



SELF-EMPOWERMENT

Personal Health & Wellness for All

Front Cover
Scarlett Dee

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BE YOUR BEST

Your ability to excel depends on how skilfully you can deal with everyday challenges, workloads, deadlines, office politics & business demands. For you to excel in your field, to thrive and succeed, the amount of physical, mental and emotional fitness you have makes all the difference.

Finding Balance

A relentless and all-consuming schedule that puts business before pleasure, demands great personal sacrifices, dictates a need to maintain control and limits free time & relaxation. Does this sound familiar?

When striving for excellence there can be a tendency to be 'really hard' on oneself with little or no awareness of ones personal needs. In such a driven state a level of insensitivity creeps in. Signs of physical, emotional & mental stress goes unnoticed often leading to depression, panic attacks, burnout or breakdown.

Its time to tune into the body-mind and respond with sensitivity and compassion. With different techniques and tools we can take steps to eliminate the stresses and strains of an intense work schedule & busy lifestyle.

Self-empowerment technology to:

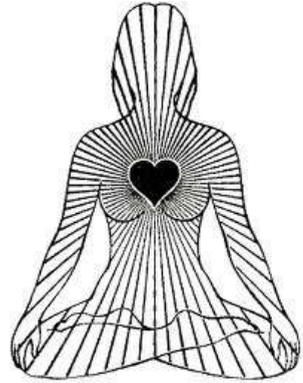
- Relax at will
- Increase energy
- Handle sleep deprivation and exhaustion
- Overcome fear and depression
- Manage anger
- Strengthen mental capacity for decision making, intuition, memory, concentration
- Improve self esteem, personal magnetism, charisma

SET THE TOOLS TO WORK

Tools of success, fulfilment and excellence:

- **Breathing techniques**
- **Posture practice**
- **Cleansing & detoxifying processes**
- **Mental concentration and relaxation**
- **Meditation exercises**

Combined these disciplines produce a feeling of holistic health & wellbeing. Promote a lifestyle that naturally eliminates bad habits. And leads to profound personal growth & transformation.



There are many ways attune yourself at will to a specific body-mind state to enhance and support your performance as a professional.



Morning 'get up and go'

A simple sequence of yogic techniques can be utilized as part of your morning 'get up and go' routine. Waking up a few minutes earlier and applying yourself to a few yoga techniques can carry you through the rest of the day. Just 15 minutes can elevate you into 'get up and go' mode. Giving you that extra edge that puts you one step ahead of everyone else. Creating a shift into a positive and empowered state of mind enabling you to stride forward with conviction, ready to take on the whole world.

Shifting Gears

A sudden energy lull or a drop of enthusiasm? A few simple postures and breathing exercises can give you an energy boost and elevate your mood.

Jet lag Remedy

The need to adjust to a new schedule and sleeping pattern can be easily remedied by a specific simple yogic technique (see yoga nidra) that replenishes, rejuvenates and resets your biological system in quick time.

'Me time'

Use yoga as a premise for 'me time'. Time to be gentle and compassionate with yourself. Time to observe negative inner dialogues and consciously replace them with positive thoughts and life enhancing affirmations.

BREATHING PRACTICES – Pranayama – Expansion of Life Force

In order to govern oneself and navigate effectively through a working day it's important to be able to control one's emotions and feelings. It's scientifically proven that the breathing state directly impacts on the mental and physical state. The body, mind and breath are intimately connected. What we feel in one aspect of our Being is reflectively expressed in others. Any tension in the breath is expressed in both the body & mind and vice versa.

Breath can be used effectively to modify one's physical and mental state. Stress, anger, anxiety, agitation etc. can easily be remedied and relieved. Mental tension and fatigue can be replaced with clarity and mental efficiency. Emotions can be soothed and stabilized via specifically designed breathing practices.

The following breathing techniques can be applied to access various states of consciousness and create different physical and energetic phenomena.

