Yoga - Off the Mat and Into Life

Integrating Yoga Into the Classroom, Work Life, Home Life, and Everyday Life

Yoga takes you into the present moment, the only place where life exists

Mary Beth Quick
Heart & Soul Yoga LLC
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YOGA IS...

• Lifestyle
• Refreshing
• Mindful
• Fitness
• Calming
• Connection
• For You
• Balance
YOGA IS...

• Science & Philosphy dating back 2000 + years

• Combines asanas (physical postures), pranayama (breathing exercises), dhyana (meditation) and life skills and tools

• Means “to join, unite or integrate”- connecting the movement of the body and the fluctuations of the mind with the rhythm of our breath

• Awareness of and acceptance of body and mind as they are now

• Practice-this awareness that we cultivate makes yoga a practice, not a task or a goal to be achieved.

“Yoga is a form of exercise, but it’s more than that,” says Jeter, who also teaches yoga. “Steady breathing is so important, and it also affects your nervous system in beneficial ways that go beyond burning calories or making muscles stronger.”

Pamela Jeter, Ph.D., a yoga researcher at Johns Hopkins University.
Well Researched:
Harvard
Johns Hopkins
UCLA
Stanford

...just to name a few
YOGA OFF THE MAT
Chair Pose Experiment

• Breathe
• Relax
• Feel
• Watch
• Allow

What was that like?
YOGA OFF THE MAT
Simple practices for the class or office

• Seated yoga
• Breathing Breaks
• Mindfulness Meditation Breaks
HANDOUTS

Variety of handouts - please take some!

Thank you!

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