

Integrating Mindfulness and Yoga into a Virtual Forum

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What is Pranayama

- **Pranayama** is control of Breath". "Prana" is Breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and "ayama" **means** control. So **Pranayama** Is "Control of Breath".



Guided Breathe Bubble



The Importance of Mindfulness

- It is important to the practice of yoga as asana or meditation
- It quickly balances energy and stabilizes moods
- Allows you to experience mindfulness in a new way
- Can be a stand-in for meditation
- It is a good break from asana

The Science Behind Mindfulness

- It provides a (super-quick) relief from stress
- It trains us to breathe slower and deeper, which can lower blood pressure
- It can reduce symptoms of depression when paired with other treatment
- It paves the way for sharper focus
- It can help with pain management

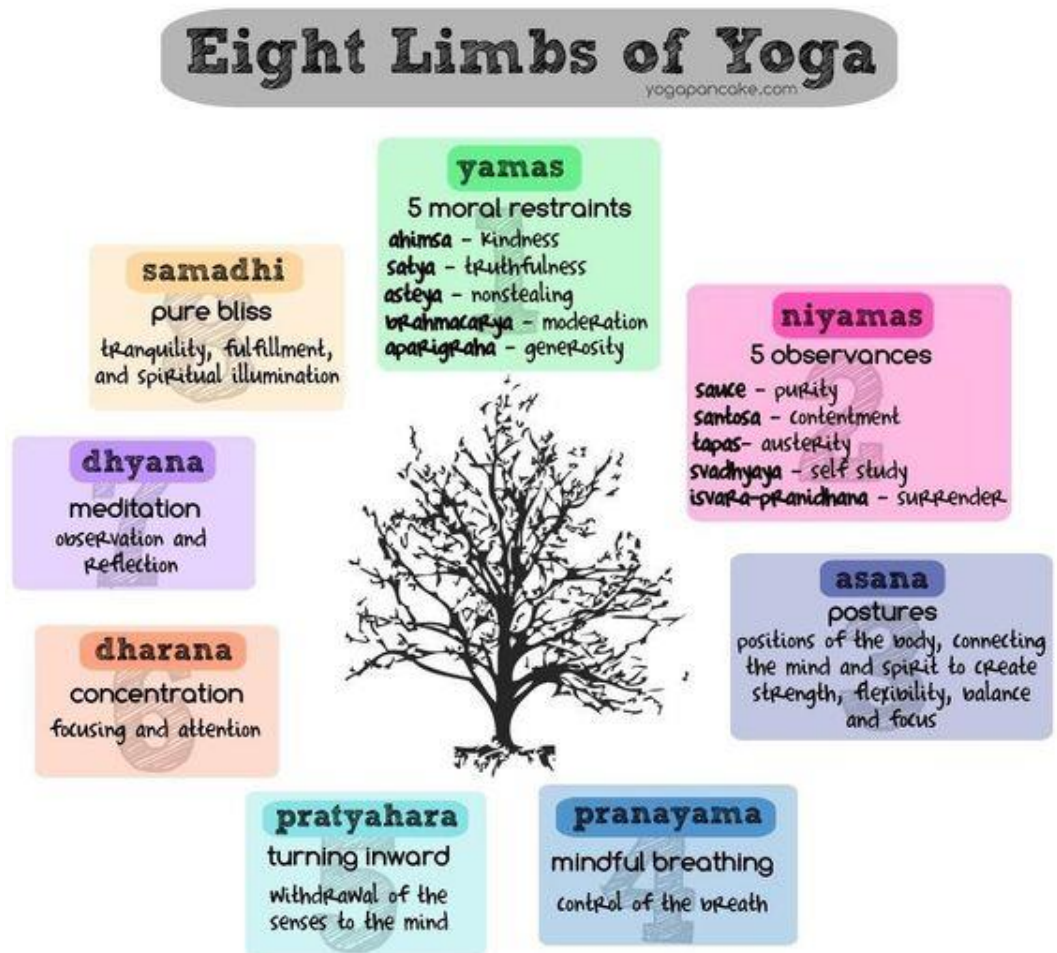
Integrating Breathing into a Virtual Platform

