

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

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

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



1%
Rule

=

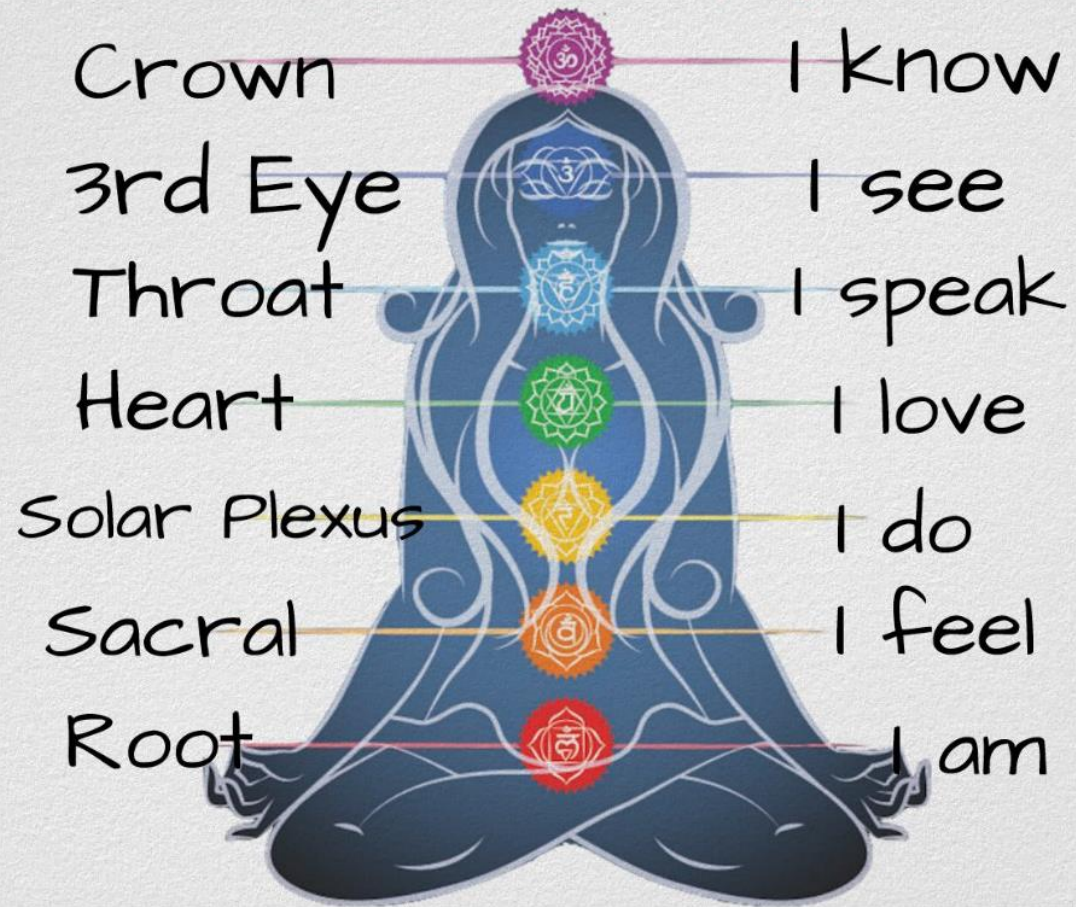
14.4