FROM SYMPATHETIC To PARASYMPATHETIC & vice versa



When breathing predominantly through the **left nostril the parasympathetic system** is active.

When breathing predominantly through the **right nostril the sympathetic system** is active.

In any moment you can choose to be 'ready for action' or to 'relax & recharge' at will.

⌘ TO ENERGISE:

Breathe in through the right and out through the left (repeat)

⌘ TO RELAX:

Breathe in through the left and out through the right (repeat)

☞ FULL YOGIC BREATH - Maha yoga pranayama

- Centering

Utilizes all breathing space within the trunk of the body

❖ **INHALE FULLY in 3 steps through the nose**

- 1) *Expand the abdomen to its fullest.*
- 2) *Expand the rib cage.*
- 3) *Expand the upper chest and the clavicle area.*

EXHALE FULLY in 3 steps through the nose

- 1) *Clavicle area lowers.*
- 2) *Chest deflates.*
- 3) *Abdomen contracts.*

Let each step blend into the next so the breath becomes one continuous flow.

Benefits:

- Utilizes the full capacity of the lungs, taking in as much as seven times more oxygen than normal breathing
- Calms the mind, Centering & Grounding

☞ PSYCHIC BREATH – Ujjayi /victorious breathing

- Soothing

❖ *Ujjayi is a subtle breathing practice created by a narrowing of the glottis in the throat creating which creates a gentle wave like sound. Generally the inhalation and exhalation is long, deep and smooth.*

The sound of ujjayi has an internalizing effect that soothes and detaches the mind from any preoccupation with external concerns. It's a great practice to reduce tension created by mental chatter and stressful thought patterns.

Ujjayi creates numerous beneficial physical and psychological benefits. It supports a deepening of ones internal focus, it relaxes the body and mind, creates an internal heat and produces subtle vibrations that increase circulation and energy flow to different parts of the body.

Benefits

- Creates a deeply soothing effect on the nervous system and a calming effect on the mind, reducing tension and slowing down thought processes.
- Exercises the capacity of the lungs and increase gaseous exchange.
- Helps to access a state of internalised awareness and meditation.
- Creates an internal heat in the body.
- Reduces blood pressure, heart disease and hypertension.

⌘ ALTERNATE NOSTRIL BREATHING – Nadi Shodhana

– Relaxing, Balancing

❖ *Alternately block the right nostril and then the left nostril to Inhale and exhale through alternate nostrils at a steady smooth pace.*

Benefits:

- Harmonises the left and right side of the brain balancing the left and right side of the body.
- Cleanses, Purifies and balances solar and lunar energy channels of the body
- Parasympathetic and sympathetic nervous systems purified and balanced.
- Creates a heightened awareness and spontaneous meditative states.



If one nostril is blocked place a fist or tightly bound piece of cloth into the opposite armpit of the blocked nostril.

⌘ BREATH OF FIRE - Kapala Bhati / skull shining

- Energising

❖ *Performed by a rapid contraction and release of the abdomen. On exhale the abdomen is quickly contracted to force air out of the lungs. On inhale the abdomen is quickly slackened to relax and air rushes into the lungs*

Practice through both or alternate nostrils. If you experience stress or strain release the practice, take a few natural breaths and then begin again.

Benefits

- Cleans the energy channels in the skull.
- Removes excess mucous that causes sinus problems and allergies.
- Stimulates the digestive organs and digestive fire.
- Initially stimulates the mind, which then becomes clear and calm.
- Clears negative energy and releases tension.
- Restores a vibrant, energetic and light feeling to the body and mind.

Contraindications:

Pregnancy. Hiatus hernia. Ulcers. Heart disease.

☞ HUMMING BEE BREATH - Bhramari pranayama

- Calming

❖ *Use hand placement to close eyes and ears.*

Technique 1: Exhale through the nose slowly and evenly while making a deep, steady humming sound. Focus your awareness on the sound and at the point in the middle of the forehead. At the end of the exhalation, breathe in deeply through the nose.

