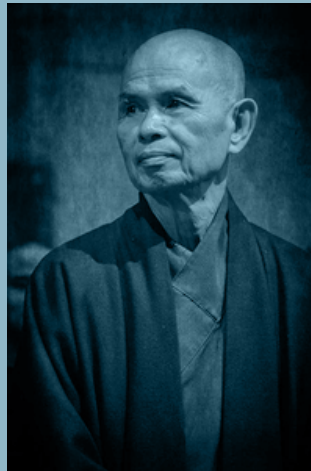


Exercises	Exercises	General Benefit	Benefit Body	Benefit Mind
<ul style="list-style-type: none"> ▪ Abdominal Breathing ▪ Clavicular Breathing ▪ Kapalabhati * ▪ Anuloma Viloma ▪ Surya Bedha ▪ Ujjayi ▪ Sitali ▪ Bhastrika * ▪ Brahmari 	Abdominal Breathing	<ul style="list-style-type: none"> ▪ Helps the body to greater capacity and endurance and enhances structural and functional integrity of the brain. 	<ul style="list-style-type: none"> ▪ Diaphragm movement stretches the lumbar spine and pumps essential nutrients into soft tissue preventing spinal degeneration and chronic pain syndromes. ▪ Heart & Lungs ▪ Liver, Pancreas, Stomach ▪ Detoxification ▪ Digestion – Weightloss 	<ul style="list-style-type: none"> ▪ Pumping cerebrospinal fluid up which increases brain metabolism leading to physical and mental wellness, increasing mental alertness
	Kapalabhati	<ul style="list-style-type: none"> ▪ In Sanskrit “kapala” means skull; “bhati” means shining. 	<ul style="list-style-type: none"> ▪ Kapalabhati is cleansing the entire system. ▪ It cleanses not only of mucus but detoxes the entire body. ▪ Regularly practised leads to weight loss and makes face shine in good health and radiance. 	<ul style="list-style-type: none"> ▪ Kapalabhati also cleanses the mind allows to let go of unhelpful thoughts.

* Not to be practised during pregnancy or during asthmatic attack



“Breath is the bridge
which connects life to consciousness,
which unites your body to your thoughts.”

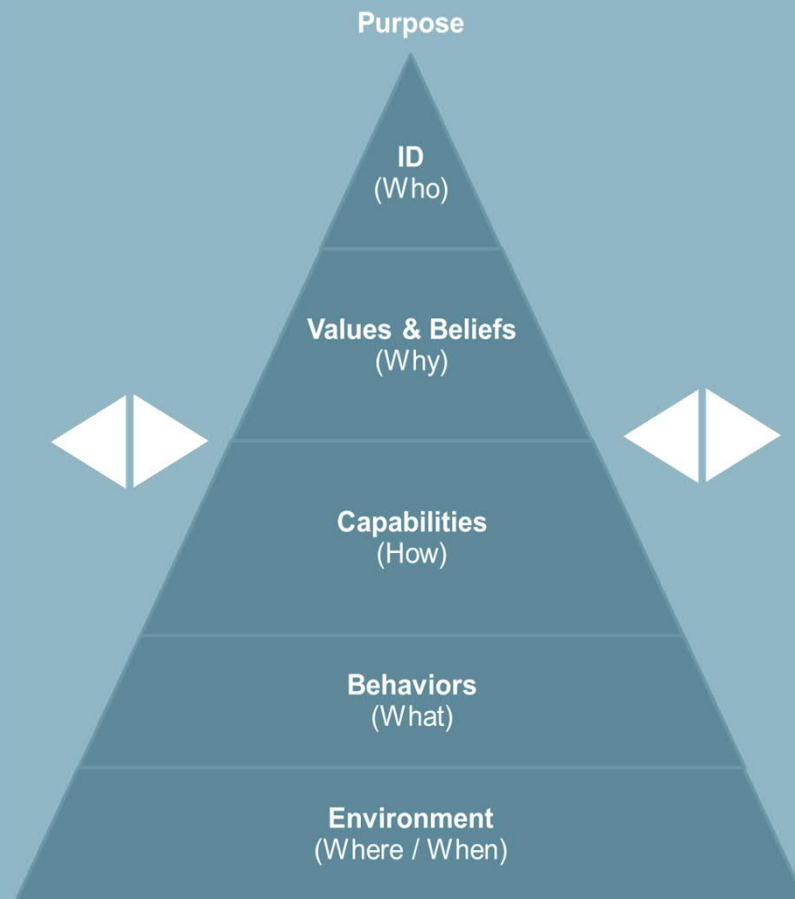
Thich Nhat Hanh

Conscious Mind: logic & analytics		
Unconscious Mind		
Body	Memory	Habits
<ul style="list-style-type: none"> Runs the body Knows about body's status quo <> blueprint for perfect health Preserves the body: Maintains the integrity of the body Generates, stores, distributes and transmits "energy" 	<ul style="list-style-type: none"> Stores memories temporal & atemporal Organises all your memories Represses memories with unresolved negative emotion Presents repressed memories for resolution (to make rational and to release emotions) 	<ul style="list-style-type: none"> Maintains instincts and generates habits Needs repetition until a habit is installed
Processes	Emotions	Attitudes
<ul style="list-style-type: none"> Controls and maintain all perceptions Receives and transmits perceptions to the conscious mind Is symbolic: Uses and responds to symbols 	<ul style="list-style-type: none"> Is the domain of the emotions May keep repressed emotions repressed for protection Does not process negatives 	<ul style="list-style-type: none"> Enjoys serving, needs clear orders to follow Is programmed to continually seek more and more / more to discover Does not need parts to function Takes everything personally Works on the principle of least effort, path of least resistance

Perception is projection

Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving.

The **Ego** is the manifestation of unconscious learning



Be aware of your behaviors as your habits become your life

Be aware of your actions as your actions become your habits

Be aware of your words as your words become your actions

Be aware of your thoughts as your thoughts become your words

Be aware of your emotions as your emotions affect your thoughts

Conscious Mind: logic & analytics

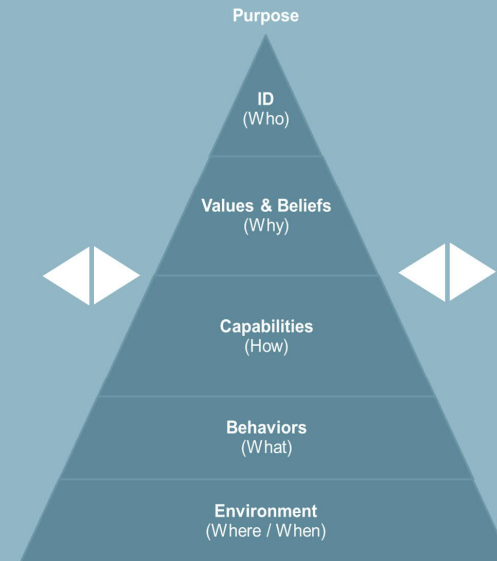
Unconscious Mind

Body	Memory	Habits
<ul style="list-style-type: none"> Runs the body Has a blueprint: of body now <-> of perfect health Preserves the body: Maintains the integrity of the body Generates, stores, distributes and transmits "energy" 	<ul style="list-style-type: none"> Stores memories temporal & atemporal Organises all your memories Represses memories with unresolved negative emotion Presents repressed memories for resolution (to make rational and to release emotions) 	<ul style="list-style-type: none"> Maintains instincts and generates habits Needs repetition until a habit is installed
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Breathing