

**The Fun And Benefits of Yoga  
Georgia Lupus Summit  
October 5, 2013  
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**Outline and Notes**

**Practice Together**

**Sharing Poses with Clients - A few key items:**

- Always check with healthcare provider
- Comfortable clothing and barefoot are best
- No inversions if menstruating

**Benefits of Yoga:**

- Safe practice – no impact: Yoga incorporates alignment, muscular energy and mental focus
- Feeds the well: Yoga poses address the effects of chronic stress and storm of hormones
- Improves confidence: Yoga poses can be modified to meet physical limits
- WIFME: Regular practice improves strength, flexibility, endurance and mental acuity
- **Literally stand taller**

**Yoga and the Mind – Off The Mat**

- Still the chatter
- Using the body to change the mind
- Consider “fake it til you make it”
- Reduce reactions to stress
- Improve focus and commitment to intention

**Breathing**

<b>Inhalation</b>	<b>Hold</b>	<b>Exhalation</b>	<b>Hold</b>	<b>Effect</b>
4	1	8	4	Relaxing
8	1	8	1	Balanced
6	6	6	1	Energizing

**Sylvia Boornstein:**

"Sweetheart, you're in pain, relax, take a breath, let's pay attention to what's happening then we'll figure out what to do."

## Chair Yoga Poses







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be who you are!

CHAIR YOGA: LEVEL 2/ CLASS 3

Teacher: James Bryan  
Intensity: Energetic  
40 minutes



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