- Verbal Guided Mindfulness Practices
- Visual Breathing Videos
- Using Props (Breathe Ball)
- Make it fun! Get creative to engage your audience.
 - Blowing out birthday candles
 - Blowing up a balloon/bubble
 - Use shapes
 - Darth Vader Breath
 - Shoulder Roll Breath

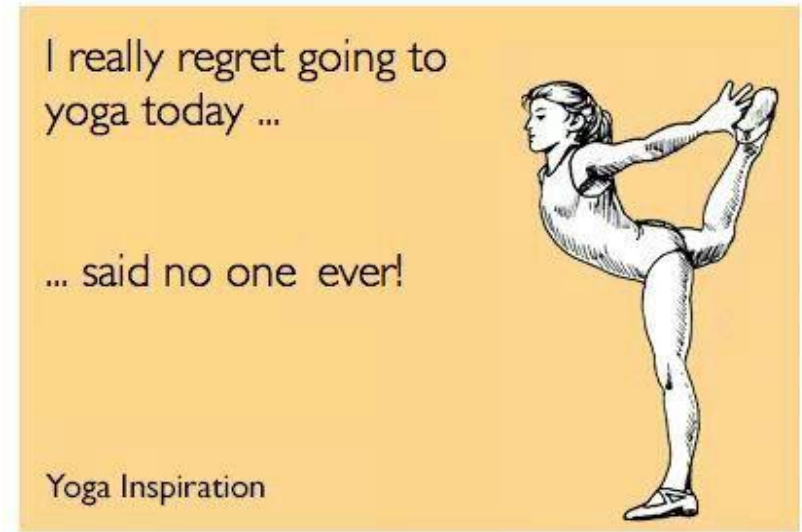
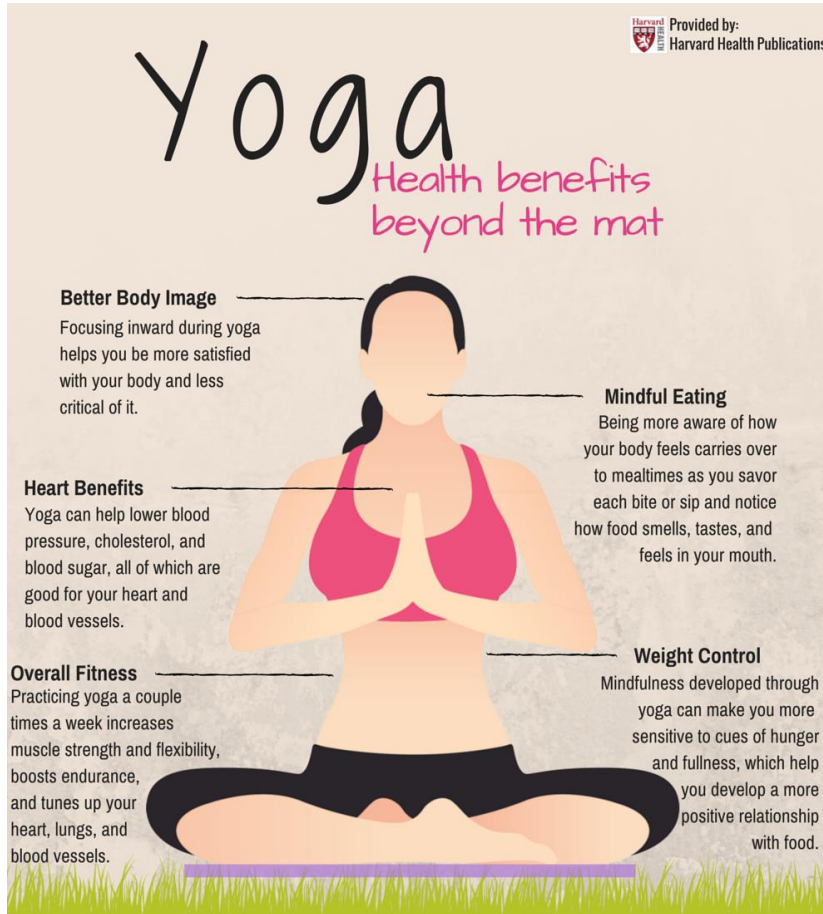


What is Yoga?

