



Yoga

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Breathing Exercises

Components of yoga used: Pranayama (breathing exercise), Asanas (postures) and Meditation

There are many types of breathing exercises, the one in this video is the three-part breath which is characterized by increasing focus and concentration, bringing us back to the present moment. The term three-part refers to the three parts of the body that are used in this breath: the belly, ribcage and upper chest.

Three-Part Breath Video: <https://youtu.be/FIAyvA1hKbo>

Other breathing exercises are:

1. Nadi Shodhana or Alternate Nostril Breathing
2. Ujjayi or Ocean's Breath
3. Shiitali Kumbhaka or the cooling breath
4. Siitkari Kumbhaka or the hissing breath
5. Brahmari or the humming breath

Once you have completed the practice respond to the following prompts

Did you notice a shift in your stress? If yes, explain.

Was anything else affected by your practice (i.e. body posture, focus, etc.)?

Chair Yoga

Components of yoga used: Pranayama (breathing exercise) and Asanas (bodily postures)

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support.

You can do chair yoga nearly anywhere you can find a place to sit.



Chair Yoga Video: https://youtu.be/YnU_iLnWFbM

Once you have completed the practice respond to the following prompts

Did you notice a shift in your stress? If yes, explain.

Was anything else affected by your practice (i.e. body posture, focus, etc.)?

Grounding Meditation

Components of yoga used: Pranayama (breathing exercise), Asanas (bodily postures) and Mindfulness

A Grounding Meditation is a way of connecting your body and mind to the present moment, the here and now, the earth.

Grounding Meditation Video: <https://youtu.be/091CbqSZJ5Q>

Once you have completed the practice respond to the following prompts

Did you notice a shift in your stress? If yes, explain.

Was anything else affected by your practice (i.e. body posture, focus, etc.)?

Yoga Practice Debrief

- Which yoga practice seemed the most effective in reducing stress?
- Which yoga practice is the most accessible to you during the workday?
- Where do you see an opportunity to continue your yoga practice in your daily routine?



Please provide your feedback for this session.



Thank you for your feedback!

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