

GRAND VALLEY HATHA
YOGA



YOGA SELF COMPASSION,
MINDFULNESS GRATITUDE

PREPARED FOR NUNAVUT LAW SOCIETY
LUNCH WELLNESS TALK



LUTHER LAKE CONSERVATION
PHOTO: MARSHA ELLIS RYT, MA

TALK OVERVIEW

INTRODUCTION - LAND
ACKNOWLEDGEMENT

REVIEW OF YOGA FOR
EMOTIONAL BALANCE

GRATITUDE

MINDFULNESS

SELF COMPASSION & MSC
RESEARCH INTRO & SOURCES

GENTLE CHAIR YOGA PRACTICE
& MSC MEDITATION

WHERE WE ARE LOCATED

WE [I] WOULD LIKE TO ACKNOWLEDGE THAT I AM IN GRAND VALLEY EAST LUTHER, THE LAND NEAR THE GRAND RIVER, THE UNCEDED LAND PROMISED TO THE HAUDENOSAUNEE PEOPLE OF SIX NATIONS, WHICH INCLUDES SIX MILES ON EACH SIDE OF THE GRAND RIVER. THIS TERRITORY IS THE TRADITIONAL TERRITORY OF THE NEUTRAL, ANISHNAABEG, AND HAUDENOSAUNEE {HOE DAY NA SHUN AY)PEOPLES.



PHOTO TAKEN AT LUTHER LAKE
CONSERVATION
PHOTO CREDIT: EMILY JEAN PHOOGRAPHY

GRAND VALLEY HATHA YOGA

MISSION

MY MISSION IS TO CREATE SERENE, SAFE, AND WELCOMING SPACE WHERE STUDENTS CAN EXPLORE THEIR YOGA PRACTICE. WE WORK TO CREATE PEACE IN OUR WORLD, COMMUNITIES AND FAMILIES BY FIRST CREATING PEACE WITHIN OURSELVES.

YOU CANNOT POUR FROM AN EMPTY CUP

GRAND VALLEY HATHA YOGA

SELFCARE IS NOT SELFISH



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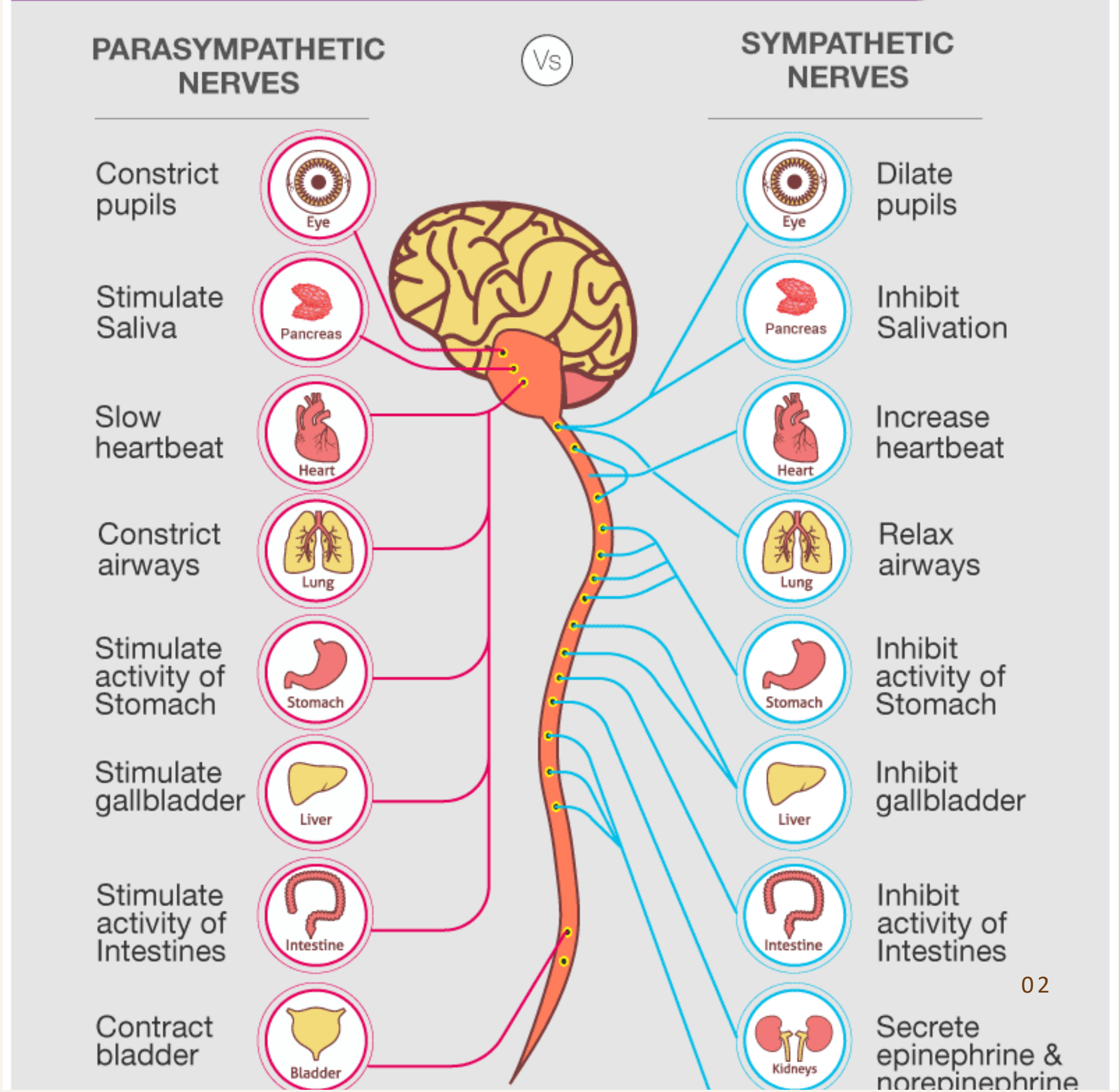
REVIEW PARASYMPATHETIC & SYPAHETIC

