



# The Process of Yoga

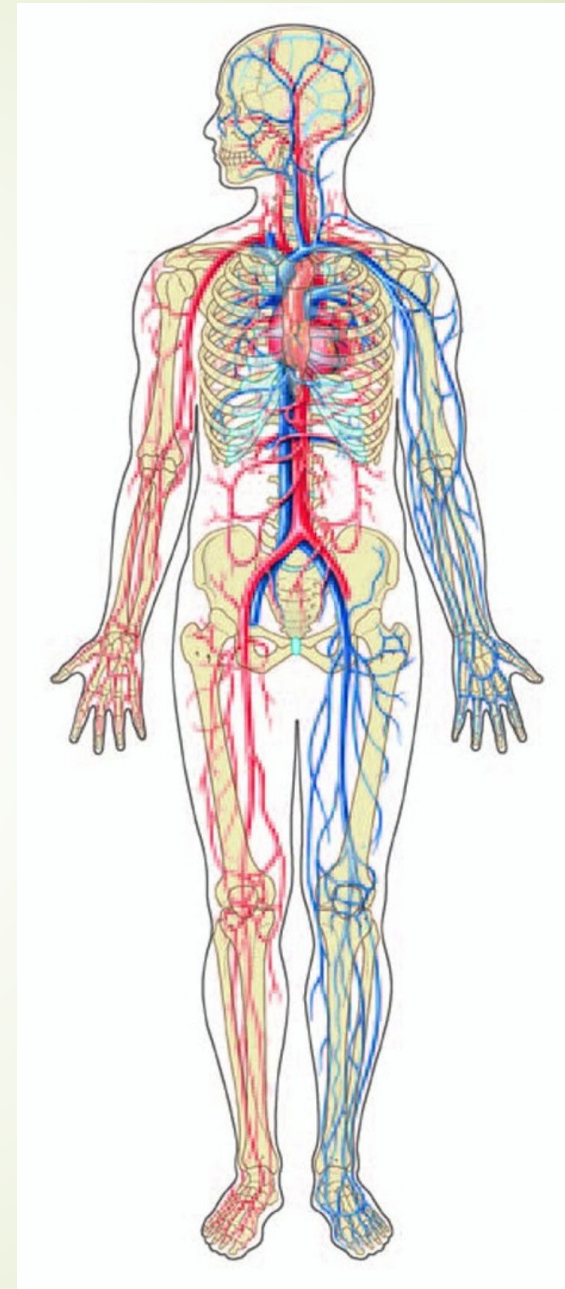
Mini-seminars for a Mind-Body  
Connection

