

Uncover and Manifest Your True Self

Week 5: Develop a Healthy Lifestyle



Blue Stars

Canada

Series Outline

- ▶ Week 1 (Feb. 1): Know Yourself Beyond the Body
- ▶ Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- ▶ Week 3 (Feb. 15): The Transformational Power of Love
- ▶ Week 4 (Feb. 22): Beyond aging - Revitalization, Restoration and Healing
- ▶ **Week 5 (Mar. 1): Develop a Healthy Lifestyle**
- ▶ Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey
- ▶ Week 7 (Mar. 15): Learn to Live Harmoniously with All of Life

Outline

- ▶ What is health? What is fitness? What is wellness? What is disease?
- ▶ What is a healthy lifestyle?
- ▶ Exercises for a optimal wellbeing
- ▶ Meditation
- ▶ Wrap-up and Discussion Questions
- ▶ Next week...

What is health?

- ▶ *World Health Organization: State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity*
- ▶ **Our definition:** it is optimal integration of the total being; mental, emotional, physical, spiritual and the environment

Fitness vs. Health

Fitness

- ✓ **Cardiorespiratory endurance**
- ✓ **Muscular endurance**
- ✓ **Muscular strength**
- ✓ **Muscular power**
- ✓ **Flexibility**
- ✓ **Balance**
- ✓ **Speed**
- ✓ **Body composition**

Health

- ✓ **Physical (high quality of life)**
- ✓ **Social health (healthy relationships)**
- ✓ **Environmental health (management of surroundings)**
- ✓ **Emotional health (emotional intelligence)**
- ✓ **Spiritual health (connection to higher self)**
- ✓ **Mental health (management of stress)**

Wellness vs. Disease

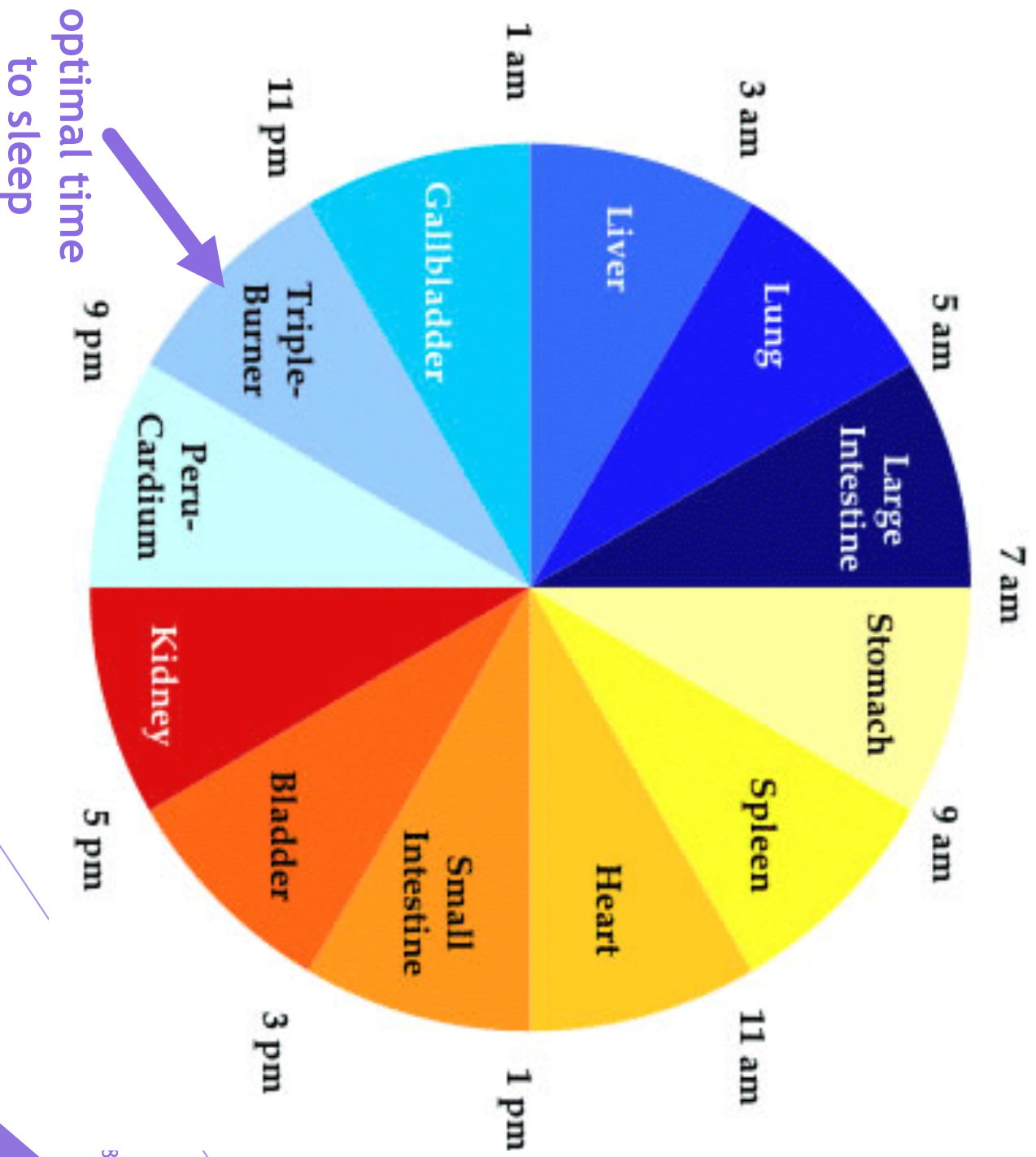
- ▶ **Webster defines Disease:** as a disorder of structure or function in a human, that produces specific symptoms or that affects part of the body **Illness:** an unhealthy condition of body or mind
- ▶ **Our definition:** disease is an imbalance in the body, or energy block
- ▶ **Wellness is not the opposite of disease**
- ▶ **Webster defines Wellness** as an active process of becoming aware of and making choices toward a healthy and fulfilling life. It is a dynamic process of change and growth to achieve our optimal health at every age

