



Mindfulness + Yoga Intro to Mindfulness

Part 1 Intro

Your body is a temple.

Be a student of your body.

Try some elimination guidelines.

Find your 80-10-10 balance to be your best!

Feel your best and live your best!

- Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which can be developed through the practice of meditation and other training.
- The term "mindfulness" is a translation of the Pali term *sati*, which is a significant element of Buddhist traditions.
- In Buddhist teachings, mindfulness is utilized to develop self-knowledge and wisdom that gradually lead to what is described as enlightenment or the complete freedom from suffering.
- Studies have shown that worry and rumination, the focused attention on the symptoms of one's distress, contribute to mental illnesses such as depression and anxiety



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- mindfulness-based interventions are effective in the reduction of both rumination and worry.
- **What is Mindfulness?**
 - Mindfulness is a state of active, open attention on the present.
 - When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad.
 - Instead of letting your life pass you by, mindfulness means living in the moment
 - It is awakening to this NOW moment, rather than dwelling on the past or anticipating the future.

How does yoga philosophy apply to mindful eating?

- examining our nutritional choices through a lens of mindfulness
- become more aware and empowered
- when there's balance in all areas of our life we are nurturing our whole beings—physically, emotionally, and spiritually



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- when we're eating whole plant-based foods, getting enough physical activity, and managing our stress we are nourishing our deepest selves.
- One of the cornerstones of the yogic nutrition is mindful eating
- slow down, paying attention to what's happening.
- focus on the sensations occurring while we eat.
- Ask yourself, examine our cravings:
 - Am I a fast eater
 - do I savor every bite?
 - Do I zone out and eat in front of the TV or
 - do I eat in the car?"
 - what guides our choices?
- Mindful eating is a type of meditation.
 - Bringing our awareness to the present moment
 - reminding ourselves to slow down
 - being present
 - eating with all of our senses
- How we eat is as important as what we eat.
- Mindful eating is an excellent tool for those who struggle with overeating.
- By building awareness, we are able to shift our internal environment
- we often discover how our emotions affect our food choices



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- The standard American diet (SAD) is toxic, full of processed foods, and sugar-laden
- we have to be conscious to be healthy.
- The repercussions of mindless eating are more than just physical; they affect all aspects of our being.
- Mindful eating, like yoga, is a practice of compassion and self-observation.
 - What's our desire for sugar all about, for example?
 - Is this a reflection of a deeper need?
- Digestion plays an important part in the mindful-eating process.
 - When we're stressed, our digestion gets out of sync
 - stress can promote weight gain
 - many people turn to food when they're stressed
 - the choices made are often not healthy
- Yoga can help
 - the physical asana (posture) practice can combat stress, alleviating digestive ailments.
 - yoga tones of the musculature of the digestive system
 - detoxifying twists and core strengthening
- the power of mindful eating helps us to tap in and listen to our body



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- how we fuel our body in the present moment is so important
 - the foods we consume
 - the intention with which we approach their consumption.

“Take time to eat, to be mindful and to pay attention. Be fully aware of the experience of the tastes, textures and colors that you’re having on your plate.” ~Annie B. Kay, Kripalu’s Lead

Sources:

Wikipedia

<https://kripalu.org/resources/yoga-nutrition>