

# Yoga & You

## Elevate YOU and YOUR Clients

### Self Care for Career Professionals

Presented by Wayne Pagani & Michelle Precourt

Image: [Raw Pixel](#)



# Ground Rules



Comfortably  
Uncomfortable



## Question

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How many of you feel  
you care more for  
others than you care  
for yourself?



# Do you meditate?

Improved Memory

Less Impulsive

Increased Focus

Decreased Negative Thought

Increase Relationship Satisfaction



Question

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How many of you are  
familiar with the 1%  
Rule?



1%  
Rule

=

14.4  
minutes

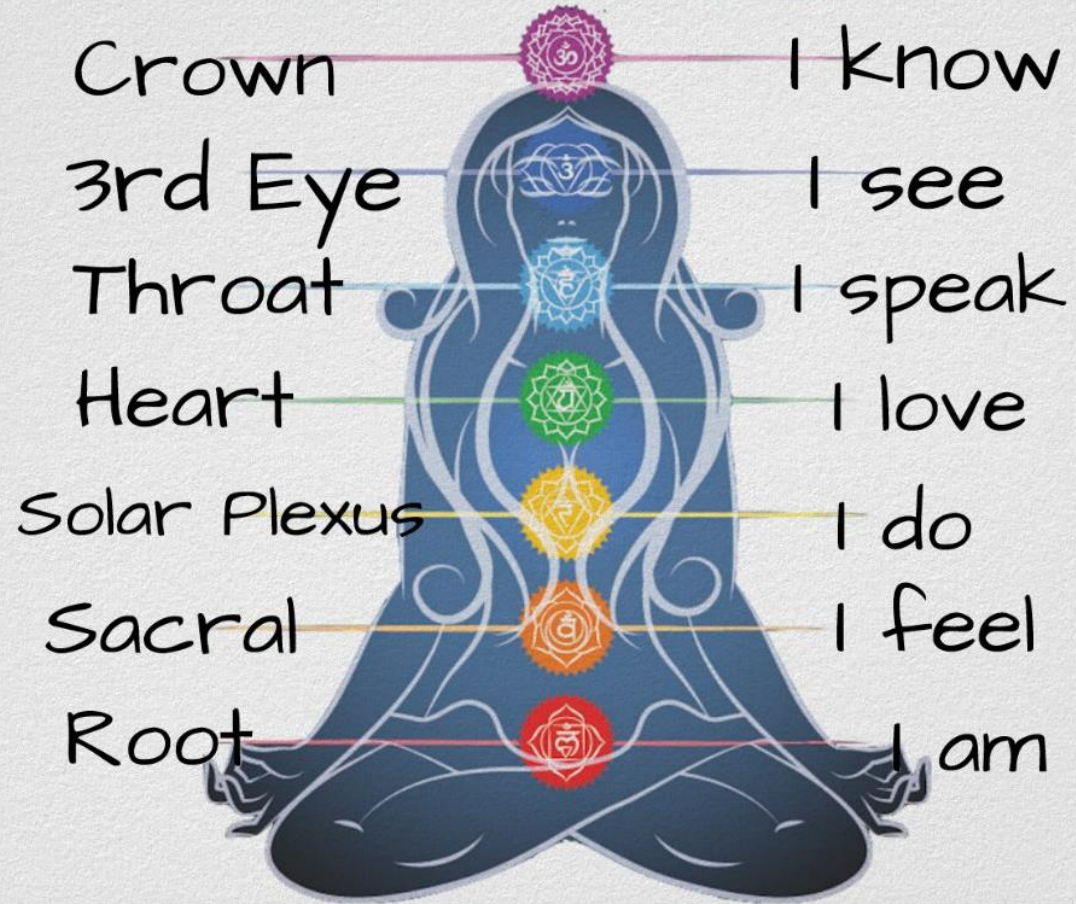




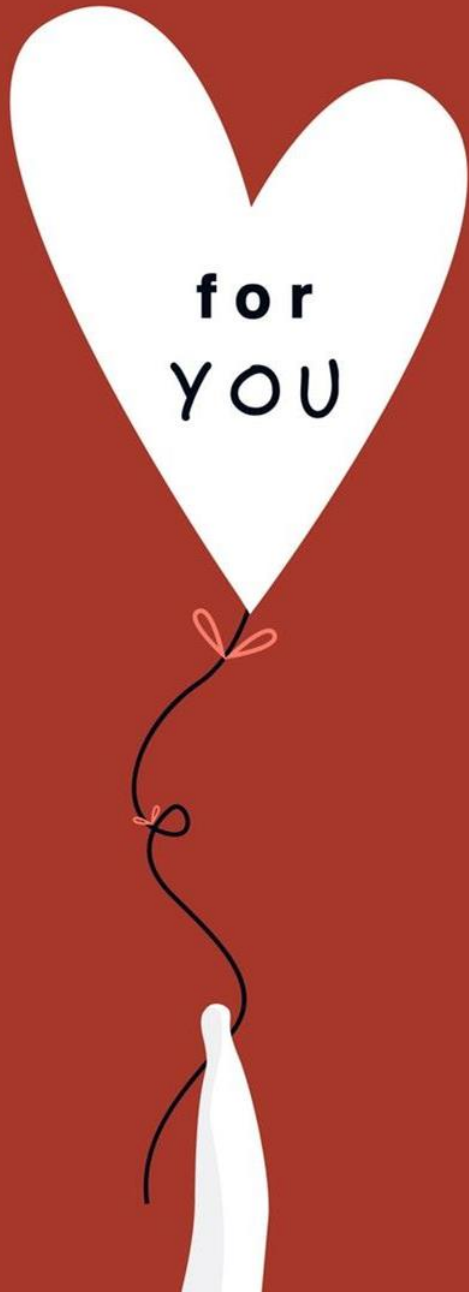
# Mountain Pose

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## The 7 Chakras



CHAKRAS



# Let's Practice!

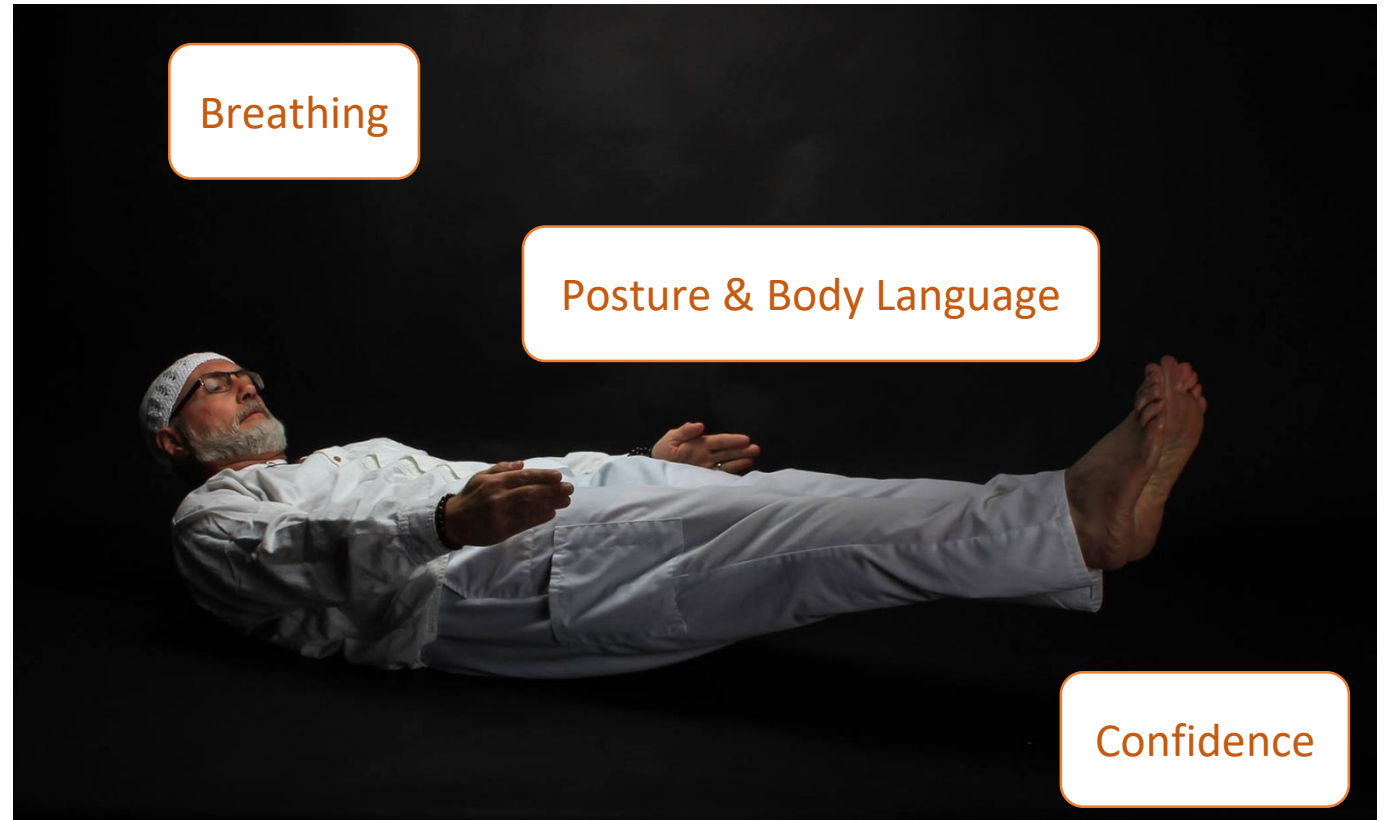
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## [Loving Kindness Practice](#)