What is a healthy lifestyle?

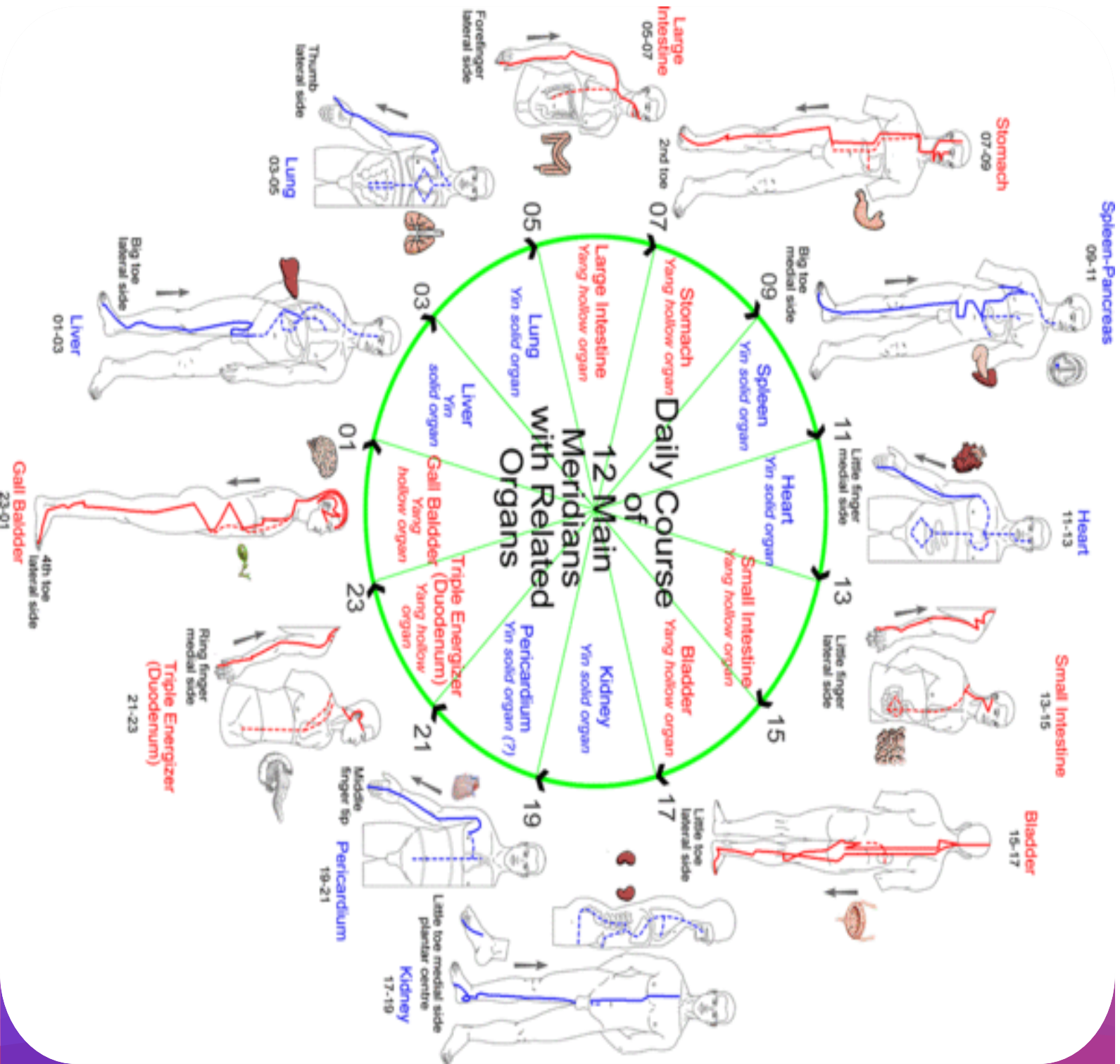
▶ Balance

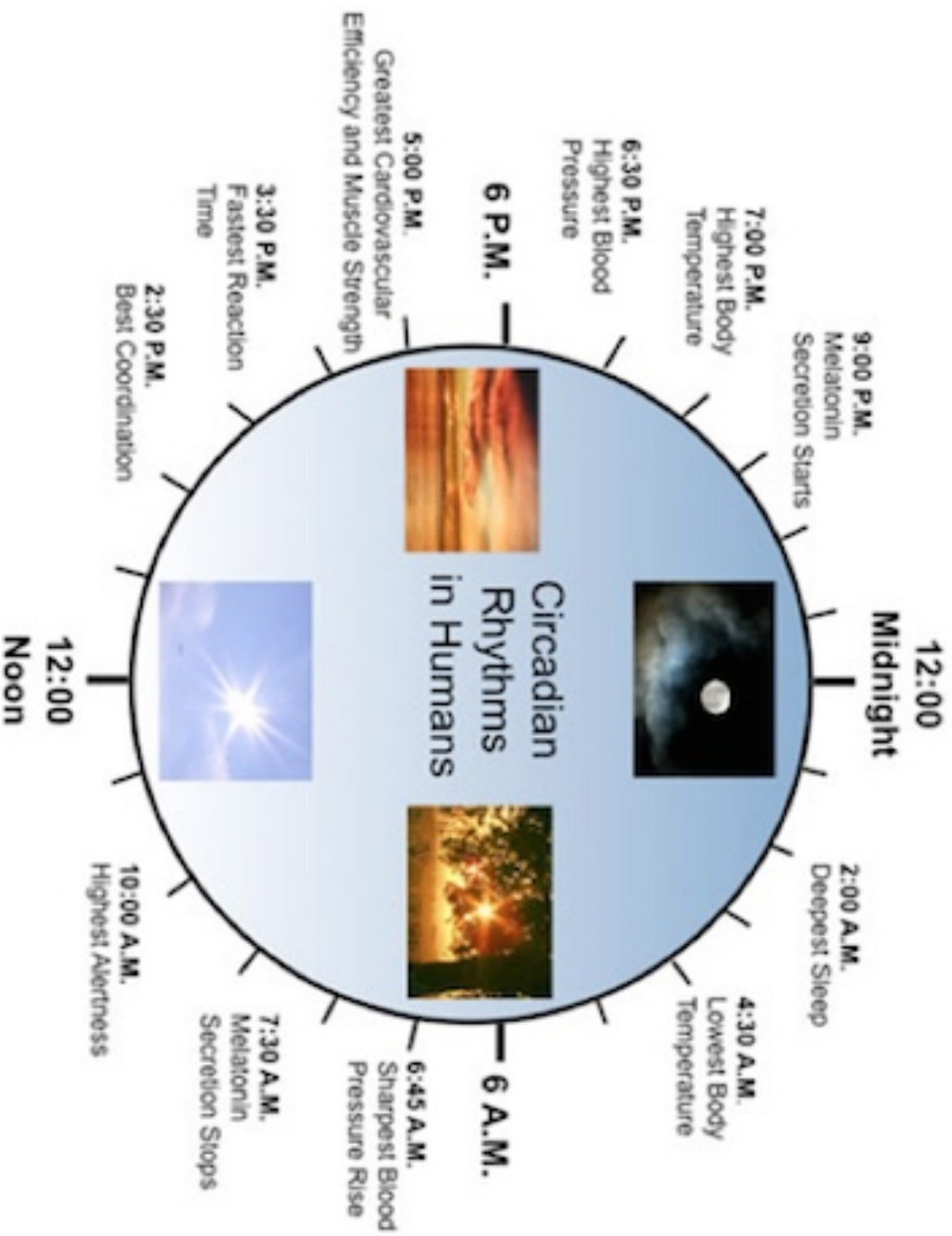
- ▶ Mental, Emotional, Physical
- ▶ Moderation in the human experience
 - ▶ Optimal Rest
 - ▶ Sufficient exercise
 - ▶ Diet management
 - ▶ Stress Management

