find Peace  
and be truly happy.



## *Week 3: Bringing Balance into Your Life—Physically and Emotionally*

- By achieving greater balance in our bodies, we will feel more confident and balanced in our daily lives.
- Review many chair yoga postures, such as Tree Pose, that promote good balance and help us feel invigorated and refreshed.
- Balancing postures will help to lessen aches and pains of aging, while also improving mobility and circulation.

*Time for LV Chair Yoga!!*

