

Discover Your Zen

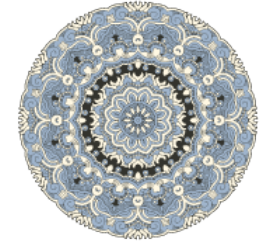
23

Yoga

Live Free With Sheri
Healthy Fearless and Free

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Day 23



IMPLEMENTATION DAY!

You will be learning about how yoga is related to meditation, but also use today to get caught up, ask questions and rev up your engines.

Take this moment to write down 3 things you have done well to move toward your goals...and another three things you are going to do better this week...that will help you to achieve the goals you set.

Enjoy implementation day!

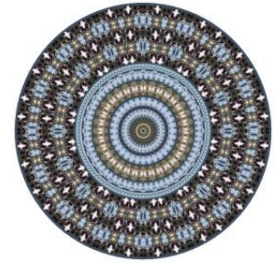
To Self-Love and Your Journey!

Love & Gratitude,
Sheri

Yoga takes us to
the present
moment.
The only place
where life exists.
-Ellen Brenneman

Day 23

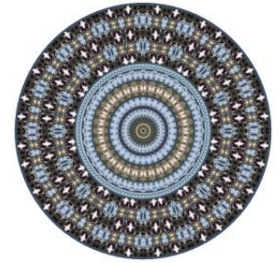
Task



- Look over your goals, check in with the progress you have been making .
- Make a list of 3 things you have done well in moving forward.
- Also make a list of 3 things will improve on to achieve your goals.
- Have fun!

Day 23

Before You Begin

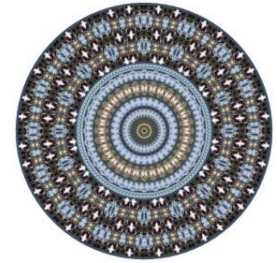


How would you define yoga?

Is there anything specific you would like to learn about yoga? If so, what?

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Yoga

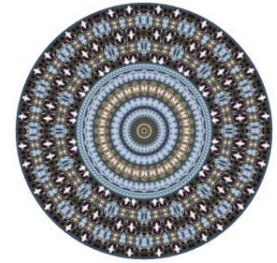


Read pages 60-61 in your meditation packet-

The original purpose of yoga is closely correlated with meditation because yoga *is* a form of meditation. The goal was to create awareness and understand the world, then evolving into introspection. Originating in the east, it was used to create mindfulness and was used with meditation to achieve a connection with a higher power. It had been in practice for over a thousand years before the poses were even added to the practice of yoga.

Today, yoga has become a way to practice physical fitness, but the poses still require mindfulness and being present in the moment. Most yoga poses are centuries old and are connected to deep meaningful purpose, even when those practicing are not aware of the meaning behind it

When performing modern yoga, you exercise your mind, body, and spirit simultaneously. Practicing yoga can aid in enhancing flexibility to sit in meditative positions for extended periods of time and create a stronger mind-body connection, allowing you to more easily obtain a meditative state.

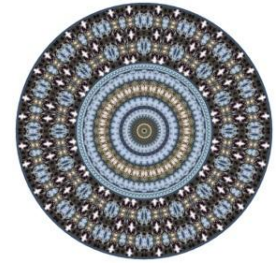


Yoga Sutras – Eight Limbs of Yoga

Yama

- 1st Limb
- Ethics and integrity, how we treat others as well as ourselves

5 Yamas	
Ahimsa	Non-harming
Satya	Truthfulness
Asteya	Non-stealing
Brahmacharya	Continence
Aparigraha	Non-coveting



Yoga Sutras – Eight Limbs

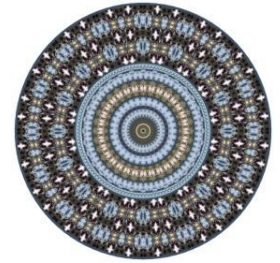
Niyama

- 2nd Limb
- Self discipline
- Spiritual observance

5 Niyamas	
Saucha	Cleanliness, Purity
Santosha	Contentment
Tapas	Heat, Self-discipline
Svadhyaya	Study of Self
Isvara pranidhana	Surrender to God

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Yoga



Yoga Sutras – Eight Limbs

Asana

- 3rd Limb
- Body positioning

Pranayama

- 4th Limb
- Breath control

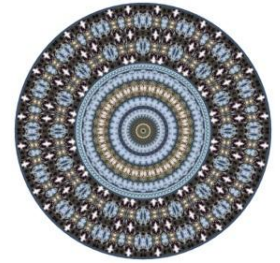
Pratyahara

- 5th Limb
- Conscious withdrawal of energy from the senses
- Draws consciousness to inner self



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Yoga



Yoga Sutras – Eight Limbs

Dharana

- 6th Limb
- Focus
- Quieting the mind through concentrating on a single point of focus

Dhyana

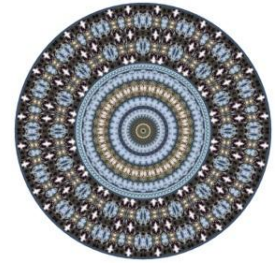
- 7th Limb
- Contemplation
- Controlling the mind through ceasing to think and allow openness and receptiveness to find truth.