Session 4 – July 17, 2020



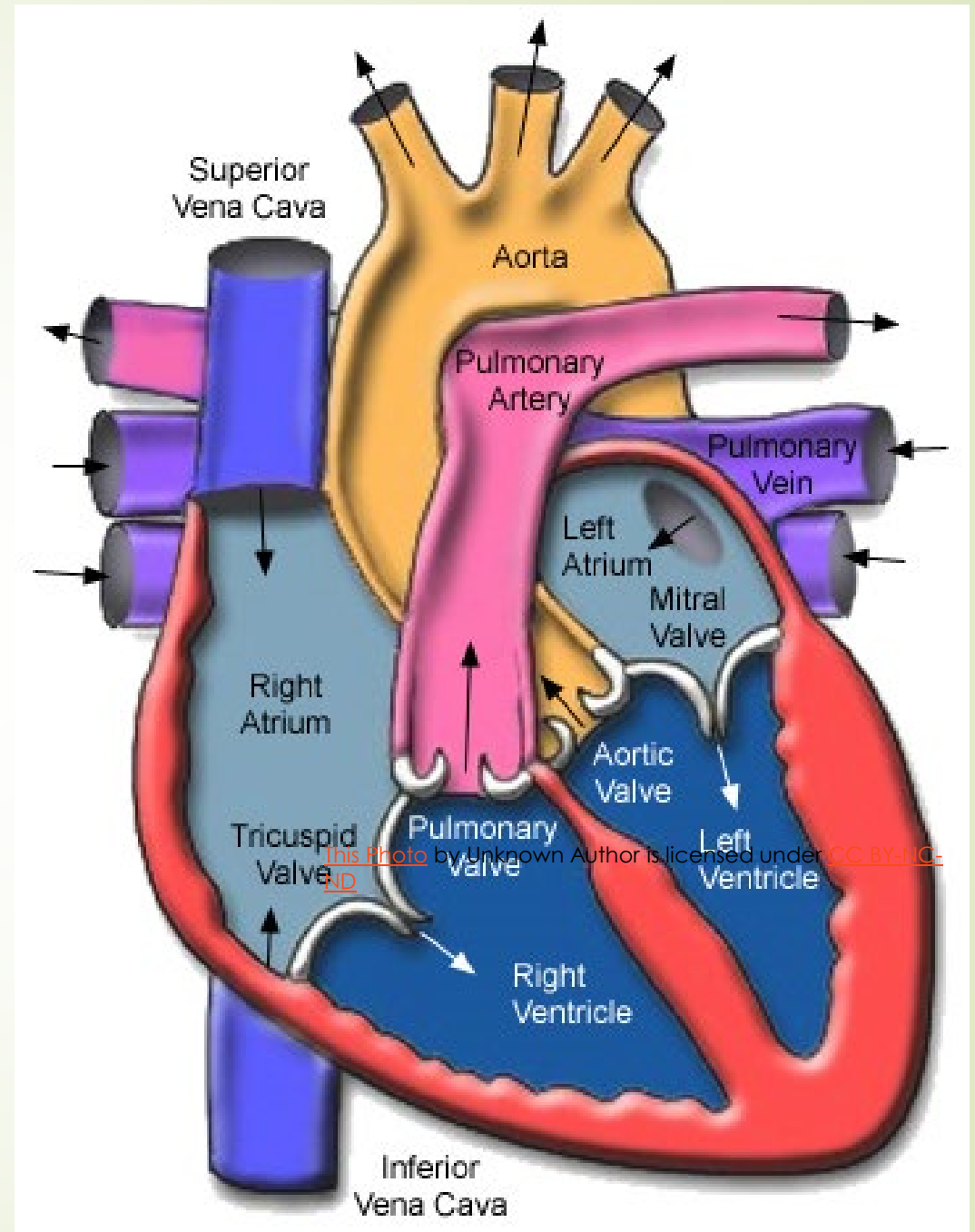
# The Heart

- Hopefully, Tony has raised your heart rate... so breath and feel your heart because that is our topic for the day.
- Rumi (13<sup>th</sup> Century Poet) – “Your Heart is the size of the ocean, go find yourself hidden in its depths.”
- The Heart is a central element of the Mind Body Spirit Connection
  - Physical Heart – a large muscle; part of the circulatory system – Body
  - Metaphysical Heart – “listen to your heart”... Intellect (mind) and Spirit
    - Gratitude, compassion, joy, love
    - Emotions and higher thoughts
    - Connection to others
  - Our quest to have a deeper mind-body connection is what Rumi is talking about...




# Yoga and the Heart

- Physical: Johns-Hopkins....
  - Decreased Stress
  - Lower Blood Pressure, cholesterol, glucose
  - Increased Strength, Flexibility, Balance
- Metaphysical:
  - The heart is the center of our being – your head does not want to admit it (Yoga Sutra #2)
  - Yoga helps with:
    - Clearing out and Forgiving
    - Opening to Joy and Kindness
  - Peace -“Peace is the serenity of a well-ordered heart” J. Hammer







# Movement with Breath – Becoming More Present with a Heart as Big as an Ocean

- ▶ Choose to be in the present moment – Clear out the thoughts
  - ▶ Best Buy Story ...Televisions, Music, Computers, all kinds of distractions
- ▶ Seated Cat and Cow (7 repetitions) – hands on knees –inbreath expand exhale curl up and roll forward...
  - ▶ Feel your heart moving in space, within your body
  - ▶ Move with the Breath and practice shutting off the noise
  - ▶ Deep inhales expand lungs and stretch the area around the heart
- ▶ Seated Side Stretch (L/R) - Strengthen and Stretch area around the heart
  - ▶ Feel where your heart is physically in this posture... the center of the movement
  - ▶ Breath deeply to feel the ribs expand on the stretch side
  - ▶ Core – One side: muscles engaged to hold us up, one side muscles and connective tissues stretching



# Movement with Breath – Becoming More Present

- ▶ Seated Figure 4 w/Forward Fold (L/R) – Our hearts are in a very protective position when we are folded forward so breath and feel the heart and listen for any input...
  - ▶ Breath deeply and feel the stretch on the back of the heart area
  - ▶ Deep Breath For Stretch Aid
- ▶ Seated GomukhasanaArms (L/R) - Joints – Start with Shoulder Stretch
  - ▶ Flexible Shoulders Help With Everyday Tasks
  - ▶ Stretching the area on the back of the heart and the rib cage that contains the heart
- ▶ Seated Twists – Revolved Easy Pose when Seated on the Ground
  - ▶ Normally a Spinal Release, but the heart is right up against the spine
  - ▶ Again feel the hear as the center of this movement.... Deep Breath

# Movement with Breath – Becoming More Present

- ▶ Chest Expansion – This is a vulnerable position that helps us open up.
  - ▶ Hands on the back of the chair, shoulders back and on inhale stretch the heart forward and up. Hold this for three deep breaths
  - ▶ Close your eyes and imagine a spiral galaxy with your heart at the center of it for one more deep breath.
- ▶ Breathing - Turn off and listen to your heart
  - ▶ Longer exhale than inhale favors the parasympathetic and lowers heart rate
  - ▶ Listen for kindness towards yourself.
  - ▶ Rumi – “Find the sweetness in your heart; then you may find the sweetness in every heart...”







# Summary

- Wizard of Oz – Tin Man searching for heart when he already has all that he needs that is like our quest for the mind body...it is already with us and we just need to recognize it.
- The Wizard said:
  - “Hearts will never be practical until they can be made unbreakable...” (there will be sorrows along with the joy)
  - “A heart is not judged by how much you love, but by how much you are loved by others...” Our hearts are how we connect with others through kindness, compassion, gratitude, and empathy.
- Namaste and Pace e bene