Technique 2: As above and this time on each inhalation contract the throat as in ujjayi pranayama to produce a high pitched humming sound. So now the inhalation produces a high-pitched hum, the exhalation a low-pitched hum.



Benefits

The vibrations of Bhramari produce a soothing effect on the mind. Stimulates the parasympathetic nervous system, producing calming and relaxing effects.

☞ ENERGY LOCK - Uddiyana Bandha / Upward Flying Lock

- Heating

This practice is a profound sublimation technique that moves energy from lower centers (chakras) to higher. It supports transformation of low level negative emotions (anger fear anxiety etc) into more refined higher emotions (love, compassion, understanding etc).



❖ *To Perform exhale fully so the abdomen squeezes inwards and the lungs completely empty. Complete a mock inhalation without allowing any air to enter the lungs. Hold the exhale retention for as long as you can. Then release the abdomen before inhaling fully. Hold the breath for a comfortable amount of time. Exhale and release slowly.*

Contraindications: Pregnancy, Children under 12. Advanced stages of abdominal hernia or ulcers (seek the advice of a yoga therapist). Full stomach. Observe caution whilst menstruating.

Meditation is fundamental to holistic health and wellbeing. It is where many long lasting deeper transformations occur and we become intimate with ourselves. It's where insights and inspiration rise to the surface and it is the arena where we can resolve deep-seated issues that would otherwise remain a hidden disturbance within us.

For some of us the idea of sitting in stillness for a long time may be quite daunting. Whenever challenged by physical or emotional disturbances its important to be gentle, neither judging oneself or the practice. The practice naturally unfolds by remaining relaxed and present

One of the simplest yet most profound meditations is breath awareness. Through observing the breath it naturally slows down and becomes calm, gradually bringing the mind to a place of stillness.

In deep states of meditation, the subconscious comes to the forefront of our being and it is here that we can plant beneficial & positive 'seeds' to grow. As you observe your breath you may wish to repeat, "breathing in, I feel peace, breathing out I feel love," or choose any appropriate words that work towards your greater good.

Benefits

- Activates the parasympathetic nervous system.
- Brings peace of mind & elevates one's consciousness.
- Deepens ones ability to be focused and present.
- Harmonizes the body's' physiological systems.



MUDRA -Hand Gestures

– Re-centre & De-stress

Mudras are hand gestures that when performed create a particular feeling, emotion or mental state.

Feeling scattered, stressed? Need to quickly collect yourself and become present? Centred? Take a seat and utilize a few focused meditative moments with breath and mudra to tune in, calm down & return to centre.

❖ *Sit in a comfortable position with the spine vertical and head centred. Select a hand mudra and practice deep yogic breathing with Ujjayi for 5-10 minutes.*



GANESH MUDRA
– Inner strength



ANJALI MUDRA
– Peace & heart connection



PRITHVI MUDRA
– Grounding

YOGIC SLEEP

- Rejuvenate, Restore & Renew

Vishnu (also called Nidra) is the lord of the universe in the time of universal dissolution. He is sleeping on the primordial waters, floating on a couch made of a snake. He's sleeping but not unconscious, he's conscious in a special form of sleep – this yogic sleep is called Nidra.



Yoga Sleep (aka yoga nidra) is a special form of “conscious sleep” which leads the practitioner through the 4 stages of consciousness, from the gross to subtle:

1. Wakefulness (Jagrat)
 - Use of logic, reasoning, decision, fully awake.
2. Dream state (Svapna)
 - Higher consciousness/Subconscious.
3. Deep sleep (Shushupti)
 - Without dreams, total black out, deep highly regenerative sleep.
4. State of void (Turiya)
 - Rare to experience consciously. Cataleptic state, ‘deeper’ than the deepest sleep, Consciousness at its most elevated.

