

# MINDFULNESS, YOGA, WELLNESS, AND ME



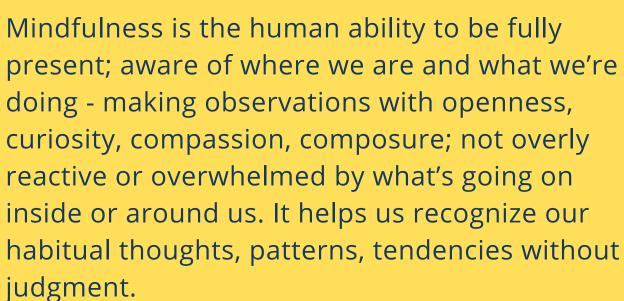
WITH ALEXEYEVA SMITH, RYT-500

@AVASRADIANCEYOGA + @UPRISINGYOGA

MINI HOUSE - SOUTH LA FAMILY DAY

AUGUST 12, 2023

# WHAT IS MINDFULNESS?



Mindfulness is a quality that we already possesses - 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.

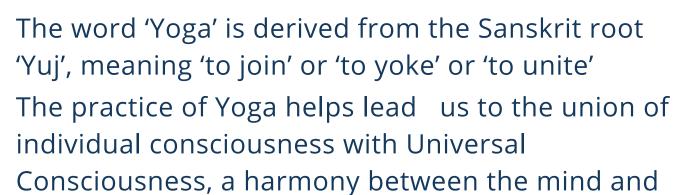
Its aim is to be practiced with discipline so that a person is ultimately led to enlightenment.



- 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 concentratioin.
- 7. Dhyana meditation.
- 8. Samadhi enlightenment; bliss.

# nward &

## WHAT IS YOGA?



The aim of Yoga is Self-realization, to overcome all kinds of blocks and sufferings leading to 'the state

of liberation (Kaivalya).
When we to we see how

body, (Wo)Man & Nature.

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.



## 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.



#### 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.

**Resources**. Insight Timer: <a href="https://insighttimer.com/meditation-topics/mindfulnessmeditation">https://insighttimer.com/meditation-topics/mindfulnessmeditation</a>, What Is Mindfulness: <a href="https://www.mindful.org/what-is-mindfulness/">https://www.mindful.org/what-is-mindfulness/</a>, Yoga: Its Origin, History and Development: <a href="https://www.mea.gov.in/search-result.htm?25096/Yoga: su origen, historia y desarrollo</a>, Practicing the 8 Limbs of Yoga Will Help You Understand Yoga as It Was Meant to Be: <a href="https://www.healthline.com/health/fitness/the-8-limbs-of-yoga#bottom-line">https://www.healthline.com/health/fitness/the-8-limbs-of-yoga#bottom-line</a>, AVASRADIANCE WELLNESS BY ALEXEYEVA SMITH: <a href="https://www.alexeyevasmith.com/wellness">https://www.alexeyevasmith.com/wellness</a>.