

Yoga Any Time, Any Where

Chris Armstrong, C-IAYT, E-RYT500, YACEP

What the research says about yoga

- "...[I]n both healthy and diseased populations, yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures."
- "Results from this study showed that yoga practices
 - enhance muscular strength and body flexibility,
 - promote and improve respiratory and cardiovascular function,
 - promote recovery from and treatment of addiction,
 - reduce stress, anxiety, depression and chronic pain,
 - improve sleep patterns, and
 - enhance overall well-being and quality of life."
- Yoga is relatively cost effective, enhances self efficacy and self confidence, and is often associated with additional positive side effects.
- "Having established the physical and mental health benefits of yoga makes it ethically questionable to assign participants to inactive control groups."
- Yoga practitioners had significantly lower depression, anxiety, and stress, and higher general wellbeing as well as higher peace of mind than non-practitioners and other spiritual practitioners.
 - Beginning yoga practitioners – those who started practicing yoga only during lockdown – scored just as well for general wellbeing as compared to mid-term practitioners.

What yoga says about yoga

Definitions

- to yoke
- to move the mind in a chosen direction
- capacity for sustained attention/meditation
- skill in action
- adapted intelligence
- to go together very well/linking/union
- that which disconnects you from your union with suffering
- protection
- integrating and maintaining what you have obtained
- equilibrium/balance
- peace
- awareness
- awareness, breath and movement

"Yoga is relationship." TKV Desikachar

What you link to strengthens.

"Yoga is a game of intentionally designed experiences." Chase Bossart,
Executive Director, Yoga Well Institute

Operate your vehicle responsibly. Your mileage may vary.

Tools of Yoga

- asana (poses/postures/shapes)
- pranayama (breath-work)
- relaxation
- meditation
- mudra (energetic gestures and seals)
- bandha (energy locks)

- mantra (sacred sounds)
- mindfulness
- bhavana (imagery)
- sankalpa (affirmation/ intention)
- yogic lifestyle, and
- dietary advice according to the yoga therapy framework, education in yoga philosophy, and other practices in the yoga tradition and for which the therapist has received appropriate education and training

1) Function over form; 2) Seven directions of the spine; 3) How breath supports movement

We have many one-minute blocks in each day: “Never underestimate the power of a delicate movement.” Marjorie Barstow via Kevin Kortan

- Mountain aka Tadasana
- Warrior aka Virabhdrasana
- Side bend/side angle
- Figure 4
- Caring breath/standing twist/supine twist
- Forward Fold
- Legs on a chair/up the wall
- Breath awareness – temperature, count, draw circle, 1 minute meditation
- Breath awareness with nyasa: 1 hand near collarbones, the other hand low abdomen
- Ujjayi
- Sitali/sitkari
- Nadi sodhana – traditional, modified, in your mind
- Finger contact nyasa – touching, sliding thumb, sliding thumb and finger
- Self study – Are you linking to what you want to strengthen?
- Something in nature that has the qualities you want to strengthen in yourself.

Examples

-Contentment – Your happy place

If you have 5 minutes:

One tool for longer

or

Combine tools into a practice:

- What do you want to strengthen? Bring that to mind
- Poses
- Reconnect with what you want to strengthen
- Breath practice
- Rest in the feeling of what you are strengthening

If you have 15 minutes:

Combine tools into a longer practice that you design

or

Have one designed for you. Working with a yoga therapist can

- offer you an objective perspective on challenges and opportunities
- help you to stay motivated and focused on your goals
- help you to learn new skills and improve your performance, as well

as

- provide valuable feedback.

After you have taken care of yourself, who else can you love and serve?

Thank you so much for coming! Thank you, also to my teachers, Winona State University, fellow presenters, sponsors, and Bleu Duck for hosting

Let's work together individually, or with your group!

<https://www.chrisarmstrongyoga.com>

(507) 990-9765

Chrisarmstrongyoga@gmail.com