Sit Tall. Feet flat. Palms resting comfortably.

- You are IMPORTANT.
- You are ENOUGH.
- You are WORTHY.

So many  
benefits



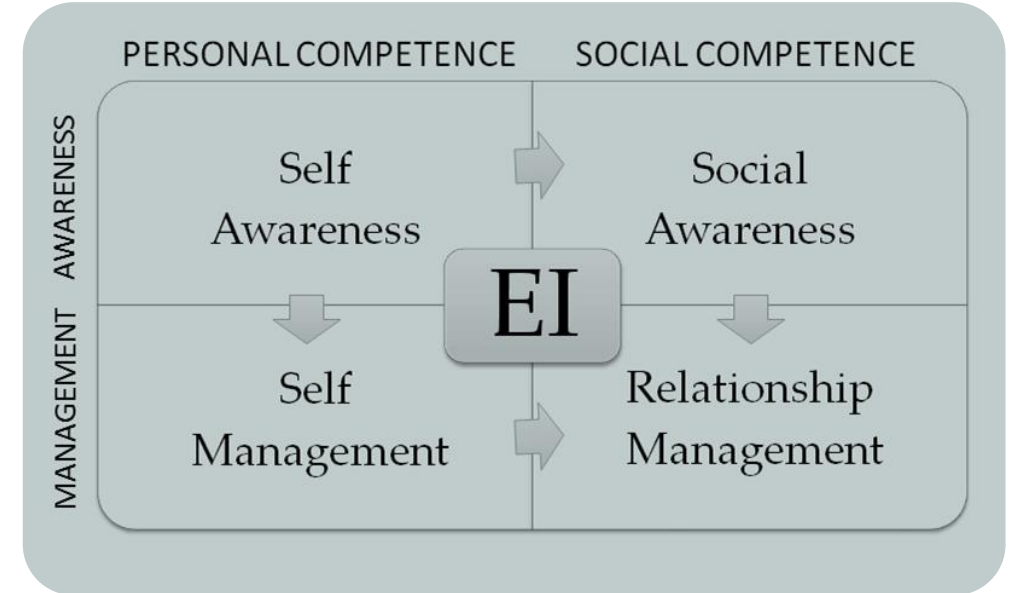




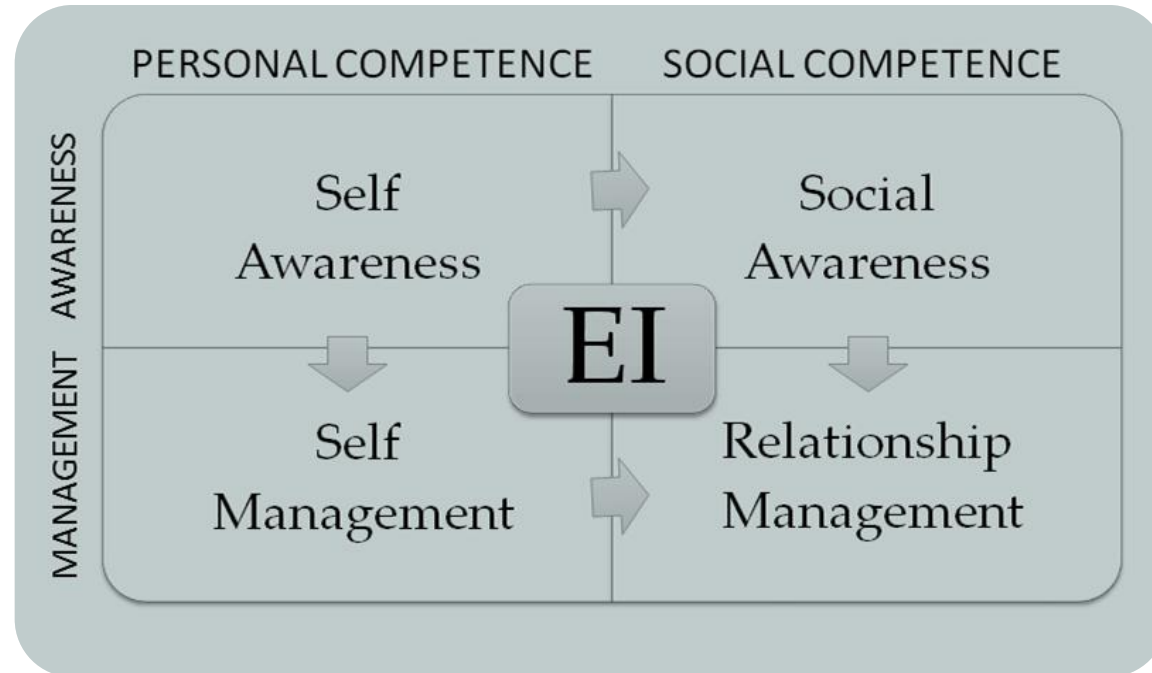
# Emotional Intelligence

&

# Career Development



71%





## Summary

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- Practice
- Be Kind
- 1% Rule
- Namaste

FROM MY HEART TO YOURS



SPEAK GENTLY  
TO YOURSELF

# Group Practice

## Rolling OM

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Sharing of collective energy through vibration using the sound of OM.

- Please stand.
- Left hand on your heart.
- **ASK PERMISSION:** Your right hand on the left shoulder to the person to your right.



**Thank You  
for taking the  
time to BE here  
today!**

**Enjoy the rest  
of Cannexus  
2020!**

**Namaste!**

**Sat Naam!**

**Om –  
Shanti!**



# Our Resources:



*PranaShanti*  
Yoga Centre





### **Yoga & You ... and Your Clients ♥**

Thank you to all who attended our breakout session at Cannexus20. We thoroughly enjoyed delivering the session and meeting all of you. Now that the conference has come and passed, we would like to leave you with some materials so that you can revisit your experience during the Yoga & You session or if you were unable to attend, to use these materials to start your own exploration about yoga and other wellness / self-care modalities.

To this end, you should be able to find a copy of the PowerPoint from our presentation, and we have included this document with information from the handouts about some selected information about a few of the hundreds of styles of yoga as well as sources / resources below that we used in our preparation for the conference.