Importantly yoga nidra grants access to all levels of consciousness. During the yogic sleep the participant remains conscious as the brain shifts down in gears, moving from Beta to Alpha to Theta Brainwaves. By following the teacher's voice and staying present the practitioner makes contact with the subconscious where transformations can occur spontaneously. It is in the yoga nidra state that personally created resolutions (sankalpa) are planted into the subconscious to craft desired transformation and habit changes.

Yoga nidra brings about deep relaxation, rejuvenation and regeneration and is the perfect remedy if suffering from fatigue, jetlag, insomnia etc.

More Info - Book – Yoga Nidra by Swami Satyanada Saraswati



BENEFITS of Yoga nidra

- Can dramatically improve quality of sleep and provide deep relaxation on all levels (physical, mental and emotional).
- Negative emotions that deplete the vital body such as anxiety, stress and worries are reduced significantly improving work efficiency and enthusiasm.
- Helps relieve stress and various health ailments such as ulcers, migraine, digestive disorders, asthma, depression, hypertension and insomnia.
- Helps to boost memory and improve learning abilities. It deepens concentration and improves memory.
- Can be used as a preventative and curative therapy for psychosomatic disorders.
- Practiced daily it makes the mind more receptive which can help accelerate the process of learning languages and other subjects.
- Can be used specifically to target and rid the practitioner of bad habits and compulsive disorders that are otherwise very difficult to overcome.
- Opens one to receive intuitions and deep insights from the unconscious mind tapping into artistic and poetic potentials.
- Through the systematic practice of yoga nidra, tensions (muscular, emotional and mental) are progressively released.
- Through yoga nidra, you learn how to consciously enter the world of dreams and move at will in the astral world.



Tune inwards and connect on a deeper level with your self.

No Time for Sick Leave!

Undetected stress accumulates over time and eventually surfaces as a serious health issues. The more successful you are the more important it is to monitor your health and keep stress levels in check. Sick leave is expensive and inconvenient. When you know you don't have time to be sick then its imperative to engage in some form of body-mind maintenance.

Absence from work due to ill heath can be avoided by yoga practice on a daily basis. As little as 15 minutes per day to 'stretch and breathe' can get you out of your head and into your body. Tuning into, monitoring and responding to your body-mind needs is the perfect recipe to maintaining good physical and mental health.

Finding Balance:

Business requires you to be in constant control. Posture practice supports the possibility of finding balance, inviting you to cultivate a mood of softness and experience moments of surrender and release. Adding yoga practice into your daily schedule will be an invaluable time of nurturing strengthening and balancing to support better health and happiness.

AVOID INJURY & PAIN: Be sensitive to body limitations like stiffness & injury. The body yields, opens and releases through a gentle compassionate approach. Keep yoga an enjoyable, relaxing and beneficial practice.

Ullola means ‘wave’ and describes a gentle sequential flow of generally simple movements, which are repeated over and over to:

- Experience grace & flow undisturbed by limitations of strength or flexibility.
- Gently warm and open the body.
- Establish a meditative flow.
- To release tension

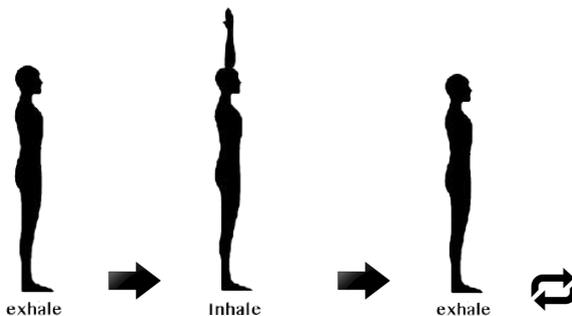
A few tips before you start to move

Never force it. Allow the breath to move you gradually deeper into the practice. Focus on the breath to bring lightness, ease, and fluidity into every movement. This is not about contorting your body into frozen postures or complicated movements

Notice how persistent the mind can be in false perceptions and ideas. Bring the mind back to the present moment by drawing your attention continuously back to the breath.

