



IN THIS ISSUE
by Alice Percy Strauss

- CONFIDENCE
- MEDITATION ON CONFIDENCE
- IN-TU-IT™
YOGA THERAPY

**UPCOMING
WEEKEND
WORKSHOP**

**CARLSBAD, CA
SEPT. 27-28 2014**

**• CONSCIOUS ENERGY
PSYCHOLOGY**

Instructor: Alice Percy Strauss

**FOR MORE INFORMATION
OR TO REGISTER:**

WorkshopsUSA@gmail.com

Individual confidence cannot be given, stolen, or bought. It is the fruit of hard, personal labor.
-Alice

CONFIDENCE

Two personally developed qualities are necessary when building confidence: *tenacity* and *trust*. When we master difficult skills and achieve goals with unstoppable determination, whether motivated by gains in personal satisfaction, social praise, or monetary benefits, being tenacious about achieving a goal is the first step in confidence building.

The second quality necessary for confidence building is *trust*. When we believe that we have what it takes to cope with life, and that we are able to figure things—even when things feel overwhelming—we build trust for self; *the most important kind of trust there is*. Trust for self grows stronger each time we listen to and follow our curiosity, creative energy, intuition, and instincts—regardless of what others say. When tenacity and trust are unified and equally applied, confidence is stabilized.

Basically, confidence is a disbelief in doubt. Confidence allows us to open up to all of the possibilities of life without letting the voice of fear talk us out of acting ingeniously and courageously. Building healthy confidence is a personally developed skill that is not always easy to embrace or exude. The irony though is that *the more we practice being confident, especially when we're not, the more confident we become*.

A last thought about confidence. Confidence is a very appealing characteristic, and something that both men and women seek in their personal relationships whether they realize it or not. It is the act of living our lives confidently that is so attractive and alluring.

MEDITATION ON CONFIDENCE

- With each exhalation relax your body, releasing tension where there is tightness or contraction. Breathe easily, and rest softly.
- When breathing is gentle and rhythmic, bring your attention to the center of your personal power, around the navel area.
- Feel your personal doubts begin to fade and the warmth in your heart as you experience confidence pulsating throughout your body.
- Inhaling, bathe your mind, body, and spirit with the exuberant confidence that now permeates your entire being.
- With each exhalation, embrace your confidence with humility and gratitude for the work you have done.

Give gratitude for your willingness to change that which no longer serves you. Similarly, give gratitude for the moments in life that forced you into your courage and confidence. Namaste.



CLASSES

- **THERAPEUTIC YOGA**
Tuesdays 6PM – 7PM
- **CONSCIOUS MEDITATION**
Thursdays 6PM – 7PM
(every two weeks)
Call for more information

COACHING

- **CONSCIOUS LIFE STRATEGIES**
Individual and family counseling either in person or via skype

**TO REGISTER FOR A CLASS OR SCHEDULE AN APPOINTMENT:
702-504-5602**

CONTACT

Alice Percy Strauss
Founder, Yogatsu® Institute

EMAIL:
yogaflash@gmail.com

WEBSITE:
YogatsuInstitute.com

FACEBOOK:
TheYogatsuInstitute

IN-TU-IT™ YOGA THERAPY

Always breathe smoothly and fluidly while moving in and out of asanas – inhaling as you prepare to move into the asana, exhaling as you move into the deepest part of the stretch.



MOUNTAIN POSE

- Supports balanced energy in all seven chakras.
- Grounds confidence, and aids mental strength.
- Demonstrates to self, and others, unified stability in self-confidence, self-esteem, and self-trust.



TRIANGLE POSE

- Energizes all chakras.
- Deepens personal strength and flexibility.
- Eliminates old, doubtful beliefs about self.



DOWNWARD DOG POSE

- Rests the Heart chakra, and assists lessons contained in Throat, Third Eye, and Crown chakras.



“believe” by susan stern

YOGATSU® WISDOM WORD OF THE MONTH

WORRY

- Lacking trust and faith.
- Worry displays disbelief in our capabilities
 - Worry dismisses our professed belief in a Higher Power