### **Resources**

Though we focused on yoga as our medium for this session, it's our hope that you came away with a deeper insight into the value of self-care and how that message translates into how you serve your clients as well as some ideas that will in turn help your clients with the own self-care and well-being. The following are just a handful of resources to get you started but do not feel restricted to these as you explore the options to wellness and self-care:

#### **Yoga**

##### **Yoga Alliance (YA):**

Yoga Alliance® is the largest non-profit association representing the yoga community. Their mission is to promote and support the integrity and diversity of the teaching of yoga. Yoga Alliance® offers support to certified yoga instructors and studios who are members of the YA but also provide free information about many aspects of yoga based on their research and articles on the topic of yoga available to the public.

Check out their web site answering questions like, "What is Yoga?" ... which is challenging and is the subject of extensive academic and philosophical study. As the largest non-profit supporting yoga, YA offers this brief introduction to Yoga, along with perspectives from leading scholars and yogis, to help answer your questions.


<https://www.yogaalliance.org/>

[https://www.yogaalliance.org/About\\_Yoga/What\\_is\\_Yoga](https://www.yogaalliance.org/About_Yoga/What_is_Yoga)

### **Yoga & You ... and Your Clients ♥ - Resources Continued ...**



### **Yoga Studios:**

If you already practice, then you likely have a studio or maybe a few that you enjoy. If you are new to yoga, we suggest that you explore several and find the ones that resonate for you. Here are a couple of our local favourites here in Ottawa: 

#### *Prana Shanti Yoga Centre:*

PranaShanti's intention is to create an oasis in the city of Ottawa for the practice of yoga in a diversity of styles. Offering more than 80 classes in many different yoga styles as well as several other self-care modalities, they certainly fulfill their mandate and we recommend checking them out:

<http://pranashanti.com/>

<http://pranashanti.com/about-pranashanti-yoga-ottawa/>

#### *MountainGoat Yoga:*

Founded in Barrhaven in 2003, their goal is to create a peaceful and serene space offering yoga for everyone. Explore their website and if so inclined, maybe subscribe for their newsletter:

<http://mountaingoatyoga.com/>

#### *Inner Revolution Yoga:*

Inner Revolution is a yoga studio that nurtures the whole person from a total wellness perspective. Each class at Inner Revolution focuses on the connections between the mind, body and spirit. Making these connections with each part of the self will create balance and inspire wellness.

<https://innerrevolution.ca/workshops/>

**Article:** The Truth About How Practicing Yoga Influences Emotional Intelligence (EQ)

<https://medium.com/the-ascent/the-truth-about-how-practicing-yoga-influences-emotional-intelligence-eq-bbfa6eb6dbf>

**Article:** Trauma Centered Trauma-Sensitive Yoga <https://tinyurl.com/wv6o9og>



## Meditation

There are hundreds of methods of mediation and literally thousands of resources to investigate. Plus a plethora of retreats and workshops that you can find online and in your local communities. Here are some simple ways to access and play with a few methods that suit you best:

### Insight Timer:

The largest free library of guided meditations on earth in online and mobile app formats:

<https://insighttimer.com/>

### Article (GAIAM):

<https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>

Article: 7 Ways Meditation Can Actually Change The Brain

<https://tinyurl.com/sh6brps>

Book: Chakra Meditation; Author Swami Saradananda

<https://www.amazon.com/Chakra-Meditation-Discovery-Creativity-Communication/dp/1907486909>

## Well Being

### roadSIGNS:

roadSIGNS offers a suite of options and learning systems for individuals, teams and organizations. Through their Conscious Communication Program, everything is connected, from personal development, to career advancement, to leadership, to teamwork, to developing workplace culture.

<http://www.roadsigns.ca/wp/about/> | <http://www.roadsigns.ca/wp/>

Book & Playbook: roadSIGNS – MeFirst, if I should wake before I die

<http://www.roadsigns.ca/wp/products/books/me-first/>



## Yoga & You ... and Your Clients ♥ - Resources Continued ...

### FiveStarWellbeing:

Provides a range Wellbeing Seminars focused on improving the wellbeing and mental health of individuals and organizations. They also provide in person and online Counselling Therapy for those who need help along the way.

