

# LA FUERZA LATINA SUMMER RETREAT

## YOGA



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# 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.

4.

5.

## LOVING KINDNESS MEDITATION

May I/you/we be happy.

May I/you/we be healthy.

May I/you/we be safe.

May I/you/we be free from suffering.

# GRATITUDE

List the things you are grateful for. They can be people, places, things, or experiences. Pick one to share with the group.

Do you every find yourself hurrying or walking too fast? You can slow down by practicing “gratitude with every step”. Pause between every step, taking a moment to express your gratitude or sending loving kindness.

# NON-JUDGEMENT

Non-judgment is the practice of accepting the present moment, including thoughts and feelings, without evaluating them or getting caught up in likes and dislikes. When we meditate, distracting thoughts may arise. If we notice and acknowledge these thoughts without judgement, it is easier to let them pass (like clouds drifting in the sky) and shift the focus of our mind.

# 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.

**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 you eyes. What can you feel on your skin?

**Chronoception:** What time is it? What season is it? How do you know?

**Nociception:** Are you experiencing physical, mental, or spiritual pain?

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

# BREATHING TECHNIQUES

Pranayama is practice of controlling the breath. Sanskrit, “prana” means “breath or life force” and “yama” means “control or restraint”. Pranayama can focus the mind and improve mental and physical health. Let’s practice:

## **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.

## **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

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

3. Inhale deeply.
4. Take a sip and another sip.
5. Exhale completely.

## **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 toward the ground.

## **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.

How did you feel after each after practicing the different breathing techniques? In what situations could these be beneficial?

# AFFIRMATIONS

*“Affirmations are a positive statements that help bust a challenge and overcome” - Snoop Dogg*

Write 12 affirmations that you can recite 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.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

# SUN SALUTATION

A Sun Salutation (or Surya Namaskar) is a yoga practice that incorporates 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

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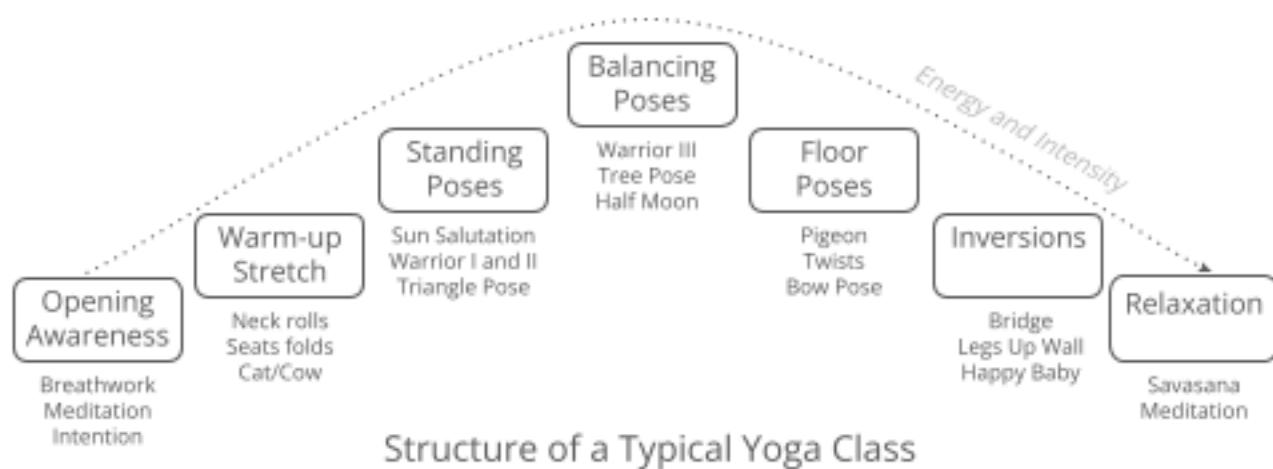
Today, we will practice synchronize the breath with movement and mantras (or affirmations) to focus the mind, body, and spirit. First, practice doing Sun Salutations while chanting “Om”. Then, practice doing Sun Salutations while repeating your custom affirmations. Do the mantras help keep your mind from wandering?

“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	Utthita 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	Utthita Hastasana Tadasana		Inhale
12	Mountain Pose	Tadasana		Exhale

# YOGA CLASS STRUCTURE

Most Hatha and Vinyasa-style yoga classes are variations on a general structure that is illustrated below. Classes begin by warming up the mind body, and spirit with breath-work meditation, intention setting, and gentle movements. Standing postures build stability and promote flexibility for balancing poses. A cool down includes floor poses, twists, and inversions followed by a relaxing Savanna.



Adapted from “Yoga for the Joy of It” .