The word yoga, from the Sanskrit word *yuj*, means to yoke or bind, and is often interpreted as "union" or a method of discipline. A male who practices yoga is called a yogi, a female practitioner, a yogini.



Benefits of Yoga





Contraindications for Pregnancy

- Belly-down postures
- Lying on your back
- Crunches
- Forward Folds with Feet Together
- Twisting Postures
- Pretzel Poses
- Deep Backbends
- Inversions



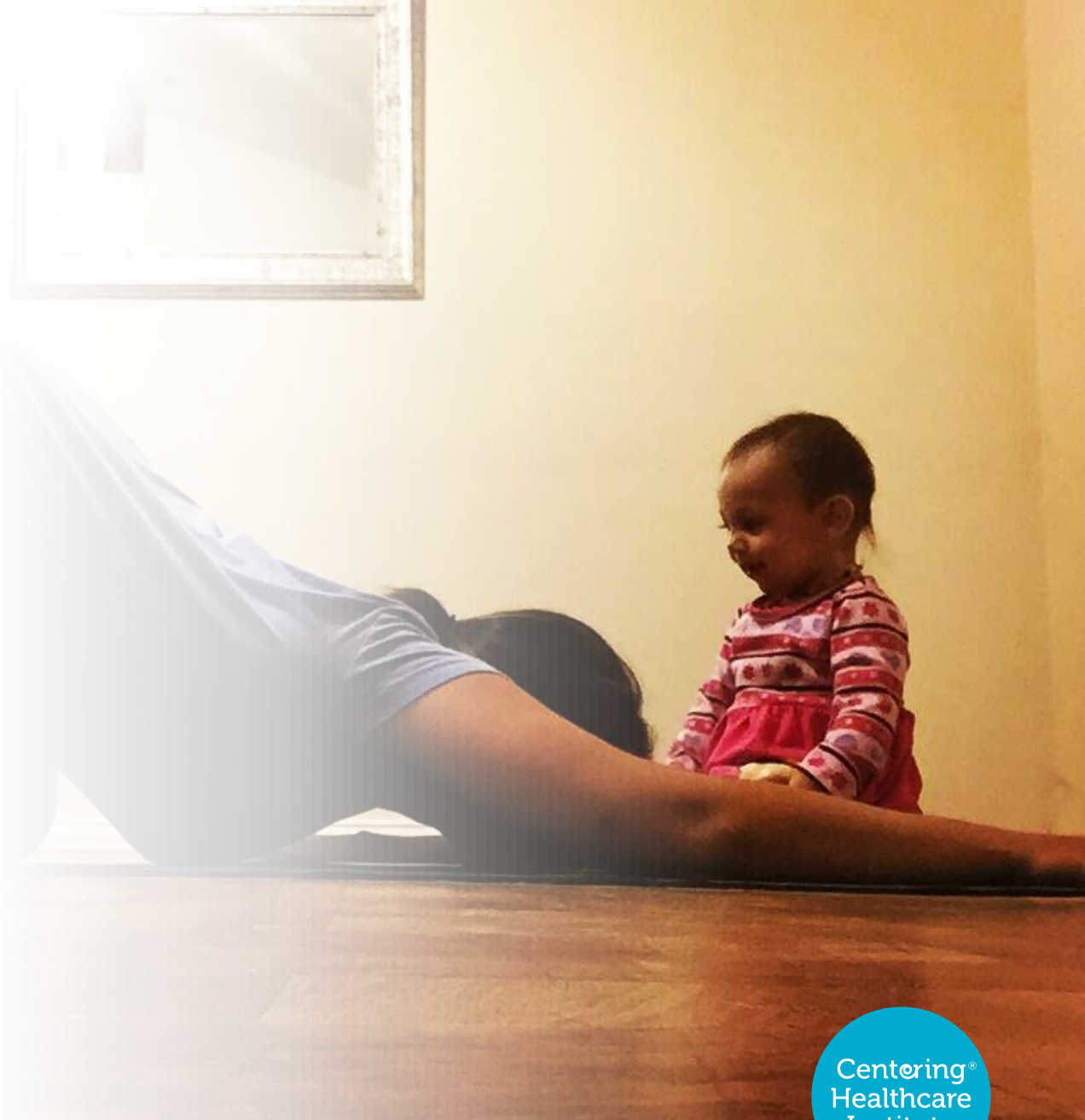
Yoga Teaching 101



- Always give people the option to pass
- Never go into an asana that causes pain
- Simple is safer
- It is not a competition
- All bodies are yoga bodies
- A counterbalance to what you are teaching is important

Contraindications for the Postpartum Period

