

YOGA: YOUR SUPER POWER!

Lois Nesbitt, Ph.D.

WHAT *IS* YOGA?

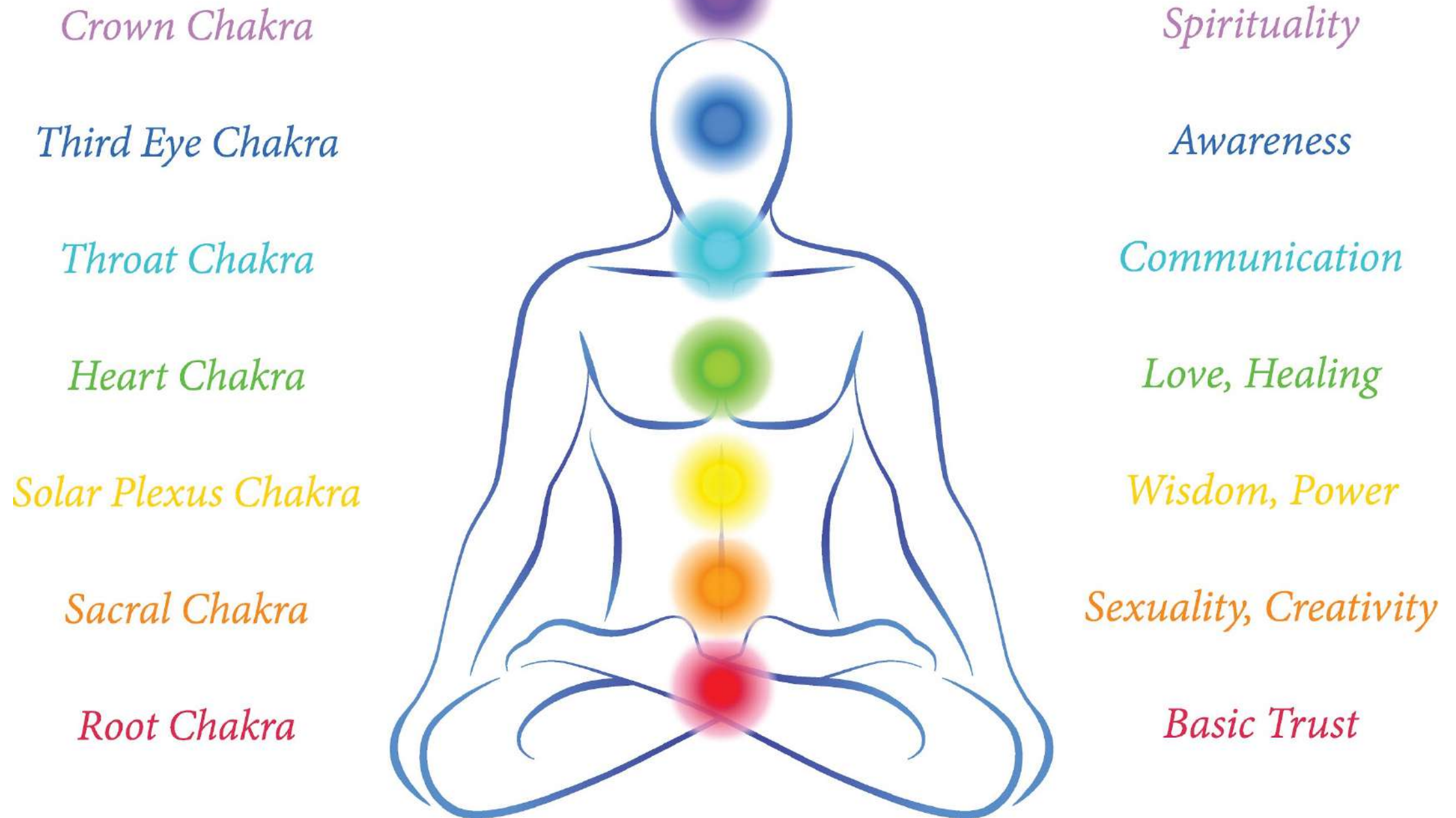
Yoga is ...

- Stress relief
- Stretching in Sanskrit, “flow and glow!”
- Meditation
- A spiritual technology
- A mystical path
- Something people do on retreats
- Something to do with Buddhism



WHICH OF THESE IS YOGA?