Bio rhythm



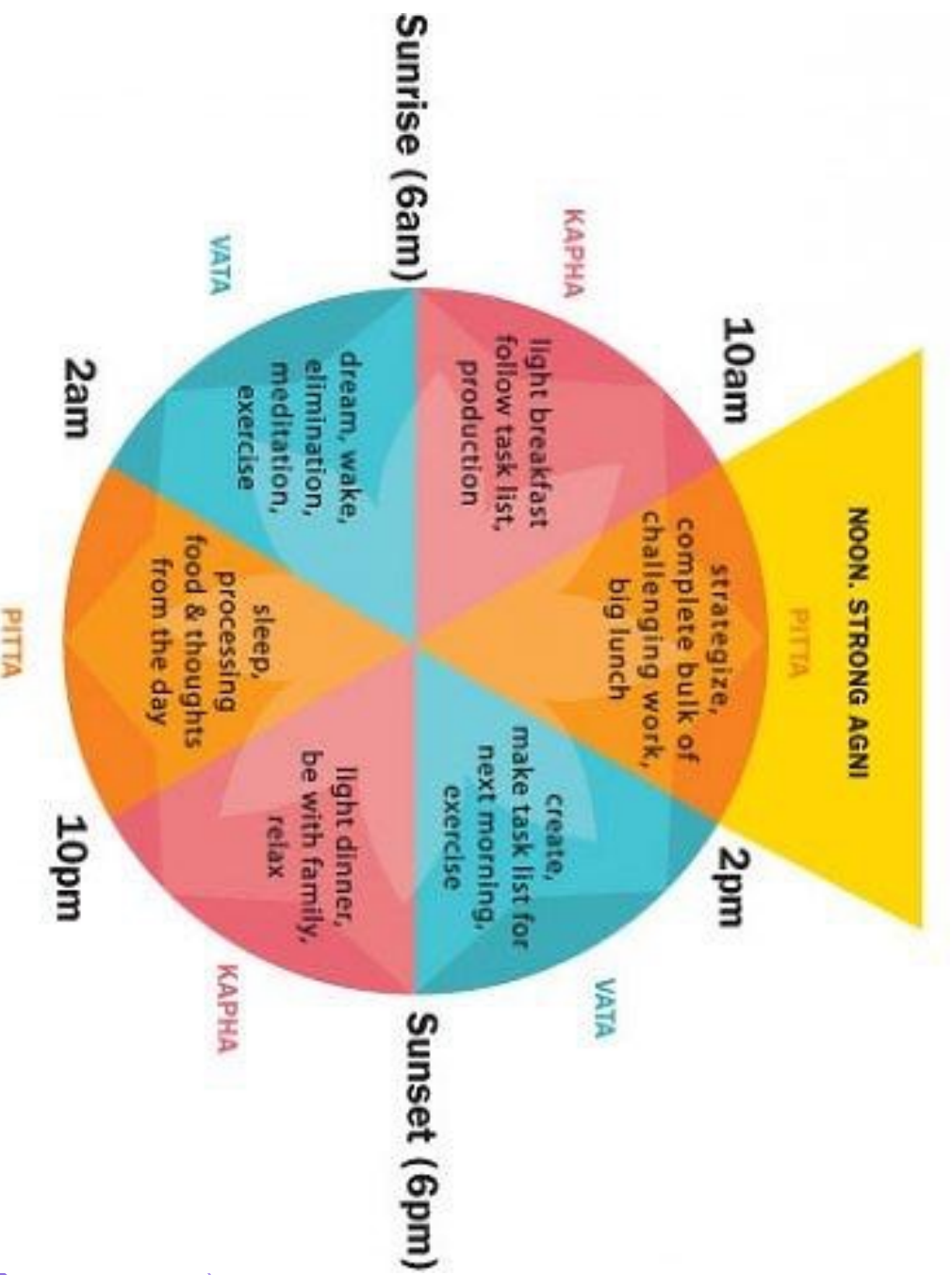
The Microcosmic Orbit controls the flow of energy through the meridians





