Resolutions Suck: Simple Habits Win!

Module 4: Our Final Class 5/25/22

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Centering helps us to be present and each present moment is our most precious possession.
Breathing to de-stress: “square breathing.” ■ □

(Breath in & out through your nose, if possible)

Breathe in 4 counts, out 4 counts, in 4 counts, out 4 counts. (You may begin with a different count more comfortable for you)

*Here's something you can do to de-stress yourself instantly, after you install the basic 4 count breathing without breath holding.

Breathe in for four seconds. Hold it for four seconds. Breathe out for four seconds. Hold it. Repeat.
This technique has been proven to reduce cortisol (stress hormones!!) and even Navy SEALs use it to focus. So there's some REAL DEAL SEAL strength for you ;-)
Make it easy

- Fewer steps
- Accessible
- Immediate
- Simple
- Visible
What’s Working? 😊

What’s NOT Working? 😞
“Excellence is not an act but a habit.” Aristotle

• Mastery requires patience
• “If you find yourself struggling to build a good habit or break a bad one, it is not because you have lost your ability to improve. It is often because you have not yet crossed the Plateau of Latent Potential.

• Complaining about not achieving success despite working hard is like complaining about an ice cube not melting when you heated it from twenty-five to thirty-one degrees. Your work was not wasted; it is just being stored. All the action happens at thirty-two degrees. When you finally break through the Plateau of Latent Potential, people will call it an overnight success. James Clear
## Daily Healthy habits to cultivate for increasing your healthspan

<table>
<thead>
<tr>
<th>Learn</th>
<th>Learn how you currently sit, stand, &amp; move (Become &amp; stay aware)</th>
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<tbody>
<tr>
<td>Have</td>
<td>Have good alignment in weight bearing &amp; when exercising</td>
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<tr>
<td>Learn</td>
<td>Learn to self monitor and move better</td>
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<tr>
<td>Learn &amp; do</td>
<td>Learn &amp; do low intensity vibration</td>
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<tr>
<td>Talk</td>
<td>Talk to your Dr. about supplemental vitamins D, K, Calcium, Magnesium, Strontium</td>
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<tr>
<td>Be</td>
<td>Be aware of your “Fall Risk!” &amp; safely Integrate balance fun throughout day</td>
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FYH (for your health) develop habits that include:

• 1. Fall prevention
• 2. Safe movement
• 3. Slowing the rate of bone and muscle loss: (bone mineral density) and preventing the downward spiral of structural aging

Whether exercise can maintain or increase BMD in individuals with osteoporosis or vertebral fractures has yet to be conclusively established.
GOOD habit practices for Brain and body 😊

BREATHING
* Acts as your barometer
* Can be an anchor for meditation
* Is useful and can be tailored to specific needs or conditions
* Calms the nervous system
* Always accessible

MOVEMENT
* Is what we are designed for! Plus, it’s FUN!
* Stimulates growth
* Necessary for the lymphatic system to function
* Improves blood flow
* Works to maintain/improve proprioception & the vestibular system
* Relieves stress
* Mood management

MEDITATION
* Turns off your conscious mind
* Can be done seated, standing, walking, lying down
* Allows you to focus on positive thoughts
* Let’s your subconscious mind play with ideas or images

All 3 practices can lower blood pressure, can improve most conditions, can be tailored to individual needs & preferences with the help of a trained professional.
Quotes to consider:

*Meditation [or any yoga practice] isn’t something you “should” do. It’s a choice and like every choice it depends on the clarity of your consciousness. Getting tangled up in the internal debate over whether you “should” or “shouldn’t” muddies, rather than clarifies, consciousness.* – Eric Klein, *Wisdom Heart*

Dr. Ganesh Mohan “Lifelong positive change is one of the greatest possibilities that we have as humans. It is the most rewarding pursuit of our lives. To make the changes that will benefit us the most, we need:

1. **Right knowledge:** What will work, how to apply it, when to do it, how much and so on.

2. **Mindful self-observation:** When we let ourselves fall back into our old patterns, they prevent us from creating the new self we wish for. Watching over ourselves is vital to ensure that we reinforce the right actions and shift away from the problematic ones.

3. **Conscious, persistent effort:** There will always be barriers or lapses. That does not matter. We deliberately continue to make a steady and intelligent effort to change.”
YOUR Graduation gift & the grand prize winner!!!

• You are all WINNERS 😊 And you will each receive an Olli discount of $100 on either course listed below.

• Registration link: https://momence.com/video/courses/4615

• discount code: SAVE100 Please take advantage of this opportunity to cultivate healthy habits and make them stick~

• our Grand Prize WINNER: ______________, receives a complete paid scholarship to their choice of one Vibrant Aging for Life online course!!! (Value=$200 or more)

• Building Better Balance [Excellent if you’ve fallen, fear falling, or wish to maintain a vibrant, independent lifestyle by preventing falls]

• Living WELL with Uncertainty [Strategies for breathing, energy flow, and building resiliency]
Additional facts about Olli students @TYG

- You will be assisted, respected, welcomed, appreciated, and listened to
- You will have a compassionate, experienced, and knowledgeable teacher whose purpose is to help people to live their best life for the rest of their life
- You will move at a pace that suits YOU
- Every practice is designed to be of benefit to you, but creating a ‘do-able’ home practice is highly recommended
- Group classes are small (4-5 people in studio)
- The Yoga Groove is clean, safe, fully equipped, and accessible to wheelchairs
- Parking is free and readily available
- Olli student prices are significantly discounted (both group & private)
- Zoom or attend in person
Thank you so much for attending!

Q & A
Time permitting, a guided meditation or breathing practice. Your choice, or visit www.vibrantaging.life for “TLC for the Nervous System” (audio or video) Click the “Meditation” tab.

www.theyogagroove.com Find the drop down and scroll down to “meditation.” (Audio only)