YOGA IS . . .

SOMEHOW
RELATED TO THE
HINDU RELIGION



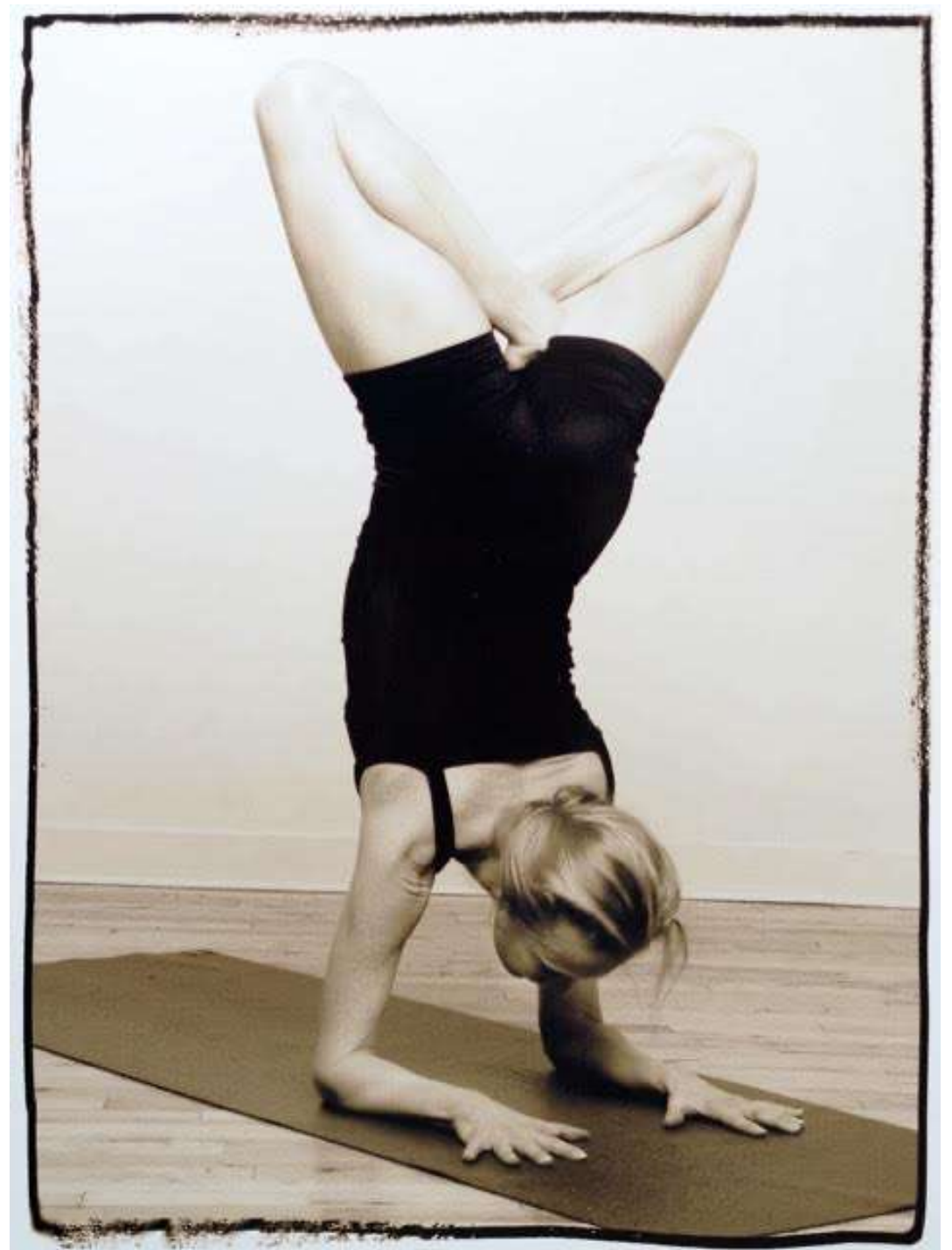


HARI KRISHNAS AT AIRPORTS



CELIBATES EATING VEGETARIAN FOOD

PHYSICAL EXERCISE





SEATED MEDITATION



YOGA PUJA



BHAKTI YOGA (KIRTAN: CHANTING)



