

RELAX AND GET FIT:

YOGA AND MEDITATION

HI, I'M LAURA

- ▶ 26 years old
- ▶ Teaching yoga for almost 2 years
- ▶ Practicing yoga for more than 3 years
- ▶ Project Manager and Yoga Instructor
- ▶ Outside of my full time job and teaching yoga I like....

HOW I STARTED AND HOW IT'S HELPED ME

- ▶ Sepsis Infection in hip
- ▶ PT and gaining strength back
- ▶ Why I'm here today

MEDITATION FOR BEGINNERS

- ▶ Starting small
- ▶ Headspace App
- ▶ 2 - 3 minutes a day

MEDITATION FOR MANAGING STRESS AND ANXIETY

- ▶ Meditation is medicine for the mind
- ▶ Making time for yourself
- ▶ Morning routines

LONG TERM BENEFITS OF MEDITATION

- ▶ Making meditation a habit
- ▶ Studies prove it reduces stress
- ▶ Cortisol levels and lowering blood pressure
- ▶ Fights negative inflammatory chemical
 - ▶ Sleep
 - ▶ Depression and anxiety
 - ▶ Fatigue and lack of concentration

LONG TERM BENEFITS OF MEDITATION

- ▶ Increasing self-awareness
- ▶ Compassion and kindness towards others
- ▶ Reducing strain on the heart

YOGA:

LET'S MOVE ON TO
THE FUN STUFF.

MYTH:

YOU HAVE TO BE
FLEXIBLE TO DO YOGA.

FLEXIBILITY IS A SKILL

SKILLS CAN BE LEARNED AND
IMPROVED OVER TIME.

DEBUNKING RUMORS ABOUT YOGA

- ▶ Let me take you back to 5th grade....

THE INFAMOUS PHYSICAL FITNESS PATCH



HAVE YOU AVOIDED YOGA DUE TO THE FOLLOWING?

- ▶ Not being flexible?
- ▶ Scared of being judged due to beginner status?
- ▶ Yoga is a judgement free zone

YOGA:

TYPES OF YOGA

DIFFERENT TYPES OF YOGA

- ▶ Yoga Nidra
- ▶ Ashtanga
- ▶ Yoga Sculpt
- ▶ Vinyasa
- ▶ Yin

YOGA:

YOGA NIDRA

YOGA:

ASHTANGA

YOGA:

YOGA SCULPT

YOGA:

VINYASA

YOGA:

YIN

AREAS OF THE BODY THAT BENEFIT FROM YOGA

- ▶ Building strength to take pressure off the joints
- ▶ Increase blood flow and reduce arthritis risk and pain
- ▶ Building strength WHILE increasing flexibility

AREAS OF THE BODY THAT BENEFIT FROM YOGA

- ▶ Incorporating weights to gain strength
- ▶ Lifting body weight
- ▶ Reducing risk of injury

IMPROVED BLOOD FLOW AND CIRCULATION

- ▶ Yoga is great for circulation
- ▶ Suffer from numbness, cold hands and feet, swelling
- ▶ Positions to improve blood flow and circulation

HELPFUL POSES FOR DIABETES AND BLOOD
FLOW:

BEGINNER POSES

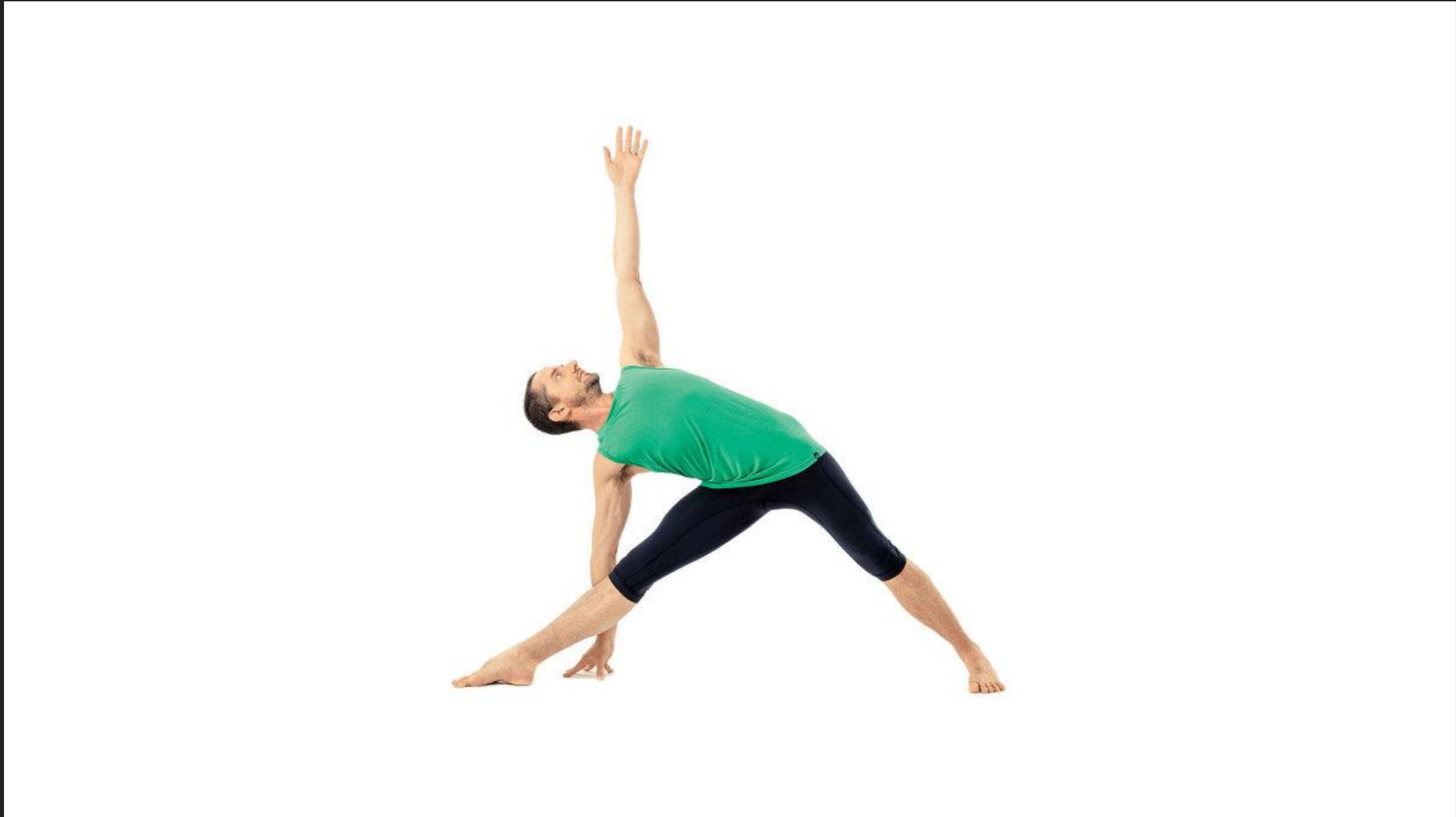
DOWNWARD DOG



WARRIOR II



TRIANGLE



LEGS ON THE WALL



CHRIS ANDRE

ONLINE RESOURCES FOR BEGINNERS

- ▶ Yoga Studio Mobile App by Gaiam
- ▶ “Yoga with Adrienne” YouTube Series
- ▶ “Let’s Start Yoga” ebook by Jessica Olie

SETTING GOALS AND MAINTAINING LIFESTYLE CHANGES

- ▶ Look at your morning routine and see how you can make changes for the better. What can you cut out? What can you add?
- ▶ Start small. Even 5 minutes a day counts.
- ▶ Be specific.
- ▶ Reward yourself.

LASTLY,

QUESTIONS?

HOPE YOU LEARNED SOMETHING NEW:

THANK YOU!