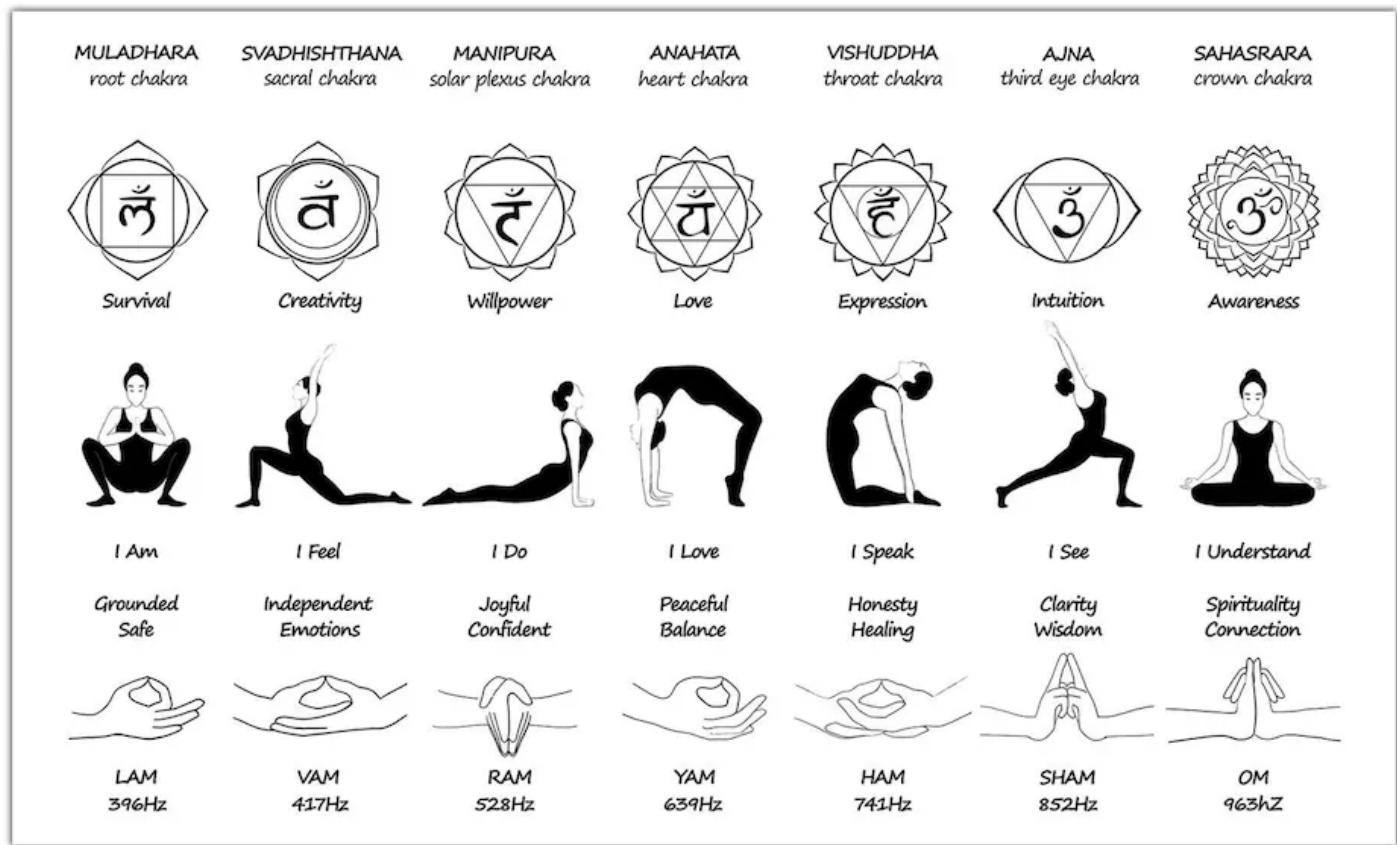
## LET'S PRACTICE TOGETHER!

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.

Visit this website for an overview of the class and a link to the playlist  
<https://www.raynaharris.com/blog/yoga-lafuerza/>

# CHAKRAS

In Indian traditions, Chakras are centers of spiritual power in the human body. They are located along the spine, starting at its base and running upwards to the crown of the head. The conscious awareness and balancing of these energy centers is believed to lead to well-being and good health.



From Etsy 7FunkyGoats

- \* What emotions you have been feeling (e.g safe/unsafe, confident/insecure)?
- \* Identify chakras associated with those emotions.
- \* What affirmation you could recite and what postures you could hold to balance those chakras and regulate your emotions?

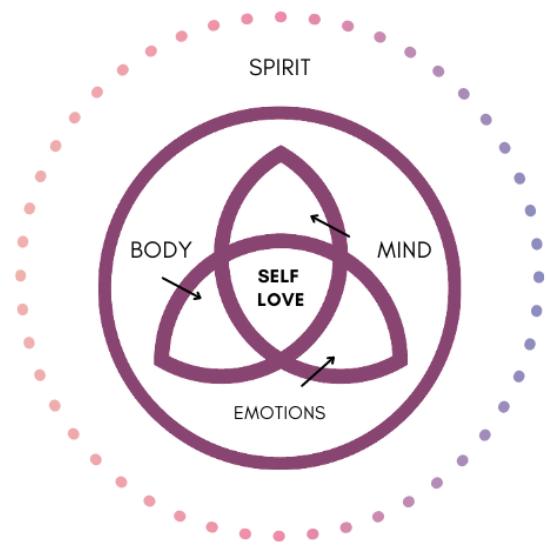
# DESIGN A YOGA FLOW

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 or chose poses that target a specific chakra.



From Shutterstock

# 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 integrate gratitude, mindfulness, mantras, affirmations, breath work, sun salutation, and yoga postures into your daily life to promote self-love and self-care?