



Mindful Living & Coaching

Welcome!





Introductions

- Ginny Diaz
 - Instructor
 - Background
 - Why I do this
- Introductions:
 - Name
 - New to OLLI?
 - Why here?



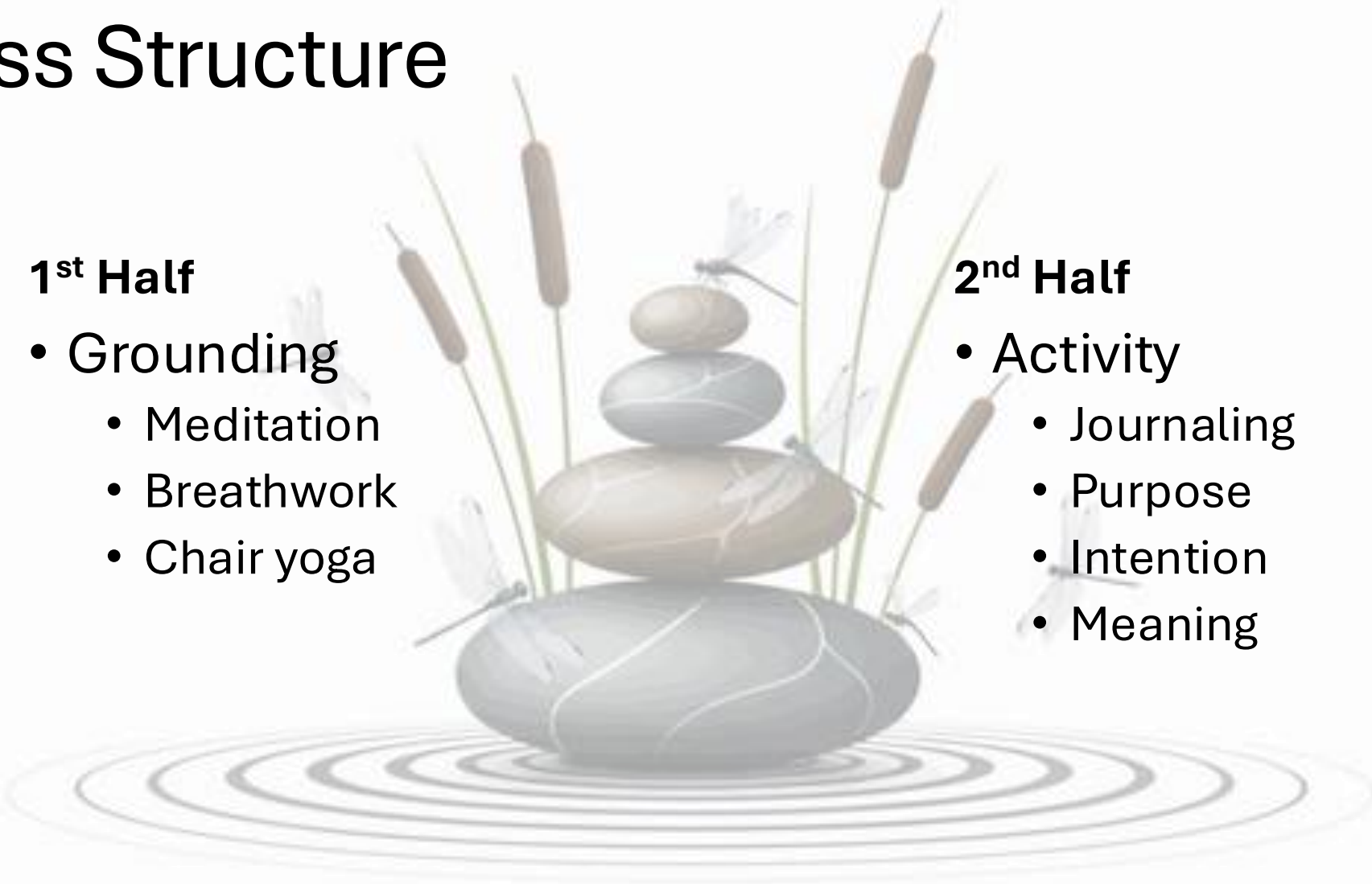
Class Structure

1st Half

- Grounding
 - Meditation
 - Breathwork
 - Chair yoga

2nd Half

- Activity
 - Journaling
 - Purpose
 - Intention
 - Meaning





Let's Discuss

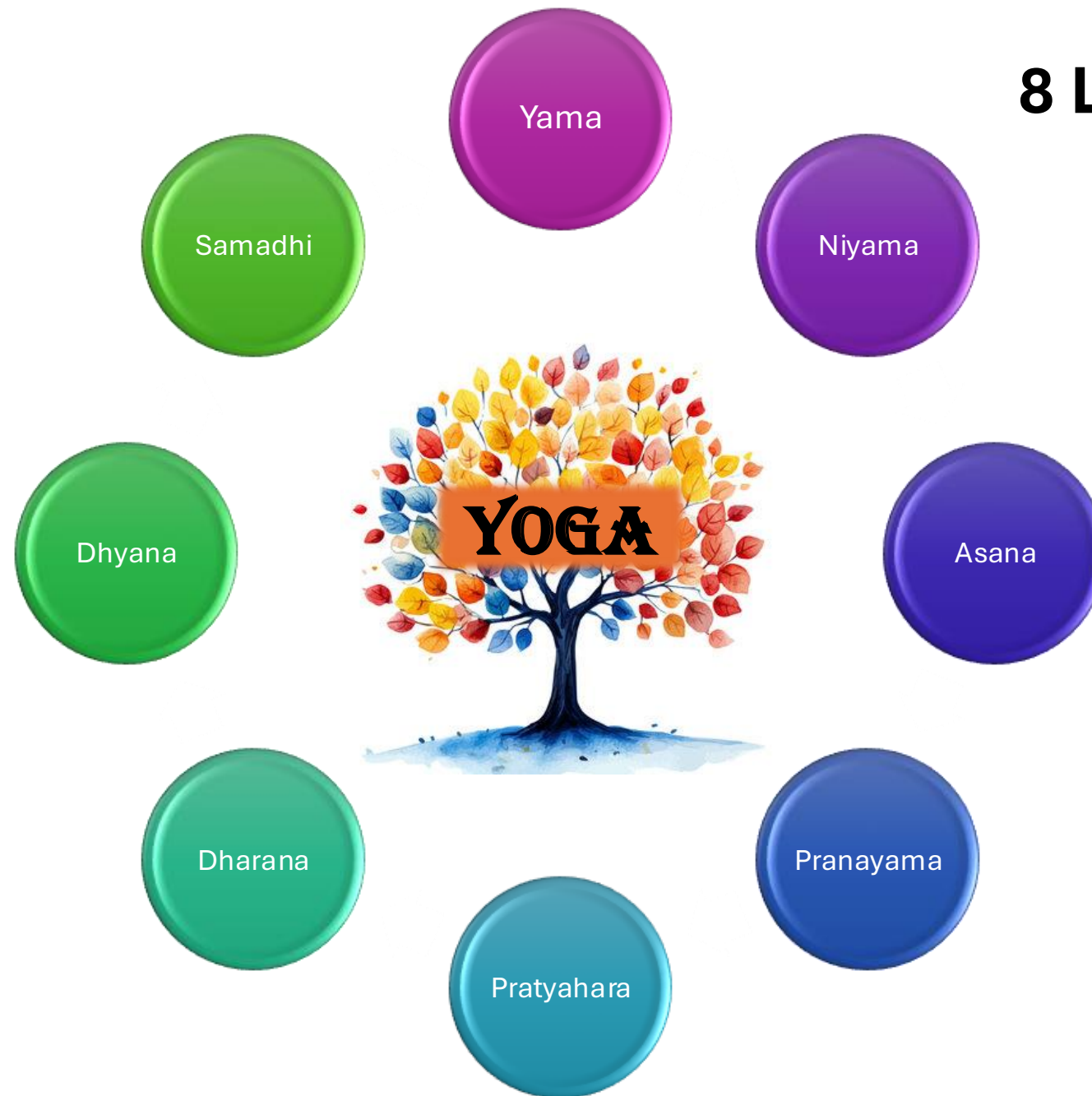
Yoga

Meditation

Pranayama



8 Limbs of Yoga





Yamas & Niyamas



- Guidelines, ethical disciplines, tenets
- Gems of wisdom that give life direction
- They are the first two limbs



Yamas (Restraint)

Ahimsa –
Nonviolence

Satya – Truthfulness

Asteya – Nonstealing

Brahmacharya –
Nonexcess

Aparigraha –
Nonpossessiveness



Niyamas - Observances

Saucha – Purity

Santosha – Contentment

Tapas – Self Discipline

Svadhyaya – Self Study

Ishvara Pranidhana -
Surrender



What is Meditation?



- A journey from activity to silence.
- A practice to train our attention and awareness.
- An opportunity to de-stress the mind.
- The unfoldment of our inner potential.
- Reconnection with the essential Self.



The Benefits of Meditation

Current scientific research validates that having a regular meditation practice produces tangible benefits for mental and physical health, including:

- Improved immune function
- Reduced worry, anxiety and depression
- Increased rejuvenating, anti-aging hormones
- Better cognitive skills
- More meaningful relationships
- Enlightenment
- Meditation can even change gene expression to promote healing, self-regulation, and homeostasis (balance).



Meditation

- Mindfulness
- Breath
- Body Scan
- Movement
- Mantra
- Solo
- Group



Benefits of Group Meditation



- Enhanced meaning
- Camaraderie & Connection
- Deeper mindfulness
- Supportive environment
- Ripple effect



What is Pranayama?

