

## Heartfulness Yoga and Meditation

You have heard of mindfulness but have you heard of heartfulness? Take your yoga and meditation practice a step further by regulation the heart-brain system to attain greater states of coherence and wellness. Learn the symbolic truth of how your heart connects you with universal consciousness. Explore ancient principles of traditional yoga practice where the teachings are adapted for each person to make yoga accessible for anyone. Experience the five principles of personal practice originally taught by Sri Krishnamacharya that can be incorporated into all yoga styles. I look forward to meeting you on the mat.

### Heart centered yoga asana practice

#### Principles of Practice

As you practice your yoga, use the following principles as originally taught by Sri Krishnamacharya and outlined fully in Mark Whitwell's book "Yoga of Heart".

- 1- The body movement is the breath movement (The breath is the central feature and purpose of asana)
- 2- Inhale from above, exhale from below
- 3- Breath initiates and envelopes (starts and ends) the movement
- 4- Asana creates bandha, bandha serves breath
- 5- Asana prepares for pranayama, pranayama allows for meditation

### Energy Clearing

Clear your energetic field is an ongoing activity like brushing your teeth and there are many ways to do it. If we are not versed in good energy maintenance, we are bombarded with other people's energy in the form of thoughts or emotions. If you don't practice proper energy hygiene, you will experience other people's random energy clinging to you without you knowing it. That energy then affects you, perhaps even changes you, in ways that you aren't conscious of and haven't chosen. Cleaning/clearing our energy at the end of the working day refreshes and purifies our system of its accumulated heaviness.

### Coherence Breathing

"Using the power of your heart to balance thoughts and emotions, you can cultivate more energy, mental clarity and feel better fast. Use coherence breathing especially when you begin feeling a draining emotion such as frustration, irritation, anxiety or anger. Find a



feeling of ease and inner harmony that's reflected in more balanced heart rhythms, facilitating brain function and more access to higher intelligence." *Heart Math*

- ✓ Increase your heart energy by generating feelings of love, compassion or gratitude a few minutes each day to draw intuitive guidance for the needs of the moment.
- ✓ Activate heart commitments to increase love, care, kindness and compassion in your interactions.
- ✓ Access the flexibility needed for handling challenges and adjusting to change.
- ✓ Utilize the power of "Pause" to prevent some of our largest stress deficits, especially in these times of rapid change and uncertainty.

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds through the nose, exhale 5 seconds through pursed lips (can be slightly shorter or longer if needed.)

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.

## **Meditation**

Learn a movement mudra meditation while connecting to deep feelings of gratitude. With regular practice, this method will help you to live a more heart-centered life, manage your emotions, find inner peace and balance.

## **Relaxation**

Rest, recover, recharge. Deep relaxation following asana practice is crucial for the assimilation of practice. The practice of deep relaxation assists in reprogramming the mind to access the subconscious mind through entering deep meditative states. This practice helps the body rest and repair by balancing the nervous system.

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