BODY STRESS RESPONSES

THE HUMAN FUNCTION CURVE

J.M. KOOLMAS ET AL `STRESS REVISITED: A CRITICAL EVALUATION OF THE SRESS CONCEPT`

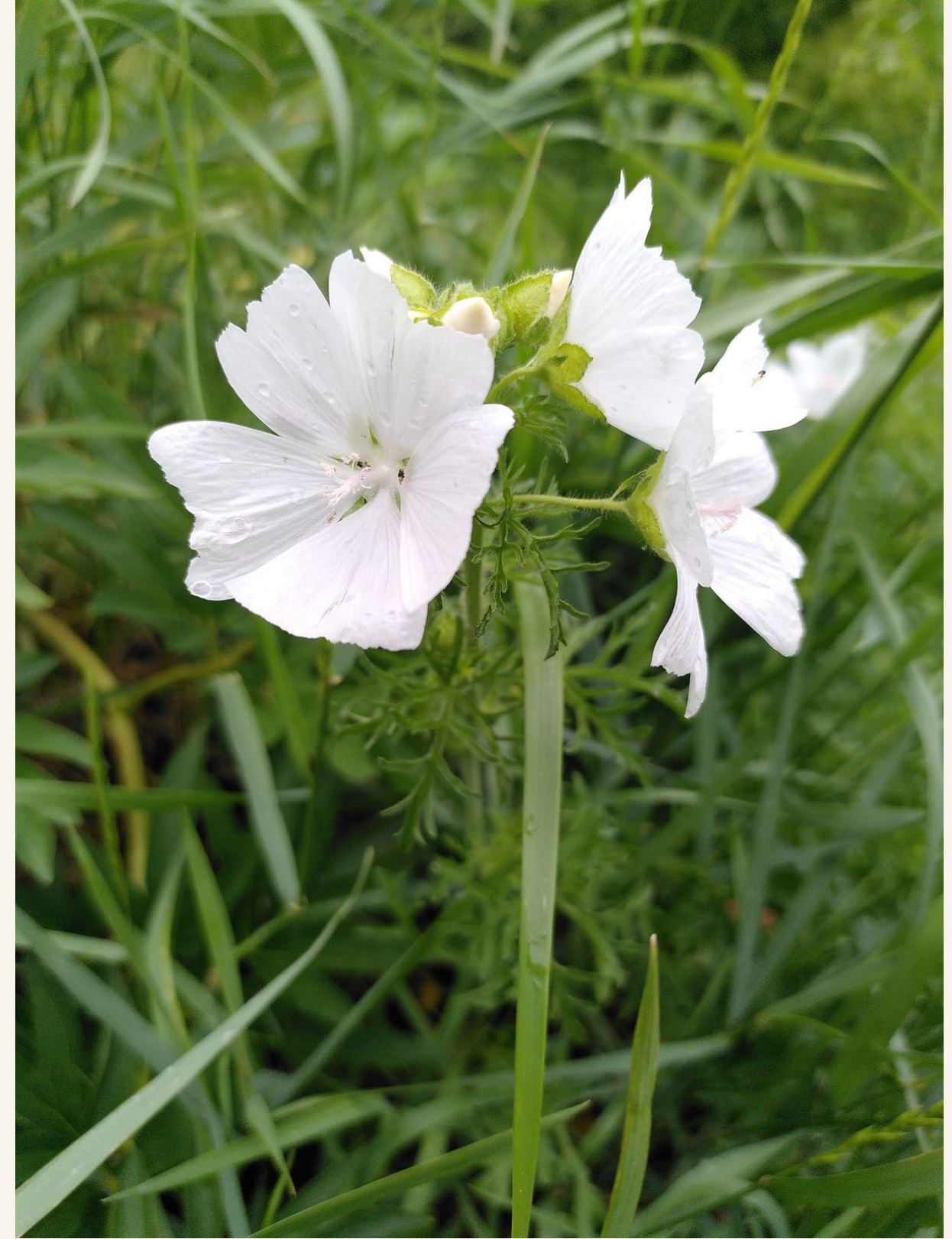
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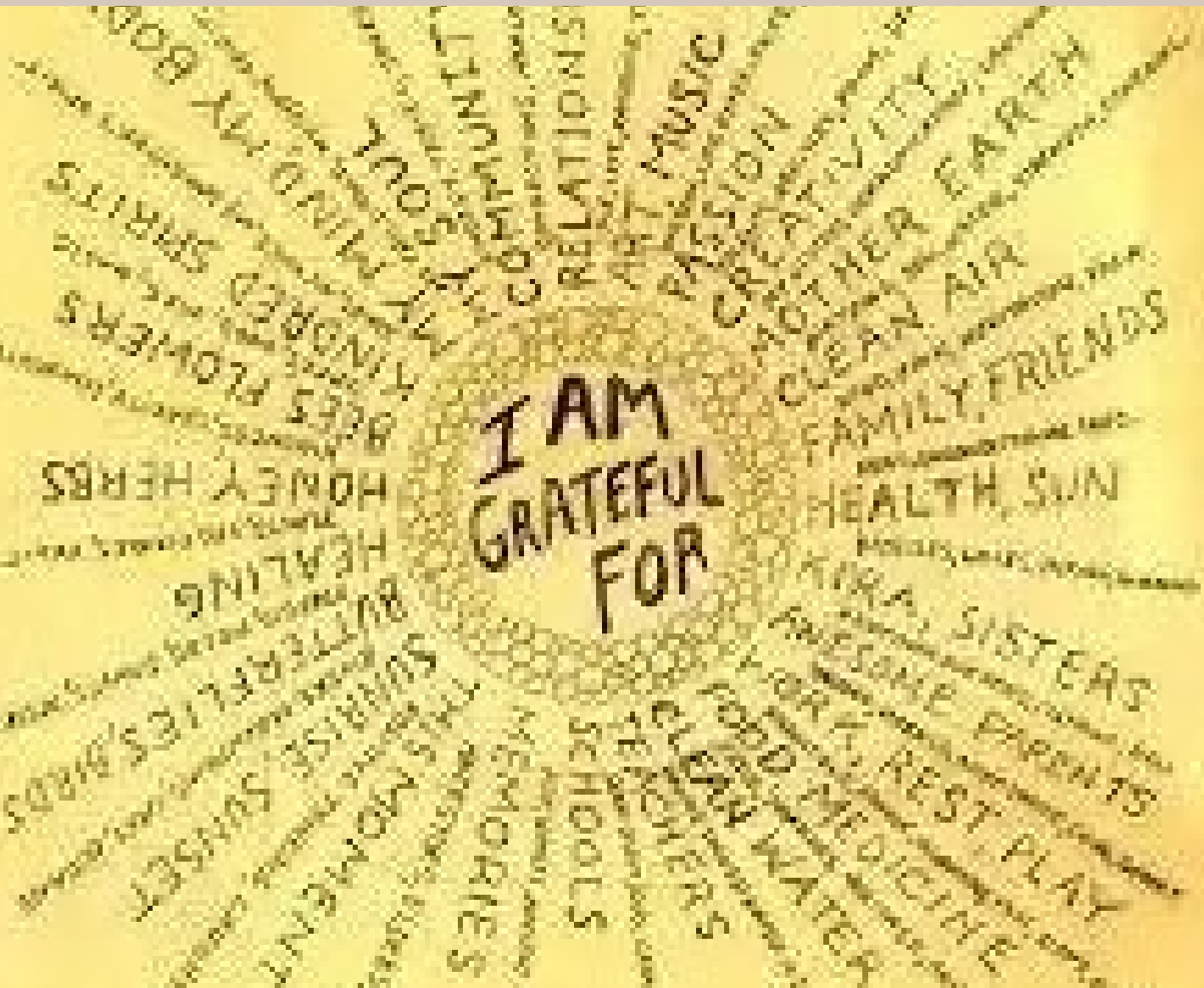


MINDFULNESS

Mindfulness is being aware of what's going on in the present moment. For kids, as well as adults, it helps focus attention, improve self-regulation (impulsivity and decision making) build resiliency to stress, and develop a positive mindset.