minutes



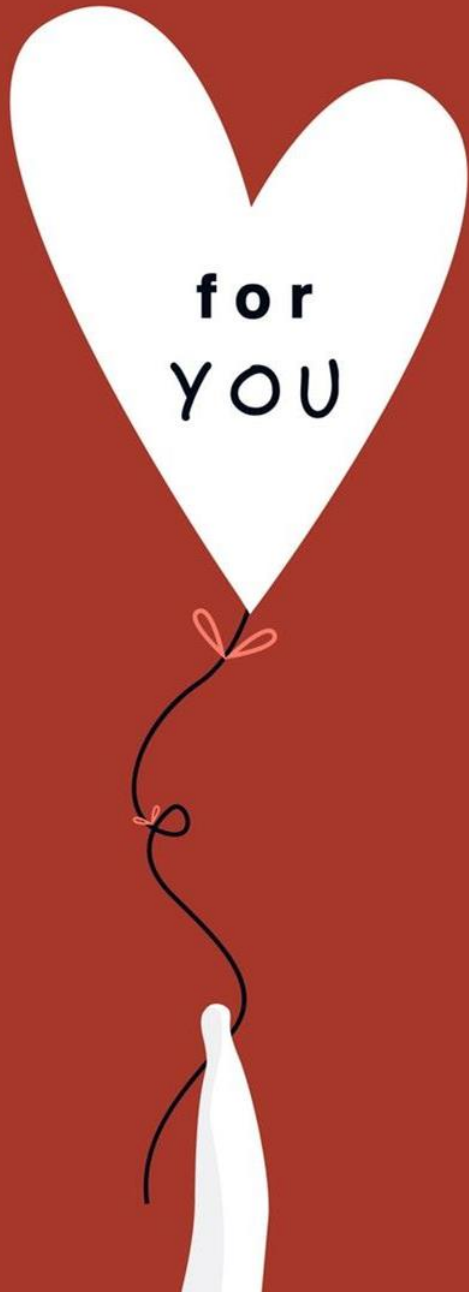


Mountain Pose

The 7 Chakras



CHAKRAS



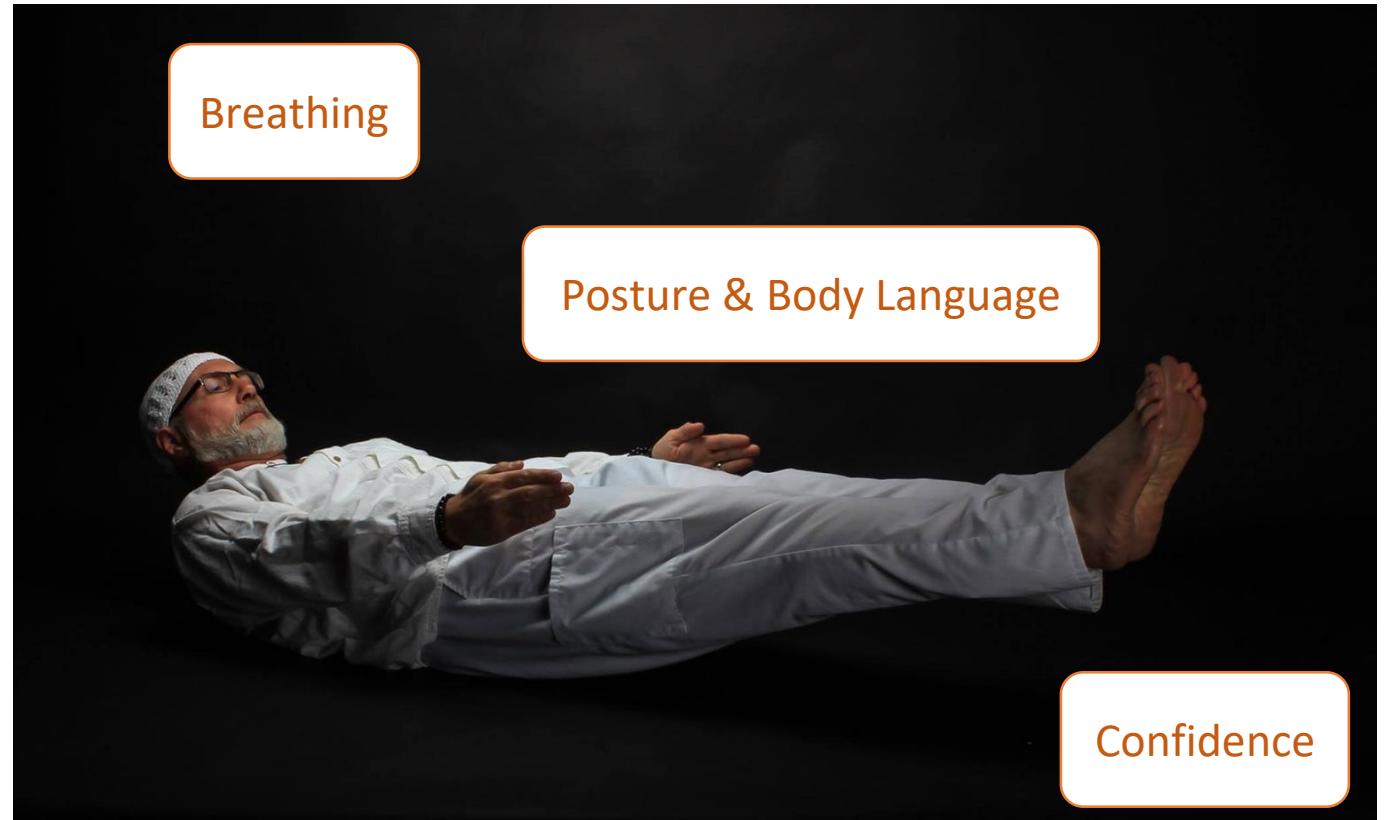
Let's Practice!

[Loving Kindness Practice](#)

Sit Tall. Feet flat. Palms resting comfortably.