BHAKTI YOGA (JAPPA: MANTRA REPETITION)



YOGA ASCETICS/RENUNCIATES

YOGA STARTS FROM THE
OUTSIDE IN

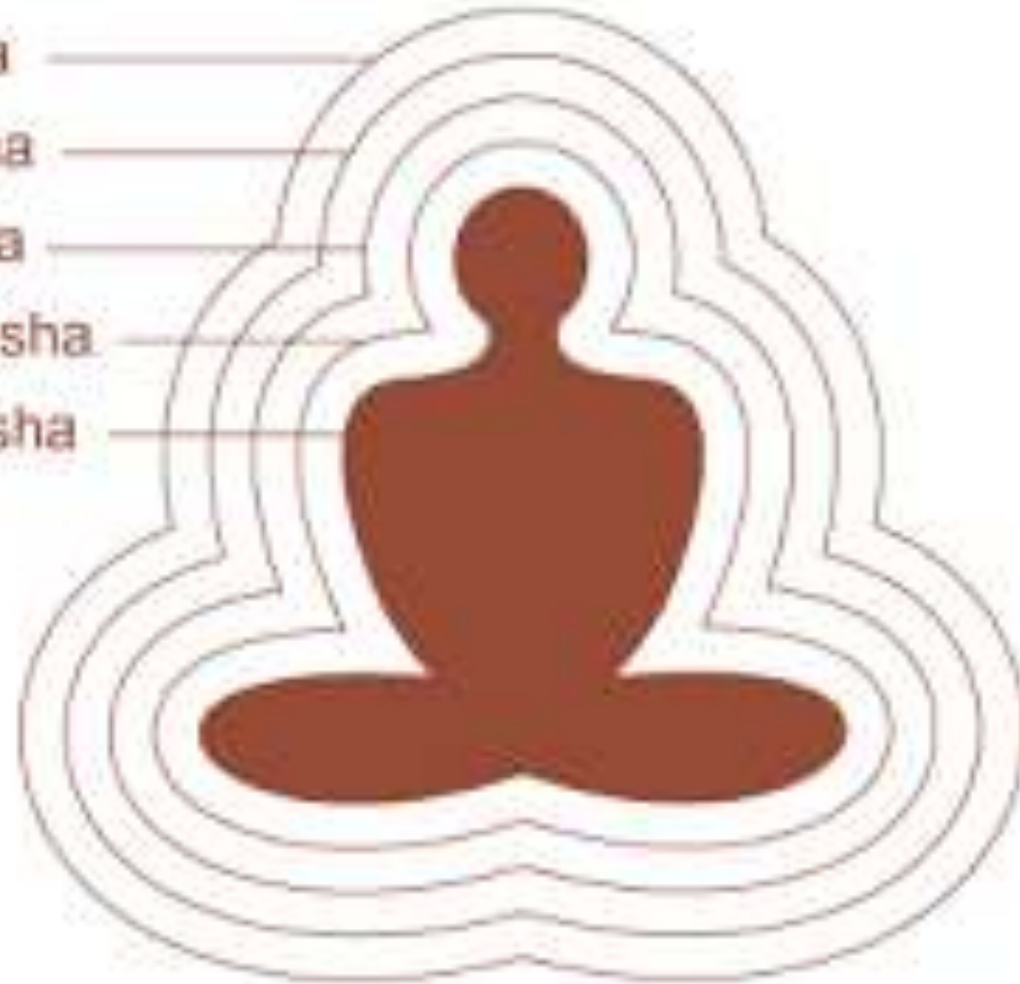
1 Annamaya Kosha

2 Pranamaya Kosha

3 Manomaya Kosha

4 Vignanamaya Kosha

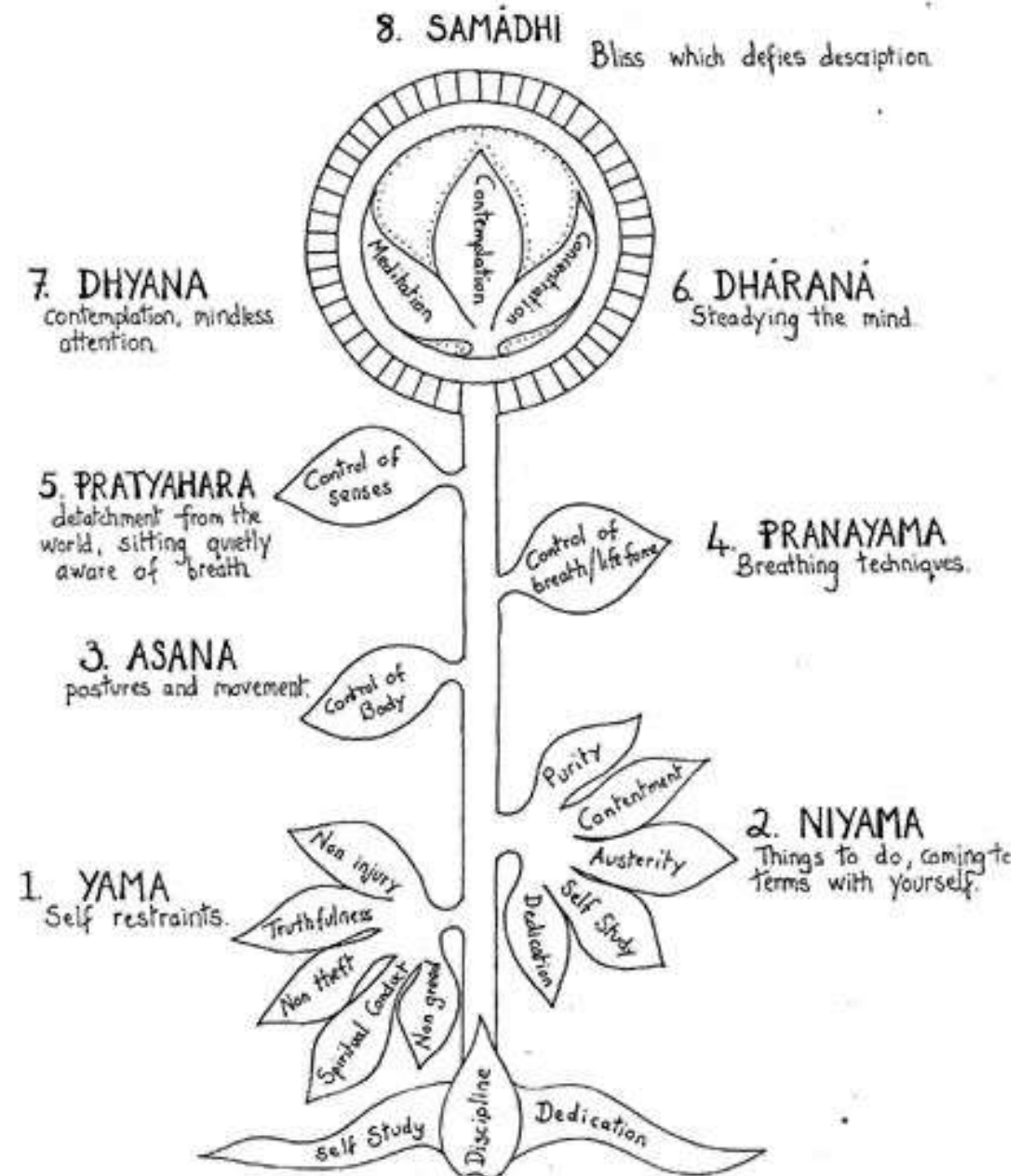
5 Anandamaya Kosha



5 KOSHAS

8 LIMBS OF YOGA (ASHTANGA YOGA)

THE EIGHT LIMBS OF YOGA



What is the goal of yoga? What's the point?

Yoga is Access to Power!
(Shakti, prana, etc.)







Siddhis are Yogic Superpowers
attained through diligent practice

The more you practice, the more you can do!
The path widens, more choices open up

QUESTIONS

1. What do you want to do, but can't? or haven't?
2. What is holding you back?
3. What are you lacking? What do you need that you don't have?