<https://www.fivestarrowbeing.com/home/about/>

<http://www.fivestarrowbeing.com/author/derrickmceacherngmail-com/>

Consider trying the FiveStarWellbeing Quality of Life Assessment:

<https://www.fivestarrowbeing.com/what-we-do/quality-of-life-assessment/>

## Career Development

### Career Professionals of Canada (CPC):

CPC is a member-run, volunteer-driven social enterprise and a leading national association for career practitioners supporting the Canadian labour market. CPC creates opportunities for members to gain contacts, credentials, and credibility within the field.

<https://careerprocanada.ca/about/> | <https://careerprocanada.ca/>

### CRG Leader:

CRG has helped improve the lives of millions of people and increase the performance of thousands of organizations worldwide since 1979. CRG's purpose is to help others live, lead, and work On Purpose! The bottom line in everything that CRG does and offer-- they are committed to improving the condition of their clients.

<https://www.crgleader.com/home.html>

CRG publishes a suite of more than 100 fast-paced assessment, learning and development tools – all designed to help people understand themselves (and others) more deeply. Feel free to browse their website for resources which include several wellness related tools for you and your clients but here are two that may be of interest:

Stress Indicator and Health Planner

<https://www.crgleader.com/products/assessments/stress-indicator-and-health-planner.html>

Self-Worth Inventory

<https://www.crgleader.com/products/assessments/self-worth-inventory.html>



## Yoga & You ... and Your Clients ♥ - Resources Continued ...

### CERIC:

CERIC is a charitable organization that advances education and research in career counselling and career development, in order to increase the economic and social well-being of Canadians.

It funds projects to develop innovative resources that build the knowledge and skills of diverse career professionals. CERIC also annually hosts Cannexus, Canada's largest bilingual career development conference, publishes the country's only peer-reviewed journal, Canadian Journal of Career Development, and runs the CareerWise / OrientAction websites, providing the top career development news and views.

<https://ceric.ca/>

Book: Strengthening Mental Health Through Effective Career Development: A Practitioner's Guide  
(Download the FREE PDF)

<https://ceric.ca/resource/strengthening-mental-health-through-effective-career-development-a-practitioners-guide/>

## Yoga & You ... and Your Clients ♥ - Selected Styles of Yoga ...

**Yin Yoga** is a passive style of yoga practice that uses longer holds in fully supported postures to bring release to connective tissue mainly in the lower part of the body—the hips, pelvis, inner thighs, lower spine. These areas are rich in connective tissues (tendons, ligaments, and fascia) and working slowly into a shape can allow for a deep release for the body.

This practice is beneficial to all bodies and all levels, from those seeking ease and mobility due to tightness or chronic pain, as well as yogis looking to improve mobility and provide a complement to more Yang (active) styles of practice. Practiced in a regular temperature room; students may wish to wear long sleeves and socks during practice

**Kundalini Yoga:** known as the Yoga of Awareness – consists of simple yogic techniques that can be enjoyed by everyone, no matter their age or physical ability. Kundalini is a holistic practice that includes breath work (pranayama), yoga postures (asanas), possibly sound (gong), chanting silently or out loud (mantra), and meditation.

This is a wonderful yoga practice that is done at your own individual pace, and can be done by everyone. From your very first class you'll start reaping the rewards, whether you're new to yoga, or you're looking to expand your yoga practice to include some more spiritual and meditative work.

## Yoga & You ... and Your Clients ♥ - Selected Styles of Yoga continued ...



**Hatha – Anahata:** the heart chakra, Anahata, is located at the chest, it channels joy, love, compassion and happiness. Stimulating this chakra warms the heart - we become more open to our self and our relationships. It's the ultimate feel-good chakra!

This balanced Hatha class focuses on chest-opening postures that stimulate Anahata, while challenging the body enough to grow your practice. From standing and seated asanas, balance work, back bends, twists, pranayama and meditation, you are guided through an energetic experience that leaves you in tune with your mind, body and breath.

