

Integrating Mindfulness, Meditation and Yoga Asana

with Sara-Mai Conway

The Union of Yoga and Meditation

What is Yoga?

- Yoga as “union”
- Yoga as the cessation of the ruminations of the mind
- Yoga as a means of moving energy in a new way



MINDFULNESS
EXERCISES

Methods of Moving Energy

OUTER METHODS:

Yamas & Niyamas

Yoga Asana

Breathwork

INNER METHODS:

Breathwork

Concentration Practices

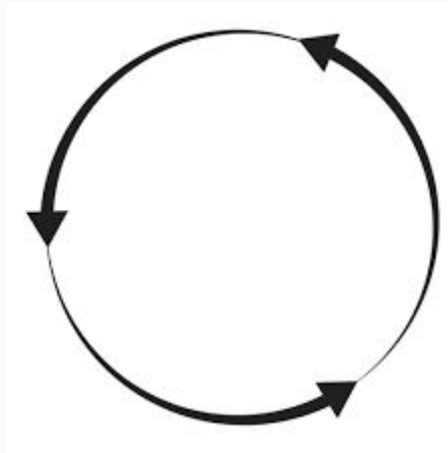
Contemplation Practices



MINDFULNESS
EXERCISES

The 8 Limbs of Yoga

1. Yamas
2. Niyamas
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi



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EXERCISES

Yogic Limb	Physical Application	Mindful Application
Yamas & Niyamas	Ethical and moral guidelines for how we use our bodies and act in the world.	Acting ethically clears the mind so we can meditation with less distraction.
Asana	Physical postures performed with the form body to manipulate energy.	Trains the body to hold still. Makes meditation more comfortable.
Pranayama	Control of the breath quiets the mind.	A quiet mind is better suited for meditation.
Pratyahara	Turning awareness within keeps attention on your mat, your body, your pose.	Turning awareness within allows you to see your own mind.
Dharana	Related to the root "dhri" as in drishti. What are you looking at physically?	Are you focused on your intent? The ability to hold/keep a single point of concentration.
Dhyana	Contemplation/reflection upon sensation and the poses. (There's a seer and a thing seen)	Contemplation/reflection upon what the mind contributes to your experience.
Samadhi	Integration of body & mind (The seer and thing seen are no longer separate)	Integration of body & mind.



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EXERCISES

Assuming Samadhi As Goal

Why are we here?

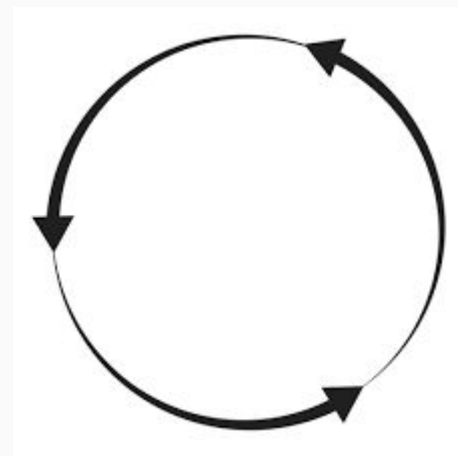
- UNION of body and mind
- EXPERIENCE of contentment and calm
- FREEDOM from habits and conditioning



MINDFULNESS
EXERCISES

How Do We Begin?

- DECENTRALIZE asana
- Introduce the 8 limbs
- Visually
- Using intention
- Using themes
- Workshops
- Planting seeds



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EXERCISES

Yoga Class Structure

Preliminaries

Intention

Meditation

Dedication

Yoga as Meditation

Avoid the 'spiritual sandwich'

Integrate mindfulness

Structure your asana class as a
meditation



MINDFULNESS
EXERCISES

Class Structure

Preliminaries

Intention

Meditation

Dedication

Intention

Set the boundaries of the meditation

How will I know when I am meditating?

And when I am not?

- Our intention as a teacher
- Our students' intentions



MINDFULNESS
EXERCISES

Class Structure

Preliminaries

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Moving Meditation

Practice presence with the intention

Select asana that supports intention

Select cues that support that presence

Let go of cues that distract



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Reminders

Keep it simple

Allow for silence

Encourage autonomy

Encourage self-compassion



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Actual Meditation?

What is formal meditation?

At the beginning

In the middle

At the end



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Class Structure

Preliminaries

Intention

Meditation

Dedication

Closing & Dedication

Benefit recognition

Dedication



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Integration

Come back to the WHY

What is the goal of yoga?

Why are we doing this?



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Thank You!

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