AWARENESS

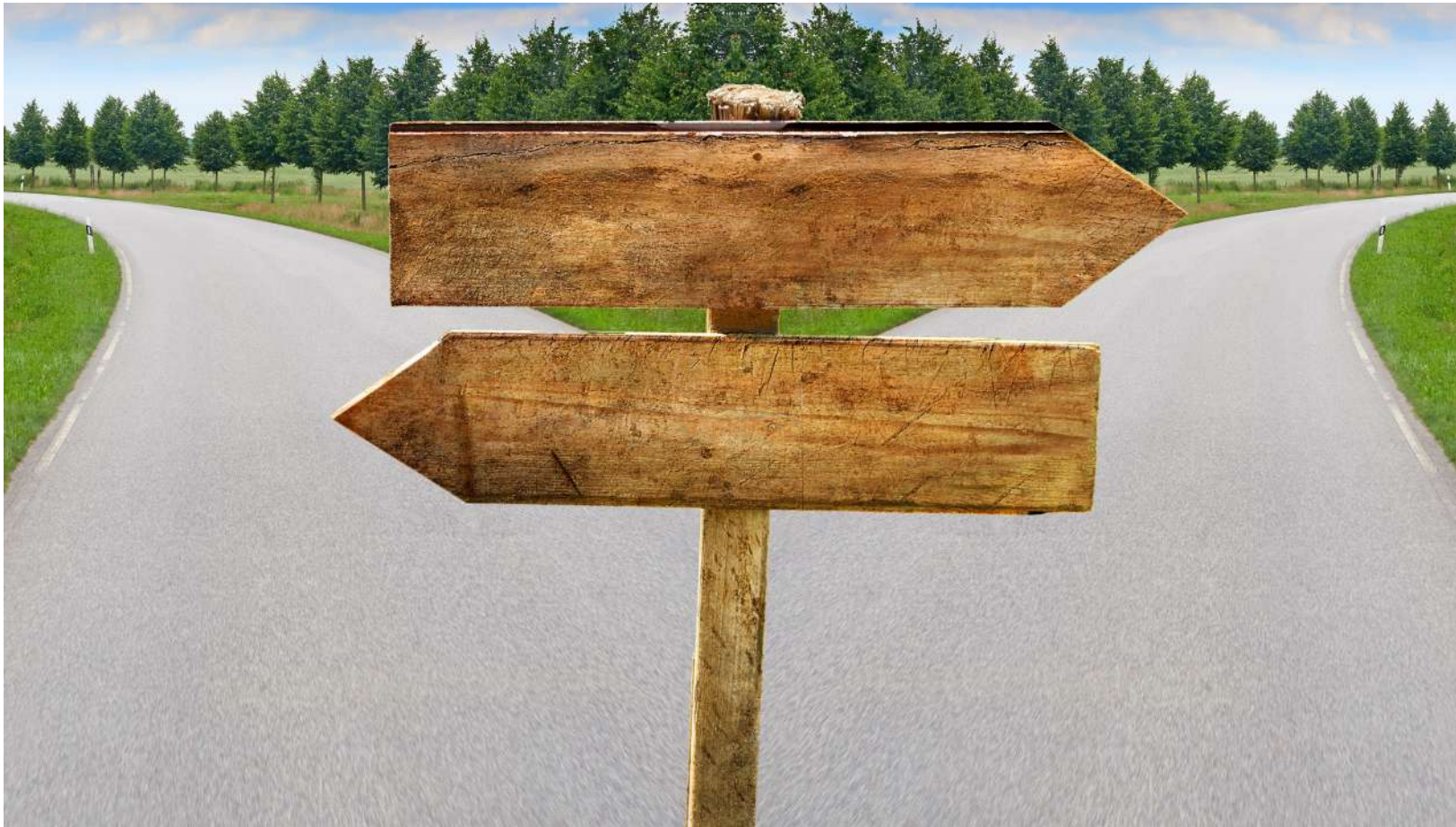
1. What does it feel like to be blocked: in your body, in your breath? In your mind/heart?
2. How long have you felt this way?
3. What does your future look like from this (contracted) state?

PRACTICE!
MOVE A MUSCLE,
CHANGE A THOUGHT!

WHAT YOU PRACTICE, YOU GET GOOD AT!

Plugged in?
Empowered?
More choices?
One true choice!

The Path Widens . . .



The Path Narrows . . .



Yoga links (yokes):
a philosophy + a practice
a thought + an action

1. 3 small, practical steps you could take toward your desire
2. How you could start doing one of those today?
3. See yourself moving, one "practice" at a time, toward your goal.
4. Feel it in your body.
5. Now get moving!

Ride the waves of energy within and around you!