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**Somatic Yoga:** If you work at a desk, spend time on the computer or feel stress in your body, then this class is for you! Through the slow and subtle somatic exercises, you will improve your sitting posture, relax tight and sore muscles and bring a feeling of balance to your body.

This class will increase your flexibility, align your spine and improve brain function, allowing you to focus and be more productive. Your nervous system will feel soothed and calm, which will help you to do all the things you used to do, only better. A suitable class for all levels of ability.

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**Gentle Hatha Yoga:** Gentle Yoga is typically a softer, nurturing, slow-paced, well-supported and relaxing practice. It is often considered easier, less intense, non-strenuous, minimalistic, quiet, meditative, or restorative.

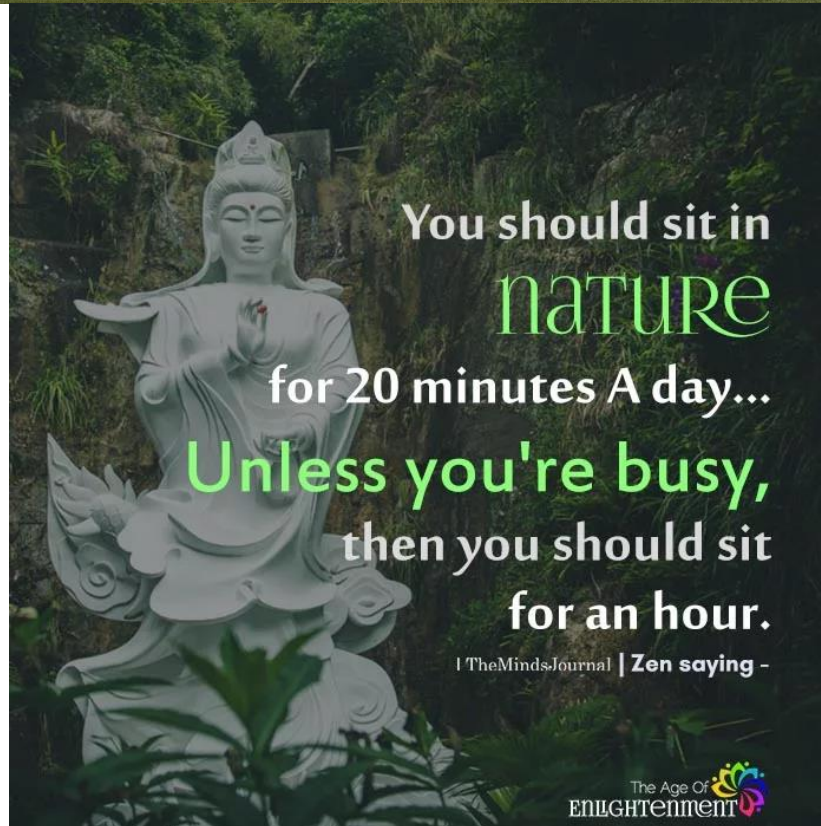
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**Yoga Tune Up:** in this class you will be guided through a combination of poses, breathing techniques, and specialized movements using yoga therapy balls. This class also incorporates accessible anatomy as a way to help solidify your mind-body connection (proprioception). The yoga therapy balls used have a high grip surface making it easier to target tight areas of the body. Prolonged holds in these areas with the ball provides self-massage trigger point therapy, helping to ease tension. Yoga Tune Up® leaves you feeling better, stronger, happier, and more relaxed!

This class is suitable for all levels of ability. Yoga Tune Up® is a unique program created by Jill Miller.

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**Restorative Yoga:** is "active relaxation", suitable for all levels of ability. Restorative yoga is a passive, gentle style of yoga using props to support the body for longer holds. Restorative poses are usually supine or seated postures using blankets, bolsters, straps and blocks. It is a very relaxing form of yoga which will complement your active practice.



*(NOTE: copies of today's PowerPoint will be made available through the Cannexus website)*