Samadhi

- 8th Limb
- Ecstasy, achieving the ultimate meditative state
- Unity with the Divine is reached

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Yoga Nidra



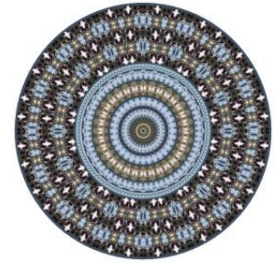
Yoga Nidra creates a deep meditative state that promotes relaxation and is similar to lucid dreaming, where you remain conscious but are in a sleep-like state of consciousness. Make sure you practice this meditation where you can comfortably lie on your back without getting cold. Determine a sankalpa, an intention or desire, for your meditation. Your sankalpa should be stated in positive wording in the present tense.

- Lie in savasana, or the corpse pose, flat on your back with your limbs outstretched, palms up, and head facing upward.
- Closing the eyes, begin to breathe deeply and slowly, and observe your breath.
- Allowing yourself to feel safe and protected, deepen your relaxation with each breath you take.
- Bring your attention inward, imagining a warm light originating from your navel, getting larger with each breath. As it grows, you go deeper into relaxation.
- Repeat your sankalpa in your mind five times

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Yoga Nidra

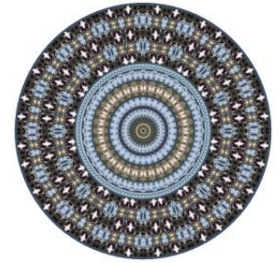


- Bring your awareness to your body, scanning from the top of the head, moving to the hair line, to the forehead, to the eyebrows, the eyes, the eyelids, cheekbones, ears, nose, upper lip, the part in your mouth, inside of your mouth, tongue, bottom lip, cheeks, jawline, chin, to the neck.
- Now bring your awareness to your entire head, feeling any sensations that may be passing through it.
- Be aware of your ears hearing, your nose breathing, the moistness in your mouth.
- Imagine each area becoming brighter, full of the warm light as you scan it.
- Bring your awareness to the throat, the base of the neck, the shoulders, collar bone, shoulder blades, arm pits, upper arms, elbows, forearms, the wrists, throughout each finger one by one.
- Now bring your awareness to your entire right arm, allowing yourself to feel any sensations passing through it.

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Yoga Nidra

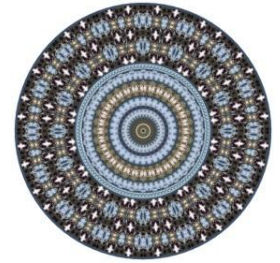


- Bring your awareness to your entire left arm, allowing yourself to feel any sensations passing through it.
- Allow each area to deepen in relaxation as you pass through.
- Bring awareness to the chest, rib cage, spine, lower back, wrapping around to the navel, to the pelvis, the genitals, and to the hips,
- Notice any feeling and sensations in your trunk.
- Bring your awareness down the thighs, into the knees, to the shins and then the calves, the ankles, through the top of your feet and into each toe one by one, moving through to the bottom of the feet.
- Bring your awareness to your entire right leg, allowing yourself to feel any sensations passing through it.

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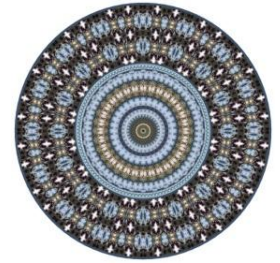
Yoga Nidra



- Bring your awareness to your entire left leg, allowing yourself to feel any sensations passing through it.
- Feel your body as a whole.
- Bring your focus to your breath. Feel the air enter your nostrils, down your airway, going into your lungs. Imagine the air is filled with the warm light, feeling each inhale and feeling the air leave your lungs, back through your airway and out of your nose. Each breath taking you deeper into relaxation.
- Repeat your sankalpa five more times.
- Bring your awareness to your body as a whole, feel the ground beneath it, the air above it, the space around you.
- Sense your fingers and toes, beginning to wiggle them, then rock your head side to side.
- Roll into the fetal position on your side, and when ready sit up.
- Namaste.

Day 23

Reflection



What sensations did you sense in your body that you may not normally be aware of?

How do you feel after practicing yoga nidra?

What was your overall experience of this meditation?
