

*Changing the World
One Mind at a Time*

CONSCIOUS LIVING

Yogatsu Institute for Conscious Living and Healing Studies

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Scheduled Events:

-Yoga: Tues. 6:00-7:00 P.M.
-Introduction to
Meditation: TBA

Services: Conscious Life Strategies Counseling

At:

Chiropractic Healing Center
7250 Peak Dr. Suite 106
Las Vegas, Nv. 89128

Call for more information

(702) 215-2090

or

(702) 504-5602



“We deceive ourselves when we fancy that only weakness needs support. Strength needs it far more.”

-Anne Sophie Swetchine

BFF: Best Friends Forever

Everyone wants, and needs, a loyal, trusting, and caring friend. Someone with whom we can be ourselves all the time. Someone who accepts our quirks, and jumps to our defense when they believe we've been unjustly treated. Someone who is the first to loudly and proudly applaud when we have conquered a particularly troubling and historic fear. Someone who is not the least bit afraid to tell us what we need to hear in a way they know we will understand and accept. This special person is willing and able to hold our inner space when we have to deal with energy-draining people or intimidating situations—without judgment or complaint. It feels wonderful and safe to know we have a reliable friend who can, and will, pick us up when life knocks us down. Such a friend encourages our unique talents with an exuberance and enthusiasm we often lack. In an immediate sense, a true friend represents the person with whom we feel very intimately connected, and because of this strong and supportive bond we safely sustain the vision, mental clarity, and tenacity needed to bring our dreams and sincere endeavors to fruition.

There is something exhilarating and exquisite about a BFF. They know us intimately and share our history. With this kind of friend we experience love in action. They *show* us they care by taking a sincere interest in what we think and feel. And, after sharing an inspiring, in-depth conversation we sense a kind of “coming back to ourselves,” wherein we feel rejuvenated and immeasurably enriched. Due to their strong commitment to *our* greater good, we in turn become strongly committed to living courageously and compassionately with others. Because of this extraordinary friend we want to share with others what we've been so graciously given, *authentic acceptance through friendship*.

Meditation Practice:

- Begin by finding a comfortable sitting position. Breathe easily and softly. With each exhalation relax your body, releasing tension where you feel tension or contraction.
- Use a meditation *mala* (prayer beads) and a *mantra* (sacred word or phrase) if they help to keep you focused, and in the moment. Remain physically relaxed for a few minutes while breathing gently and smoothly.
- When ready, bring a special friend to mind and begin mentally sending appreciative thoughts to her/him. Feel your body soften with gratitude and love.
- Send healing, loving, compassionate and grateful thoughts to your friend.
- Now, envision yourself as that same kind of friend to someone you may not know very well. Sense their body and being soften as you imagine sending this person kindness and care. Also, feel your body soften and relax as you continue sending the qualities of an authentic friend to this person.
- Now, bring your attention to your own being, your own inner self. Feel your mind, body, and spirit receiving the same kindness, compassion, and gratitude that you have been sending to others. Embrace yourself, feel the appreciation you have for always being your own best friend. Remain here for a few moments breathing in the love you are giving your own being, your own spirit. Namaste.

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In-tu-it Yoga™ Therapy

The following three asanas (postures and stretches) emulate the power and flexibility of the Willow Tree. Visualize the willow in your mind as you move into these asanas.

**Always breathe smoothly and fluidly while moving in and out of each asana—inhaling as you prepare to move into the asana, exhaling as you move into the asana, and again when into the deepest part of the stretch.*



**Camel Pose opens the Heart Chakra, and expands the emotional heart into deep gratitude.*

Camel Pose

- Begin kneeling. Inhale and lift chest up toward head.
- On exhalation, bend upper torso back, keeping chest lifted. Place hands on back of hips, blocks/books placed outside of feet, or on heels. Allow head to hang gently back, without strain. Breathe smoothly
- With each exhalation, gently move front thighs forward, allowing upper chest to fall back easily. Keep breaths easy and relaxed. Soften inner body.
- Inhale and slowly come up with hands on buttocks. Use strength of thighs, not lower back, to come up.



**Seated Chest to Thigh gently and slowly activates all seven chakras, creating time and space for uniting all the spiritual qualities of each chakra center.*

Seated Chest to Thigh

- Begin sitting on floor with straight legs. Extend through heels and keep thighs active and strong.
- On inhalation raise arms overhead, lifting chest high.
- On exhalation bend from thigh joints, keeping back straight and chest moving forward.
- Continue sliding chest forward and out over thighs. Relax head and neck while moving shoulders down.
- On inhalation come back up while keeping back straight and chest moving forward. Half way up, exhale and gently draw abdominals inward, which assists chest coming up without rounding back.



**Dead Man's Pose generates calmness of mind, balance of emotions, and creates a sense of sacred groundedness, and safety that lifts the spirit.*

Dead Man's (Sponge) Pose

- Lie on back. Place folded towel or small pillow under knees if you have back problems.
- Breathe easily and gently. Bring your attention to your toes and feet. Mentally tell them to relax and let go of tension. Work up the entire body, telling each part of your body to relax, allowing muscles to rest and lengthen back to their normal shape and length.
- Remain here for minimum of 5 minutes. Breathe and relax.