- Deep Back Bends
- Twists
- Squatting
- Cat/Cow
- Postures on Belly
- Splits
- Inversions



Mini Sequences for a Virtual Platform



Share 3-5 sequences



Can be used as an activity, energizer, or closing



Can integrate breath with movement



Always participate and show your group how to do the asanas



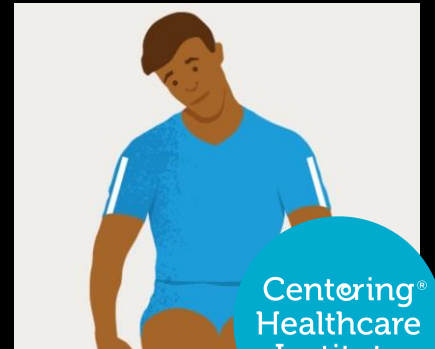
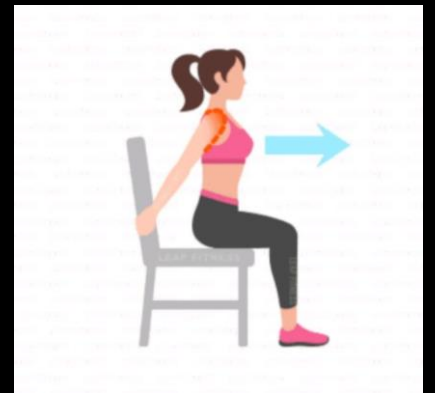
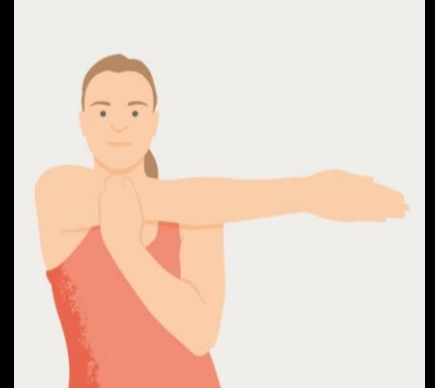
Be mindful of your audience and aware of any health concerns



Start with simple posture, work up to something more challenging, and end with a simple posture

Should Mini-Sequence

- Choose 3-5 Postures
- Start with something accessible
- End with something relaxing
- Try to integrate breath with the movement



