

*Healing the World One
Mind at a Time*

CONSCIOUS LIVING

Yogatsu Institute for Conscious Living and Healing Studies

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- Meditation Practice
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- Scheduled Events:

-Yoga: Tues. 6:00-7:00 P.M.
-Meditation: Thurs. 6-7 P.M.

***Chakra 101:
Mar.9-10, Chicago**

To register: Call
Suzan at:
847-271-7348

- Services: SOUL-utions
Therapy

At:

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

For more information:

(702) 215-2090

or

(702) 504-5602



*“Isn't it strange that we talk least about the things we think about the most?”
-Charles Lindbergh*

What's On Your Mind?

The above quote is both true, quite accurate, and something we all do. What's interesting is that most of the time we aren't aware we're thinking and experiencing those repetitious thoughts. For obvious reasons we hesitate sharing the things we think about so often. Indeed, it takes a lot of courage to share what I like to call our *core thoughts*. Whether true or false, those thoughts show what we put the most energy and time into, and what we eventually come to believe. Sharing those thoughts with someone else helps us determine whether or not what we've been thinking, and believing, is accurate. Moreover, when we share those hidden bits of ourselves, we create *real intimacy, real connection, and a real relationship*. In truth, it is the hidden parts of our lives that mean the most to those with whom we are emotionally joined. Intimate disclosure demonstrates the depth of our *trust* for our confidant, and when they listen they demonstrate their *love* for us.

Prior to revealing significant information, consciously consider the following tips:

- Share honestly, concisely, efficiently, and appropriately.
- Share to lighten the burden you've been carrying alone.
- Share to put things in proper perspective.
- Share with someone who is an integral part of your life, and your healing journey.
- Share because you want to be heard, understood, and accepted.
- Share to figure things out, to find a resolution, to create a happy ending.
- Share with the intent of giving permission for others to understand, and heal *their* lives.

Meditation Practice:

- Begin by finding a comfortable sitting position. Breathe easily and softly. With each exhalation relax your body, releasing tension where you feel tight or contracted.
- Use a meditation *mala* (prayer beads) and a *mantra* (sacred word or phrase) if they help stay grounded in the present moment. Remain physically relaxed and mentally focused.
- When your body is relaxed and your mind centered, bring your attention to something you have wanted to share, but have hesitated doing. Let that thought or memory flood your mind. Imagine sharing that thought or memory with a confidant.
- Sense their ability to hear you, to be kind as you speak, and to listen from their heart. Sense your body as it softens, and feel your heart unfold into greater self-acceptance. Feel the unity you now share with this person, and the experience of authentic oneness.
- Experience gratitude for your courage, and the care from his special person. Feel the warmth of acceptance, and understanding flowing between the two of you. Feel the safety of *real connection*. Feel the glowing brilliance of this *real relationship*. Namaste.

Contact Information

email: yogaflash@gmail.com
web: YogatsuInstitute.com
FB: TheYogatsuInstitute

In-tu-it Yoga™ Therapy

**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 deepest part of the stretch.*



**Camel Pose opens the Throat Chakra, aiding self-honesty and clearer communication. Heart chakra is expanded, allowing unity and harmony between humans. Quiets the extraneous workings of the mind.*



**Triangle Pose focuses the mind, steadies ability to stand strong and in balance regarding personal truths, encourages willingness to open to your inner world, strengthens internal resolve, and aids personal will.*



**Child's Pose generates calmness of mind. Creates a sense of sacred gratitude that lifts the spirit and soothes the soul. Provides good opportunity to investigate ideas, beliefs, and attitudes about life.*

Camel Pose

- Begin kneeling. Inhale and lift chest up toward head.
- On exhalation, bend upper torso back, keeping chest lifted away from waistline. 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 and calmly.
- 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.

Triangle Pose

- Begin in Mountain Pose. Step right foot out about 3½-4 feet. Turn right foot directly out to face wall. Lift left heel and turn it out slightly.
- Inhaling, raise both arms up to shoulder height, while keeping both feet well planted in the floor. On exhale, bring chest down to right side, elongating the entire torso. Keep left leg active and powerful.
- On next exhalation, place right hand on floor, or yoga block, to outside of right foot. Raise left arm up and turn head to look up at your left hand. Continue extending torso out over right leg and foot. Keep left foot and leg planted into floor. Think of left leg as your anchor. Remain for several breaths.
- On inhalation, place focus and power on left leg and foot, and bring torso up from the strength of left leg.
- Repeat on other side.

Child's Pose (Closed Leaf Pose)

- Begin by sitting on feet. On an exhalation, bend entire torso forward. Place a folded towel, stack of books, or yoga block on floor, and rest forehead on it if you cannot get your forehead to the floor.
- Place arms and hands back near your feet and allow palms to face upward.
- Keep shoulders and neck very relaxed and restful.
- Remain here for a few minutes. Come up slowly to avoid dizziness.