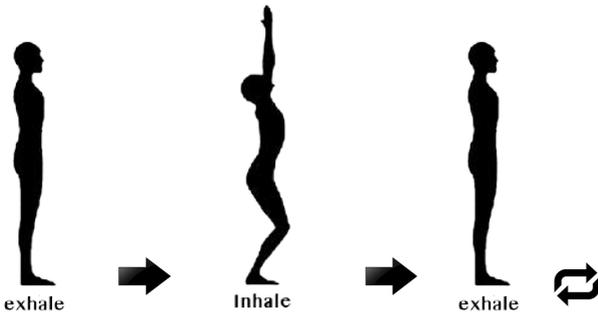
Be patient with yourself, the more you relax into the breath, the smoother the breath becomes and the easier and more enjoyable the movement.

• Tadahasta-ullola:



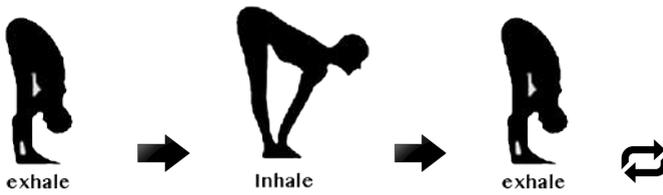
Tadasana – Urdhva hastasana – Tadasana

• **Utktan-ullola:**



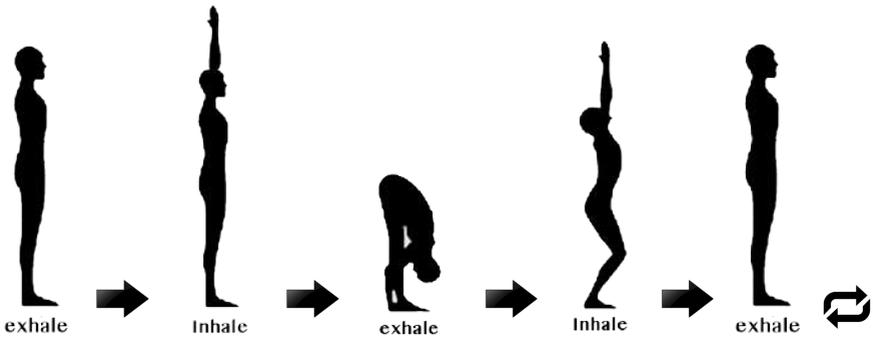
Tadasana – Utkatasana – Tadasana

• **Uttan-ullola:**



Uttanasana – Ardha Uttanasana – Uttanasana

• **Tadutktan-ullola:**



Tadasana – Urdhva hastasana – Uttanasana – Utkatasana – Tadasana

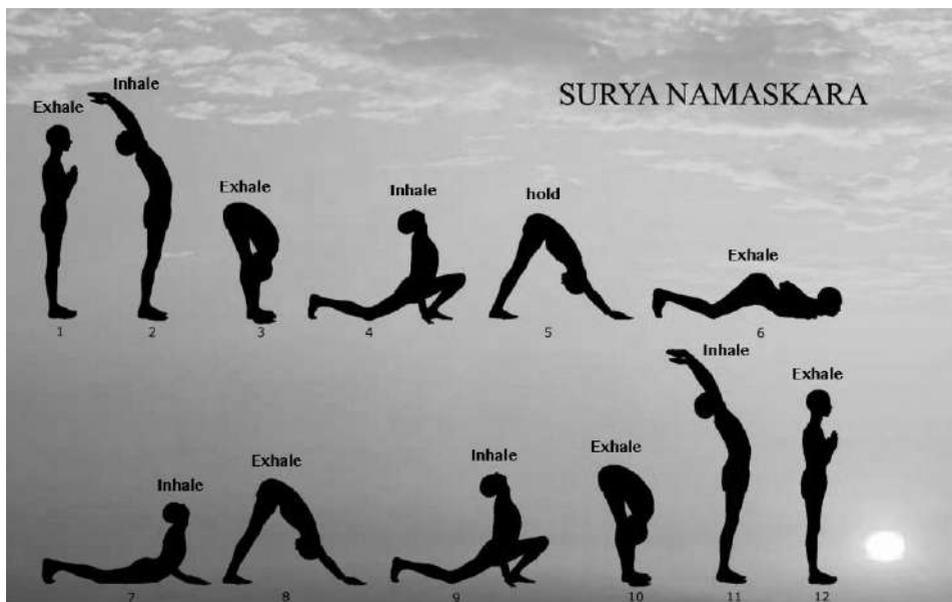
SUN SALUTATIONS Breath/Body Synchronization - Harmonising

