

# LA FUERZA LATINA SUMMER RETREAT

## YOGA



WITH RAYNA M. HARRIS, PHD

# SAFE SPACE

In Yoga, the five Yamas are social ethics or moral codes that can be a guide for how to act towards ourselves and the world around us. They are:

Ahimsa: Non-violence, kindness, compassion

Satya: Non-deception, truthfulness

Asteya: Non-stealing, honesty, abundance

Brahmacharya: Self-restraint, moderation

Aparigraha: Non-greed, non-attachment, self reliance

For this retreat, what are some ground rules you would like to establish to create a safe space so that everyone feels comfortable participating and sharing?

- 1.
- 2.
- 3.
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- 9.
- 10.

# CONNECTIONS

"WHAT ARE THINGS, PEOPLE, AND PLACES YOU ARE  
GRATEFUL FOR?"

GRATITUDE WITH EVERY STEP

EYE CONTACT WITHOUT JUDGEMENT

# MINDFULNESS

Mindfulness involves focusing awareness on the present moment and acknowledging and accepting ones thoughts and feelings without judgment or interpretation. Practicing mindfulness can help reduce stress and relax the mind. Observe the present moment with each sense, write your observations and feeling, then share in small groups.

## THE 5 SENSES

**Hearing.** Close your eyes. What sounds do you hear?

**Sight.** Open your eyes. What do you see around you?

**Smell.** Inhale deeply. What do you smell?

**Taste.** Remember breakfast. How did it taste?

**Touch:** Close your eyes. What can you feel on your skin?

## OTHER SENSES

**Chronoception:** What time is it? What season is it? How do you know without looking at a clock or calendar?

**Nociception:** Are you experiencing pain right now? Is it physical, mental, or spiritual?

**Thermoception:** Are you hot, cold, or just right? What can you do to cool down or warm up when necessary?

# BREATHING TECHNIQUES

Pranayama is practice of controlling the breath. In Sanskrit, “prana” means “breath or life force” and “yama” means “control or restraint”. Pranayama can be used during meditation and yoga to focus the mind and improve your mental and physical health. Let’s practice the following breathing techniques:

## **Humming Bee Breathing (Bhramari Pranayama)**

1. Close your ears and eyes with thumbs and fingers.
2. Inhale deeply.
3. Exhale slowly making a buzzing or “om” sound.

## **Three-part breathing (Dirga Pranayama)**

1. Inhale deeply.
2. Take a sip and another sip.
3. Exhale completely.

## **Equal or Box Breathing (Sama Vritti Pranayama)**

1. Inhale for four counts.
2. Hold for four counts.
3. Exhale for four counts.
4. Hold for four counts.

## **Cooling Breath (Shitali Pranayama)**

1. Roll your tongue into an O shape.
2. Inhale through your mouth.
3. Exhale through your nose.

## **Lion's Breath (Bhramari Pranayama)**

1. Inhale deeply through your nose.
2. Open your mouth, stick out your tongue, and exhale forcefully, making a “ha” sound as you exhale

## **Breath of Joy**

1. Inhale one third of your lung capacity as lift your arms out in front to shoulder height with palms facing up
2. Inhale another third as you swing your arms out to the side
3. Inhale another third as you lift your arms overhead
4. Exhale completely and fold at your waist reaching your arms toward the ground.

How did you feel after each after practicing the different breathing techniques?

Can you think of situations where each technique would be useful?

# AFFIRMATIONS

Affirmation Song by Doggyland

*Affirmations are a positive statements  
That help bust a challenge and overcome  
When you not feeling good and have  
Negative thoughts, so repeat after me  
Come on everyone*

*There is no one better to be than myself  
Today is going to be an amazing day  
My feelings matter  
I get better every single day  
I choose to feel happy  
My family loves me so much!  
I care about others  
I learn from my mistakes*

*Affirmations are fun and cool  
They help us heal and they help us grow  
If you love to learn and  
Wanna keep feeling good, let's say some more  
Follow me, let's go!*

*I am responsible  
I get better every single day  
I'm surrounded by love  
Every problem has an answer  
I deserve to feel good  
Anything is possible  
I believe in myself  
I can control my own happiness  
Now we know some new affirmations  
That we can choose, and learn to say  
So next time you need a little inspiration to  
Help you more have a positive day*

Write 12 affirmations, or short statements, that you can repeat to boost your confidence and self esteem. You can recite these in front of the mirror, in quiet mediation, or in combination with sun salutations, which we will discuss next.

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# SUN SALUTATION A

A Sun Salutation (or Surya Namaskar) is a yoga practice that incorporates 12 linked asanas or poses. In some Indian traditions the poses are associated with mantras, as illustrated in the image below. In modern vinyasa classes, the movements are often synchronized to the breath. You may have heard the phrase “one movement, one breath”.



## 12 SURYA NAMASKAR MANTRAS

[www.artyogafusion.com](http://www.artyogafusion.com)  
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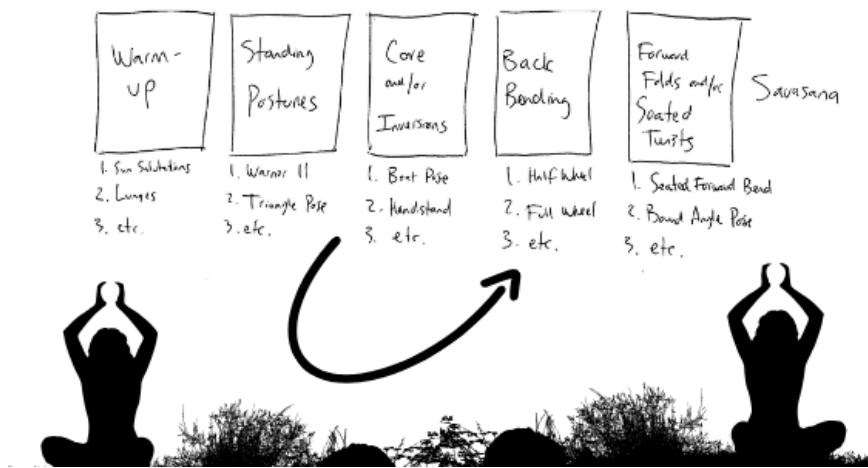
Today, we will practice synchronize the breath with movement and mantras (or affirmations) to focus the mind, body, and spirit. First, practice 2 rounds of Sun Salutation A to even out the left and right sides of the body, focusing on inhaling and exhaling. Then, practice 2 more rounds of Sun Salutation A while repeating affirmations and controlling your breath.