“With mindfulness, we can preserve our inner joy, so that we can better handle the challenges in our lives. We can create a foundation of freedom, space, and love within ourselves.” Thich Nhat Hanh





GRATITUDE

IN POSITIVE PSYCHOLOGY RESEARCH, GRATITUDE IS STRONGLY AND CONSISTENTLY ASSOCIATED WITH GREATER HAPPINESS. GRATITUDE HELPS PEOPLE FEEL MORE POSITIVE EMOTIONS, RELISH GOOD EXPERIENCES, IMPROVE THEIR HEALTH, DEAL WITH ADVERSITY, AND BUILD STRONG RELATIONSHIPS.

WHAT ARE YOU GRATEFUL FOR

MINDFULNESS SELF COMPASSION

FIERCE SELF COMPASSION
KRISTIN NEFF PHD.

TOOLS OF SELF COMPASSION

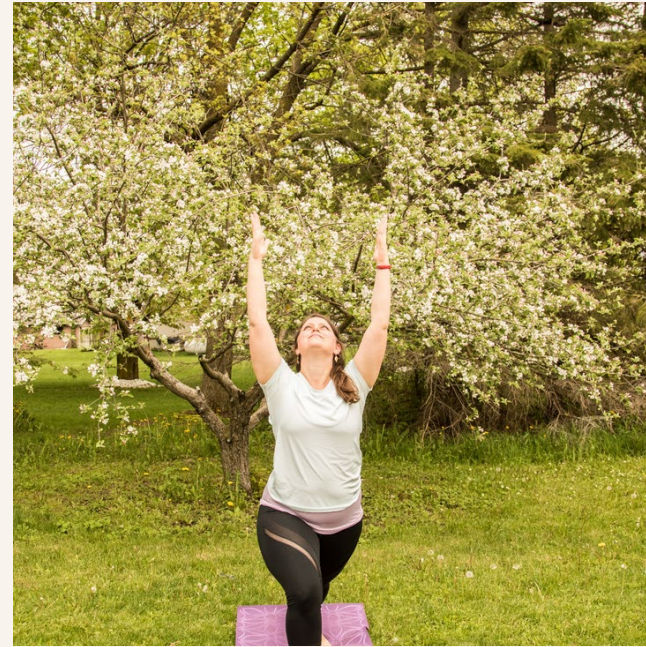
YIN & YANG

`In order to alleviate suffering, we have to take our needs seriously and value ourselves enough to meet them.

INNER CRITIC VS FRIEND

INCLUDING OURSELVES IN OUR CIRCLE OF
COMPASSION

GRATITUDE MEDIATION



I AM WORTHY AS I AM

I AM ENOUGH AS I AM

I LOVE MYSELF, RESPECT
MYSELF EXACTLY AS I AM

I AM BRAVE

I AM SAFE

MINDFULNESS STUDIES

KABAT-ZINN, J. "FULL CATASTROPHE LIVING: USING THE WISDOM OF YOUR BODY AND MIND TO FACE STRESS, PAIN, AND ILLNESS" (DELTA , 1990).

Tang, YY, et al., "The Neuroscience of Mindfulness Meditation". Nat Rev Neuroscience, 2015 Apr; 16 (4): 213-25.doi 10.1038/nrn3916. E-pub 2015 Mar 18.

Chiessa, A. and Serretti, A. "Mindfulness- based stress reduction for stress management in healthy people: a review and meta-analysis." J Altern Complement Med. 2009 May 15 (5): 593-600. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0028310/>.

Boccia, Maddalena, Laura Piccardi, and Paola Guariglia. "The Meditative Mind: A Comprehensive MetaAnalysis of MRI Studies." BioMed Research International 2015 (2015): 419808, PMC. Web 11 Nov. 2015.

Ospina, M.B. et al. "Meditation practices for health: state of the research." Evid. Rep. Technology Assess. (Full Rep.) 155, 1-263. (2007).

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THANK YOU !

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