Also known as Suryanamaskara, Sun salutations are a sequence of postures that use breath-body synchronization to create a complete workout. Helps to develop the strength, grace and flexibility indispensable to general health and fitness. It can be performed with variations and modifications to suit any level of ability from beginners to advanced.

Benefits

- Tones up the digestive system
- Massages the inner organs, stomach, liver, and spleen.
- Activates digestion and aids in reducing constipation.
- Steps up cardiac activity and blood flow.
- Tones up the nervous system.
- Lungs are ventilated & the blood oxygenated, creating a detoxifying effect.

There are different versions of surya namaskara depending on the yoga style. The featured sequence is the traditional hatha yoga style of practice.



Yoga is very scientific. It's proven that whatever we feel emotionally, energetically and mentally conditions our body position and vice versa. Understanding yogic theory allows us to make use of posture practice according to our own therapeutic needs.

Each postural dynamic carries with it a unique psychophysical signature. Hence, each posture has a particular therapeutic value determined by which energy centre (chakra) is affected.

There are 7 energy centres rooted along the length of the spine, from the bottom to top. Each centre represents a level of consciousness and governs different aspects of our Being. The chart on the next page details the characteristics of each centre.

A particular body position will stimulate and activate a particular energy centre. In traditional hatha yoga postures are purposefully selected and sequenced to produce specific transformations.



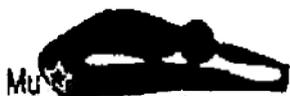
Table top pose helps relieve headaches & shoulder tension

Sanskrit Common Name	Location	No of Petals	Physical Governing	Corresponds with	Sense	Mantra	Element	Colour	Seat of
Muladhara Root Chakra	Base of spine	4	Organs of excretion	Gravity	Smell	Lam	Earth	Red	Primal life force, Kundalini Shakti Survival instincts
Svadhishthana Sacral Chakra	At the root of the sex	6	Reproductive organs	Moon Magnetic forces	Taste	Yam	Water	Orange	Creativity, Emotions Instincts Sexual energy
Manipura Navel Chakra	Navel	10	Abdominal organs	Sun Electric power	Sight	Ram	Fire	Yellow	Ego Willpower Ambition Dynamism
Anahata Heart Chakra	Middle of chest	12	Thymus	Subtle energies of the Galaxy	Touch	Yam	Air	Green	Unconditional Love Selflessness Gratitude
Vishuddha Throat Chakra	Above the pit of the Throat	16	Thyroid	Basic energies of the universe	Hearing	Ham	Ether	Blue	Creative expression Communication Spiritual Intuition Purity
Ajna 3rd eye Chakra	Middle of the forehead	96 (2)	Pituitary gland	Higher mind	Sixth sense	Aum	Mind	Indigo	Superior mind Mental powers Deep Insight
Sahasrara Crown Chakra	Top/crown of the head	976	Pineal gland	The absolute Real wisdom	Beyond sensory	-	Spirit	Ultra violet	Bliss Enlightenment

