

## INCORPORATING YOGA TECHNICS

IT'S NEVER TOO LATE TO BEGIN, YOGA IS FOR EVERYONE

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## PERCEPTION



## FOUR BELIEVES DEFINE FOUR BIOLOGY

- ▶ What aging means for you will be reflected in the quality of your health.
  - Chronological age
  - Biological age: Key component of aging process
  - Psychological age
  - BIOLOGICAL AGE IS THE KEY COMPONENT OF THE AGING PROCESS
- ▶ Good health = body + mind + spirit
  - Agitation in body and mind creates disease and accelerates aging
- ▶ Expectations, the seed of suffering




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## THE BODY IS HOLOGRAPHIC

- ▶ THE BODY IS HOLOGRAPHIC. CHANGING ONE BIOMARKER INFLUENCES THEM ALL.
- ▶ EXERCISE REVERSES BIOMARKERS OF AGING




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## YOGA VS. OTHER PHYSICAL ACTIVITIES

- ▶ What is yoga?
- ▶ What is Ayurveda?
  - AYUR = LIFE
  - VEDA = KNOWLEDGE
- ▶ VATA, the golden age
- ▶ Why yoga?
- ▶ "WORDS FAIL TO CONVEY THE TOTAL VALUE OF YOGA. IT HAS TO BE EXPERIENCE"




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## WHEN THE SPINE COLAPSES, THE BRAIN COLAPSES

- ▶ CLEAR SIGN OF AGING : ROUND BACK, LACK OF POSTURE STRENGTH



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## ROOT TO RISE

- ▶ Standing poses

- Physical
- Mental
- Spiritual



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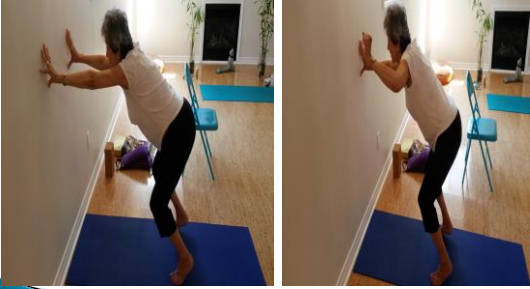
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## OPEN TO GRACE

### ▶ Backbends:

- Physical
- Mental
- Spiritual

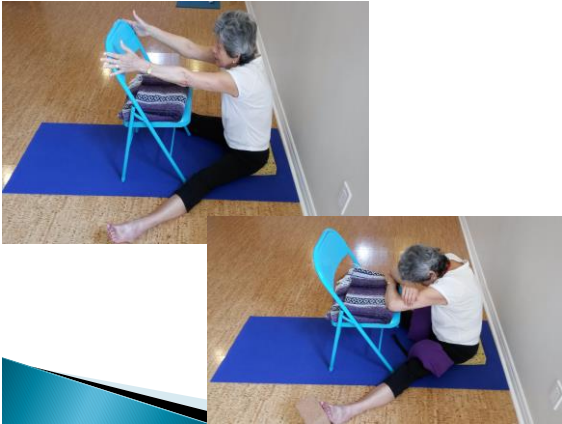


## BOW, SURRENDER, DEVOTION

### ▶ Forward bends:

- Physical
- Mental





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## APRECIATING LIFE FROM A DIFFERENT PERSPECTIVE

### ▸ Inversions

- Physical
- Mental
- Spiritual



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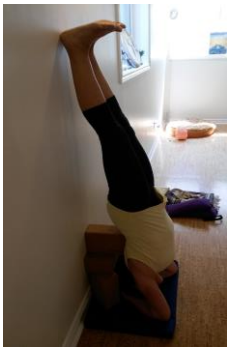
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## Appreciate the past, Open to the unexpected, Life in the Present

### ▸ Twisting:

- Physical
- Mental
- Spiritual



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## YOGA AND OSTEOPOROSIS



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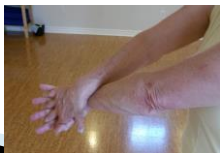
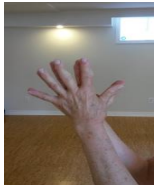
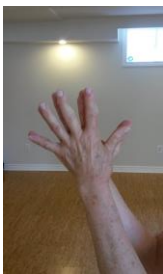
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YOGA AND ARTHRITIS



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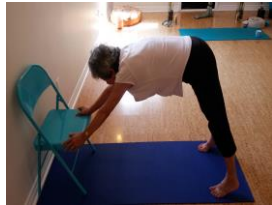
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## RESTORATIVE AND CHAIR YOGA

- When and why?



## THE JEWELS OF YOGA

- PRANAYAMA
- MEDITATION
- SAVASANA



## ADVICES TO TEACHERS

- › Speak loudly and clearly
- › Demonstrate
- › Explain benefits
- › Life is a game, have fun
- › Balance between effort and ease. Challenge
- › Create a safe and welcoming space
- › Encourage relaxation
- › Keep a beginner's mind




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## TIPS TO TAKE HOME

- › Be aware of your current health condition
- › If you are a beginner....
- › Create the right environment
- › Look for qualify instructors
- › If you visualize it, you can believe it, you can live it




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## THE GIFTS OF YOGA

- ✓ Yoga improve posture and breathing, thereby improving health of all systems
- ✓ Yoga restores and maintain normal mobility and a healthy range of motion in order to perform well in daily life
- ✓ Yoga as an integrative science of union between body, mind and spirit help us to grow and expand in a physical, psychological and spiritual way. Yoga offers a foundation to conscious living, aging and dying



## CONCLUSION

# LIFE YOGA

