



MINDFULNESS, YOGA, WELLNESS, AND ME



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WHAT IS MINDFULNESS?



Mindfulness is the human ability to be fully present; aware of where we are and what we're doing - making observations with openness, curiosity, compassion, composure; not overly reactive or overwhelmed by what's going on inside or around us. It helps us recognize our habitual thoughts, patterns, tendencies without judgment.

Mindfulness is a quality that we already possess - we just have to learn how to access it and be intentional about actively practicing it.



TYPES OF MINDFULNESS PRACTICES



- 1-seated, walking, standing, moving, laying down meditation.
- 2- short pauses we allow or insert into every day life.
- 3- merging a meditation practice with other activities - like yoga and/or sports.

BENEFITS OF MINDFULNESS

reduce stress, enhance performance, gain insight and awareness through observing our own mind, increase our attention to others' well-being; suspension of judgment, ability to unleash our natural curiosity about ourselves and the world, approach our experiences with warmth and understanding and kindness - to ourselves and others.



YOGA IS MORE THAN JUST A WORKOUT



Yoga is a holistic philosophy that gifts us a set of tenets, which teach us how we can navigate life in a spiritually aligned way.

Yoga is not a religion. Yoga has always been a philosophy by which to conduct life.

Its aim is to be practiced with discipline so that a person is ultimately led to enlightenment.

THE 8 LIMBS OF YOGA

1. Yamas - how to treat others & the world around us.
2. Niyamas - self-discipline standards.
3. Asana - practice of yoga postures & poses.
4. Pranayama - breath control.
5. Pratyahara - senses withdrawal; to journey inward & find peace.
6. Dharana - concentration.
7. Dhyana - meditation.
8. Samadhi - enlightenment; bliss.



WHAT IS YOGA?



The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'

The practice of Yoga helps lead us to the union of individual consciousness with Universal Consciousness, a harmony between the mind and body, (Wo)Man & Nature.

The aim of Yoga is Self-realization, to overcome all kinds of blocks and sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya).

When we tap into yogic wisdom, we see how important it is to seek for progress, both spiritually and societally.



WHY ALL OF THIS MATTERS

Everything we say, do, and feel is connected to our well-being - and our well-being is connected to everything we say, do, and feel. It's an on-going cycle. It's important for us to recognize this so we can figure out how to navigate the world around us, connect to others, connect with ourselves, and listen to our bodies while we practice being the best versions of ourselves - at every stage of life.



WHAT IS WELLNESS?

Wellness is an active process of becoming aware of and making choices toward a balanced, healthy, and fulfilling life. Wellness is more than being free from illness - it is a dynamic and willing process of mindful change and growth.