“Asana” is the Sanskrit word for posture or pose. Most poses contain the name asana. Below are English translation for the 12 poses in Sun Salutation A. Fill in the table with the Spanish name for each pose.

	<b>English</b>	<b>Sanskrit</b>	<b>Spanish</b>	<b>Breath</b>
1	Mountain Pose	Tadasana		Exhale
2	Arm Extended Mountain Pose	Uttitha Hastasana Tadasana		Inhale
3	Forward Bend	Uttanasana		Exhale
4	Crescent Lunge	Anjanayasana		Retain
5	Downward-Facing Dog	Adho Mukha Svanasana		Exhale
6	Half-Plank Position	Chaturanga Dandasana		Exhale
7	Upward-Facing Dog	Urdhva Mukha Svanasana		Inhale
8	Downward-Facing Dog	Adho Mukha Svanasana		Exhale
9	Crescent Lunge	Anjanayasana		Retain
10	Forward Bend	Uttanasana		Exhale
11	Arm Extended Mountain Pose	Uttitha Hastasana Tadasana		Inhale
12	Mountain Pose	Tadasana		Exhale

# YOGA CLASS STRUCTURE

Most Hatha and Vinyasa-style yoga classes are variations on a general theme. They begin by warming up the mind body, and spirit with meditation, subtle movements, and intention setting. Seated and standing postures continue to build stability for balancing poses, inversions, and backbends. A cool down includes seated and reclined poses and twists followed by Savanna and meditation.



<https://software.kriya.com.au/how-to-build-a-yoga-sequence-for-your-yoga-class/>

## LET'S PRACTICE TOGETHER!

Today's yoga class will incorporate all the concepts we have discuss thus far: safety, gratitude, mindfulness, meditation, breath work, affirmations, sun salutations, as well as additional asanas to strength and expand our minds, bodies, and spirits. The class is designed to be fun and playful. You may feel discomfort as you try new things, but you shouldn't feel any pain. Feel free to ask questions if you need assistance or additional explanation.

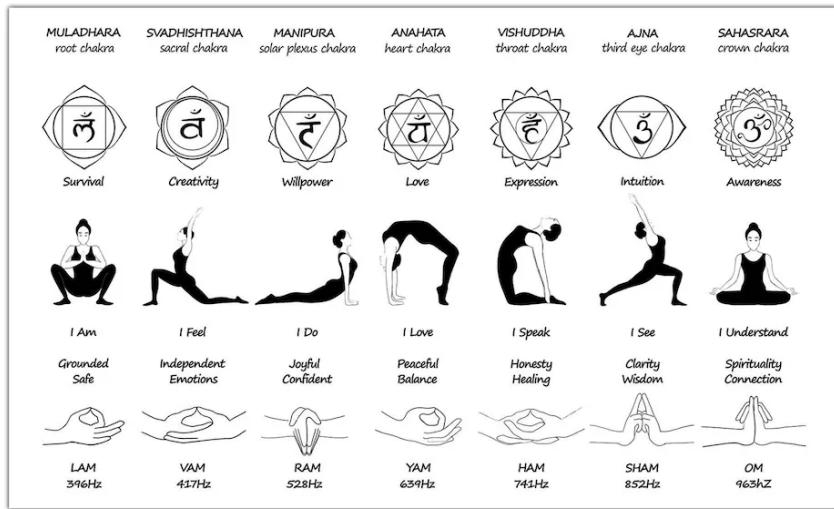
# DESIGN YOUR FLOW

Examine the image of many postures or asanas. Notice the similarities and differences between each pose. Identify examples of postures that would fall into the five categories on the previous page: warm-up, standing, core and/or inversions, back banding, forward folds and seated twists.



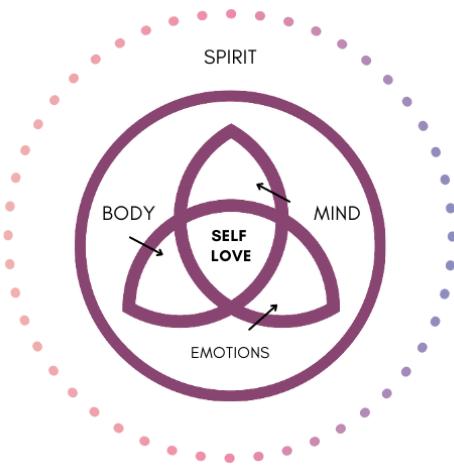
From Shutterstock

# CHAKRAS



Write down some emotions you have been feeling. Then write down the opposite emotion (e.g safe/unsafe, confident/insecure). Identify the chakra(s) associated with the emotion. What affirmation could you recite and postures you could hold to balance that chakra?

# YOGA UNITES MIND, BODY, EMOTIONS, AND SPIRIT



What effects has the practice of yoga had on your mind, body, emotions, and spirit? How can you incorporate mindfulness, affirmations, breath work, and sun salutation, and yoga classes into your daily life to practice self-love and self-care?