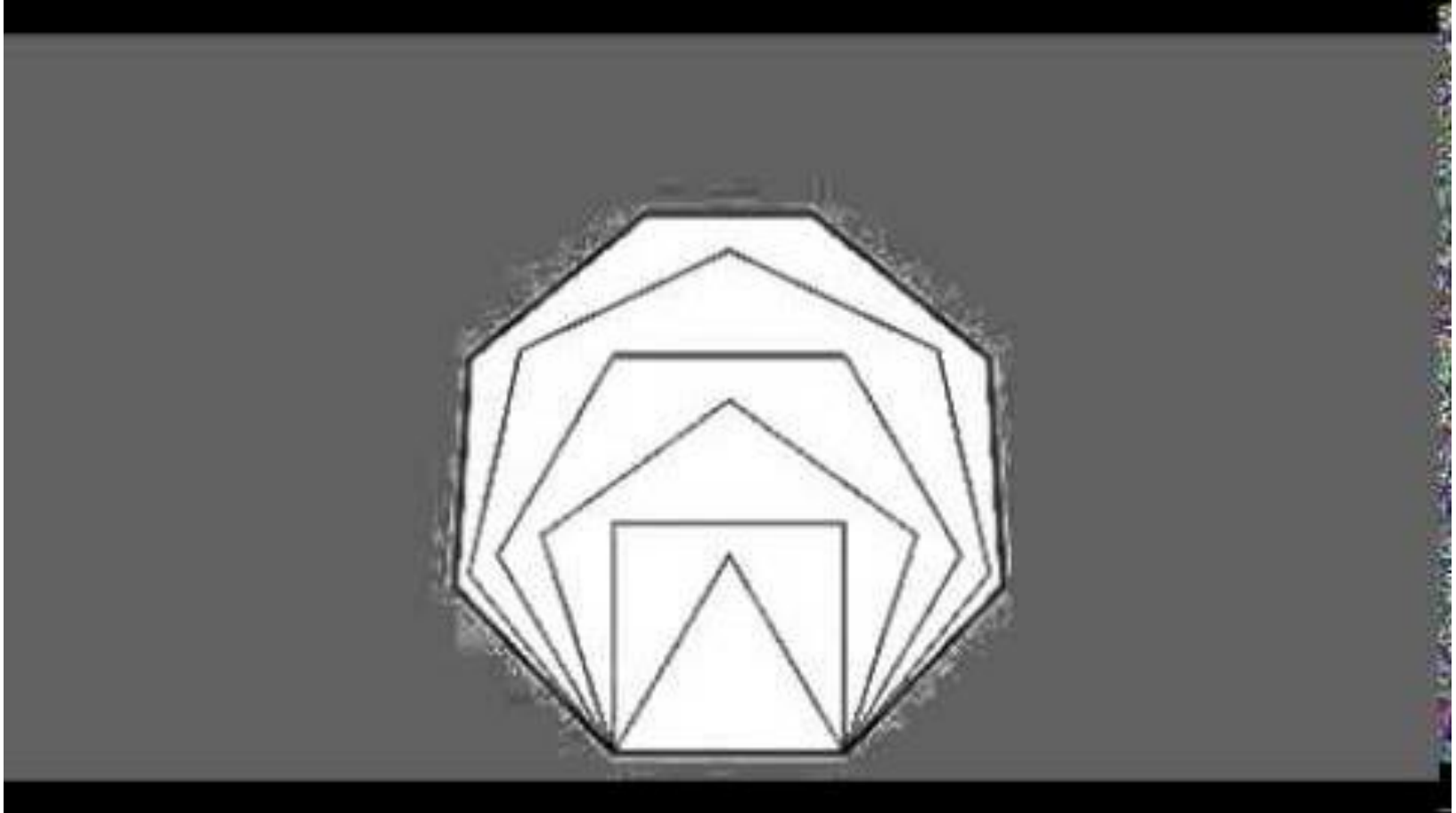
Integrating Movement and Breath

- <https://superselected.com/watch-this-mom-casually-pole-dances-and-strikes-a-yoga-pose-while-breastfeeding/>

- Seated Cat/Cow
- Twists
- Creating Space
- Heart Openers
- Breastfeeding



Breathe for 1 minute
inhale...exhale



Connect with us!

