

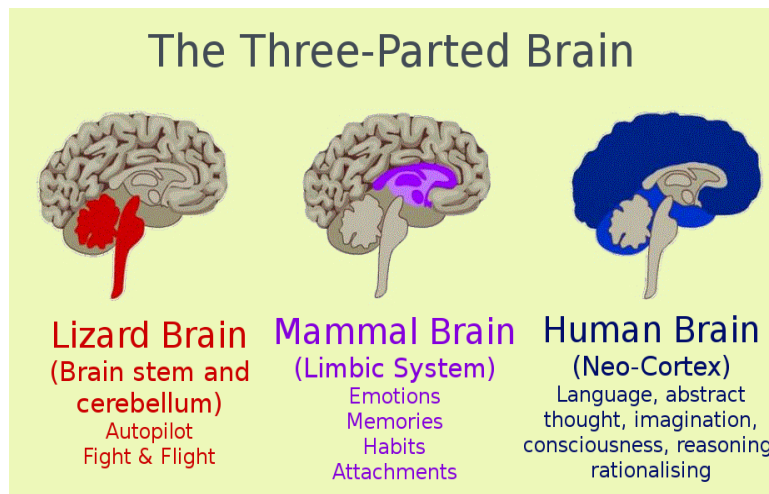
The Language of Yoga

The Neuroscience of How our Language Impacts Movement and Healing in Yoga

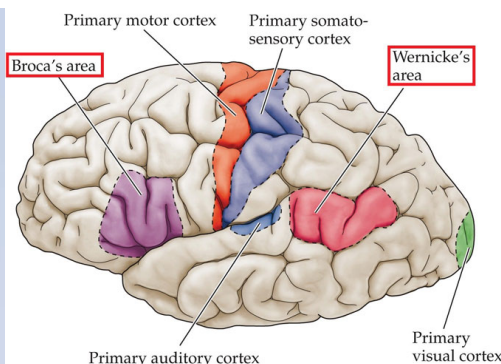
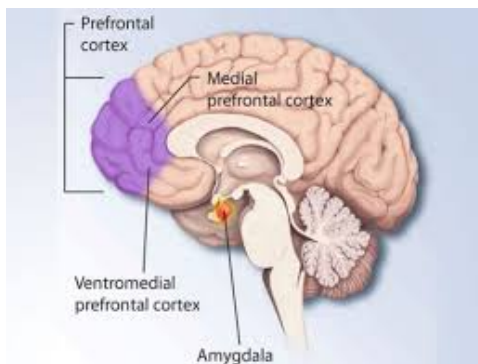
Presented by Kim Gray, C-IAYT, ERYT, CPT, YogaFit Senior Master Trainer

Language impacts not just what we do, but HOW we do what we do. This fact becomes critically important when teaching yoga but could also have an impact when working directly with clients who are struggling to create real change in their lives. Using words that offer choice and encourage process-oriented movements as opposed to goal-oriented movements changes the entire path that we take to get there. One path is a foregone conclusion and is the path of OLD habits, patterns, and reinforcement of pre-programmed implicit movement patterns. That's the "do what I say because I told you to" path of language. The other language path is the more creative and intuitive path that offers our students choices based on feeling, breathing, and staying in the present moment. This kind of language produces the opportunity for connection and healing.

Triune Brain:



- Brain is a map maker and MEANING maker. Its Number one prioritized job is Survival
- Lizard Brain is survival brain. Limbic brain involved in emotional and sensorimotor processing.
- Language processing areas of the brain: Broca's and Wernicke's
- Language that is inclusive and choice oriented creates safety and facilitates healing
- Medial Pre-frontal Cortex: Area of choice in the brain



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