POSTURES - Asana



Standing Forward Fold (Uttanasana)
Grounding, Revitalising, calming
Relieves indigestion, constipation, sciatica, fatigue



Seated Forward Fold (Paschimottasana)
Grounding, Replenishes Energy, Calms the mind,
Internalising, dissipates anxiety
Relieves back ache, sciatica, digestive issues



Bound angle pose (Baddhakonasana)
Revitalising, Centering & calming
Positive effects on prostate, bladder & kidneys
Good for female & male sexual health,
Removes joint stiffness



Side Triangle Pose (Trikonasana)
Increases courage, self confidence, will power,
inner balance & harmony
Relieves back ache, neck pain & sciatica, reduces
stiffness in legs and hips



Cat pose (Marjaryasana)
Increases vitality and inner strength.
Relieves back stiffness/aching.
Relieves menstrual cramps & irregularities



Wind removing pose (Pavana muktasana)

Creates feeling of relaxation & wellbeing
Relieves all gastro-intestinal issues, Increases blood circulation, Eases lumbar and pelvic pains



Cobra pose (Bhujangasana)

Uplifting, heart opener, deeply calming
Strengthens back muscles and increases flexibility



Childs pose with arm variation (Balasana)

Calms & relaxes the mind, eliminates anger
Enhances concentration and introspection
Cures gout, Removes rheumatic knee pain, Aids digestion. Corrects spinal defects



Eagle pose (Garudasana)

Increases boldness & intelligence,
Strengthens mental capacities
Healing effects for aching joints , arthritis & rheumatism, Strengthens weak joints,
Combats fatigue



Seated twist with one leg bent (Marichyasana)

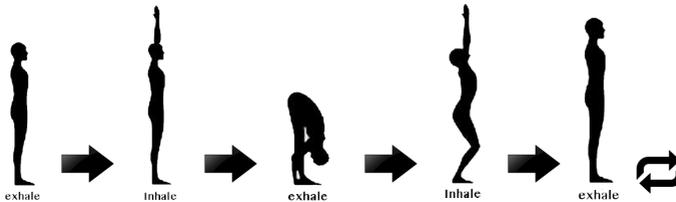
Evokes states of deep contemplation. Generates blissful & elevated mood
Tones & rejuvenates spine. Cures spine defects
Supports health & function of Abdominal Organs
Beneficial effects on thyroid & adrenals

DAILY PRACTICE

Its not easy finding 'me time' but see if you can take the time to tune in on a daily basis with these 2 mini sessions that you can practice mornings and evenings.

MORNING SESSION – wake up start to the day (15 MINS)

1. STILLNESS – Breath awareness or music meditation (4mins)
2. FULL YOGIC BREATH + UJJAYI - breath fully and deeply with soft sound (2mins)
3. BREATH OF FIRE + UDDIYANA (abdominal lock) Repeat 30 Secs breath of fire, 1 x Uddiyana (3mins)
4. MOVEMENT- breath/body synchronisation with music (5mins)



5. REFLECTION - stand in stillness, reflect on how you feel & mentally prepare yourself for the day. (1 min)

EVENING SESSION- unwind to bedtime (15mins)

1. REFLECTION - stand in stillness, reflect on how you feel and make a mental note of the successes of the day. Take a few deep breaths
2. MOVEMENT – breath/body synchronisation with music(5mins)
3. ALTERNATE NOSTRIL BREATHING - In through left, out through right, Then in through right and out through left. (4mins)
4. STILLNESS – Breath awareness or music meditation (5mins)

ANYTIME - YOGA NIDRA - relax, rejuvenate and replenish

Don't forget to enjoy yoga nidra practices especially after a long flight or if you are suffering from exhaustion 😊

☺ A little bit of practice makes all the difference ☺



www.tribe-yoga.com

Youtube: Tribe International Yoga School

Facebook: facebook.com/yogateachertraining.yogareatreats

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BLESSINGS & LOVE