The practice of becoming aware of your breath and using it to enhance your physical, emotional, and spiritual well-being

- *Pranayama*
prana = vital life force
ayama = to expand, draw out, control
- Using the breath to expand life-force energy and improve communication among all parts of body-mind





The Benefits of Pranayama

There is a growing body of scientific research documenting the benefits of practicing pranayama on a regular basis, including:

- Reduced anxiety and depression
- Lower/stabilized blood pressure
- Increased energy levels
- Muscle relaxation
- Decreased feelings of stress and being overwhelmed



Pranayama - Breathing

Coherence Breath

Nadi Shodhana- Alternative Nostril Breathing

Dirgha - Three Part Breath

Bhramari - Humming Bee

Full, Complete Breath



Chair Yoga

- Highly inclusive and accessible adaptation of traditional yoga that modifies poses to be seated in a chair or using a chair for support when standing.
 - In the office
 - Traveling
 - Limited mobility
 - Beginners



Benefits of Chair Yoga



- Increased flexibility
- Improved strength
- Improved self-awareness
- Mindfulness
- Better sleep
- Stress reduction



Today's Theme



- Yama
Satya – Truthfulness in
Thoughts, Words and Actions



Journaling

- Explore thoughts and feelings
- Regulates emotions
- Identify recurring themes or patterns
- Stress relief
- Creativity
- Gratitude practice

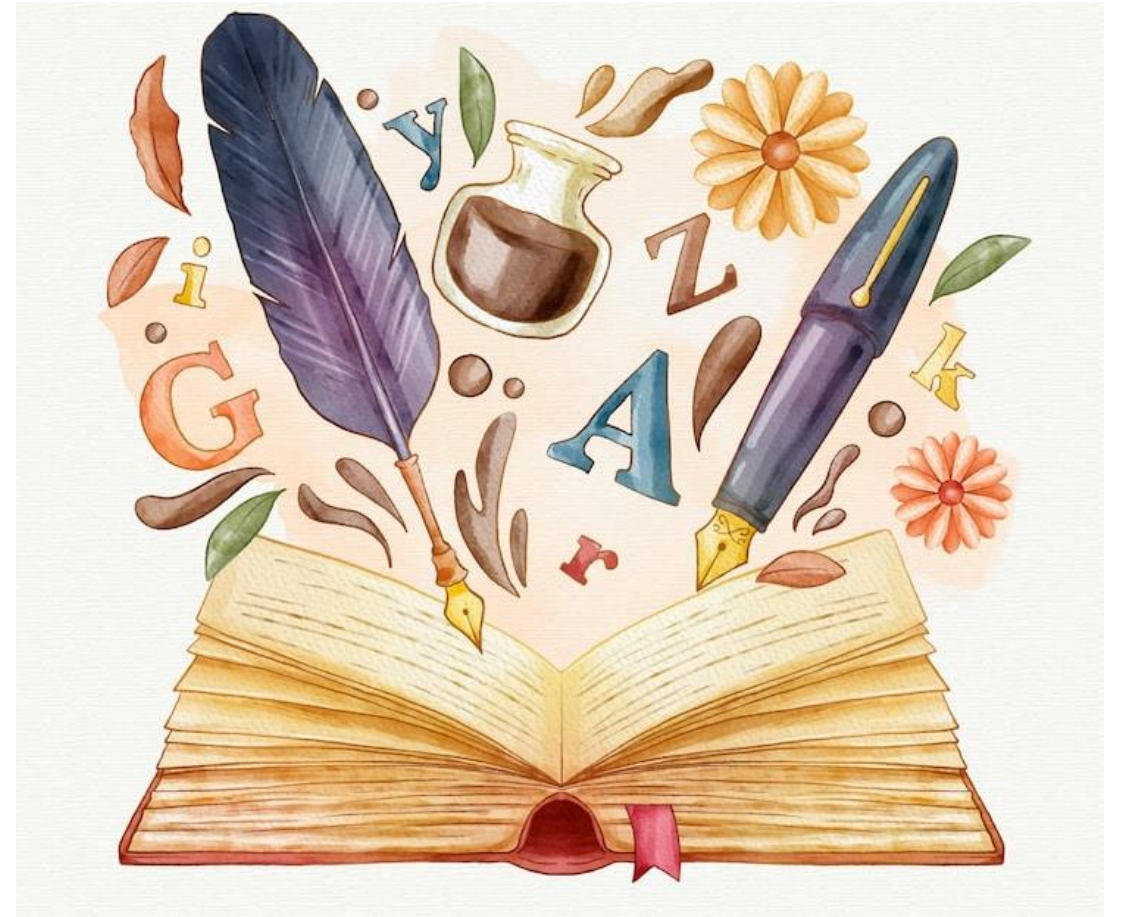


Journaling decreases activity in the amygdala, which is responsible for controlling emotions.



How To Start

- Choose your method – paper or digital
- Free form or guided
- Time of day or week
- Start small and grow
- Use prompts to help you begin
- LET GO of perfection





Today's Journal Prompt

“Where in my life am I saying Yes when I really mean No. Where am I not being true to myself?”





Purpose & Purpose Statement

Next Week