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

So many
benefits



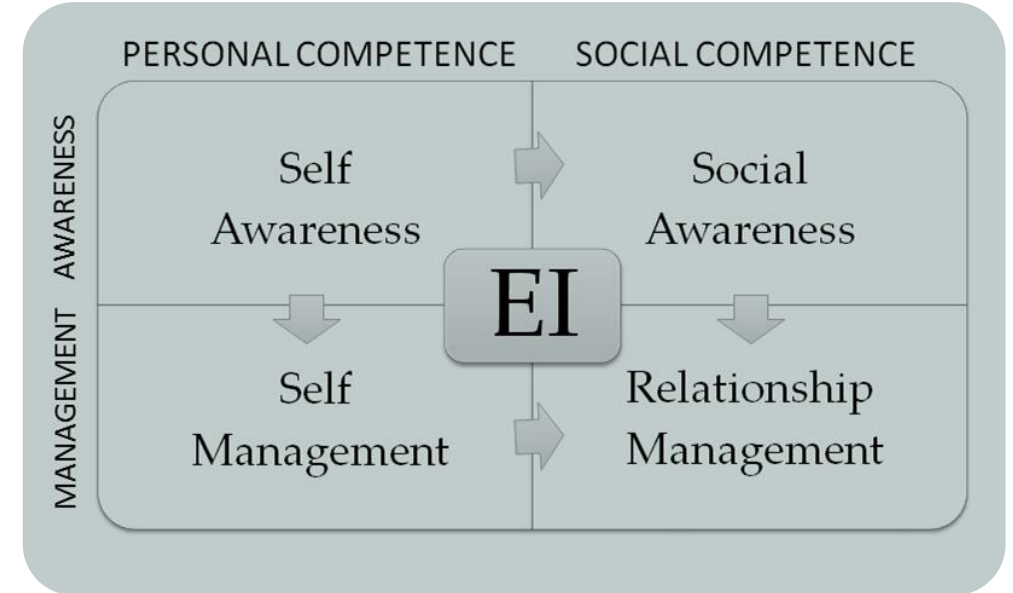




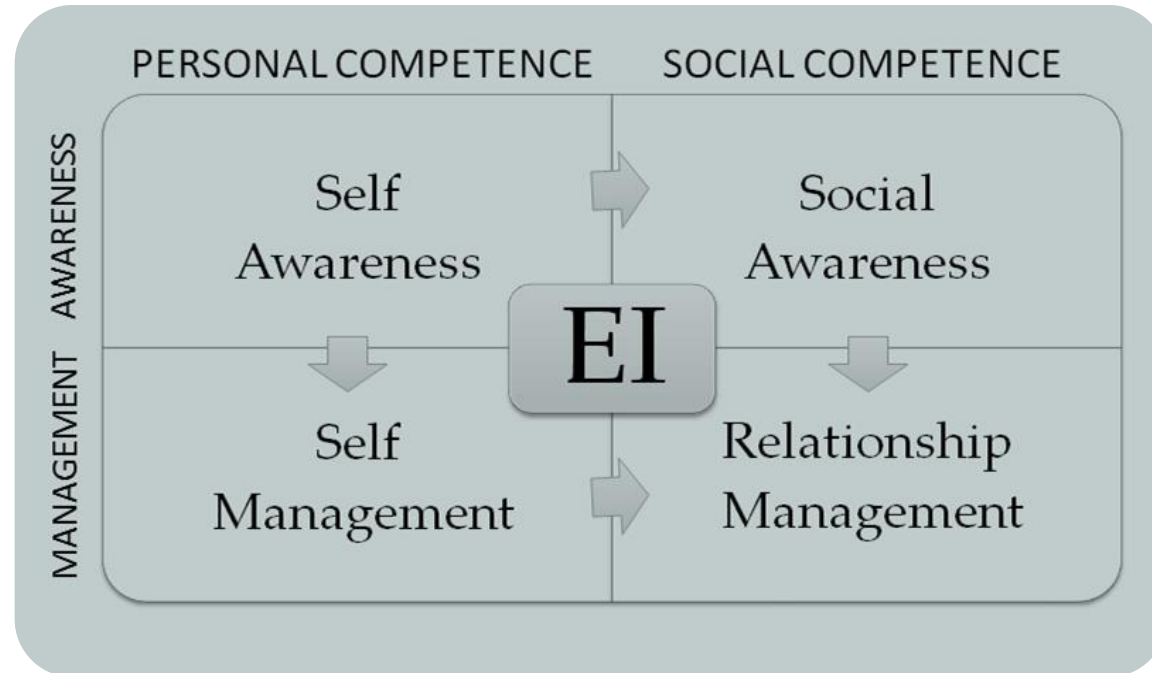
Emotional Intelligence

&

Career Development



71%





Summary

-
- Practice
 - Be Kind
 - 1% Rule
 - Namaste

FROM MY HEART TO YOURS



SPEAK GENTLY
TO YOURSELF

Group Practice

Rolling OM

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