Dinacharya

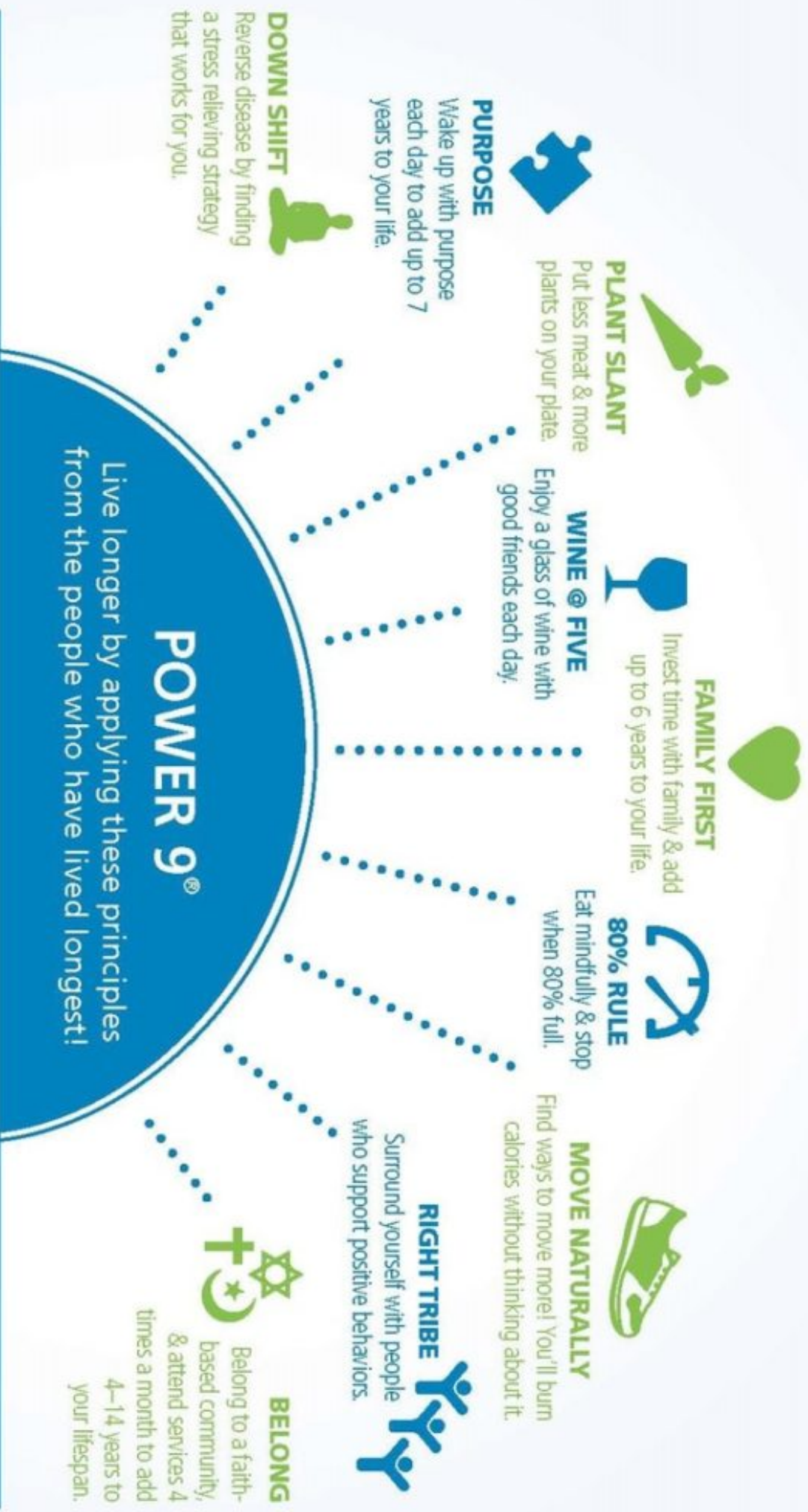
- Tuning into nature's master cycle regulates the rhythms of our body



How do we develop a healthy lifestyle?

- ▶ Breathing properly
- ▶ Be in harmony with nature
- ▶ Exercise
- ▶ Rest
- ▶ Proper Nutrition (Foods for Health) & Elimination
- ▶ Meditation

Blue Zones- where people live 100+



Exercises for optimal wellbeing

- ▶ Gentle Bhastrika
- ▶ Tapping (Thump Thymus)
- ▶ Stomach exercise
- ▶ Qi Gong (8 brocades)
- ▶ Sun Salutation (with chair)

Bhastrika

How Bhastrika Pranayam increases Blood Flow

Rapid inhalation of breath



Contraction of chest



Blood flow increases upwards

Rapid exhalation of breath

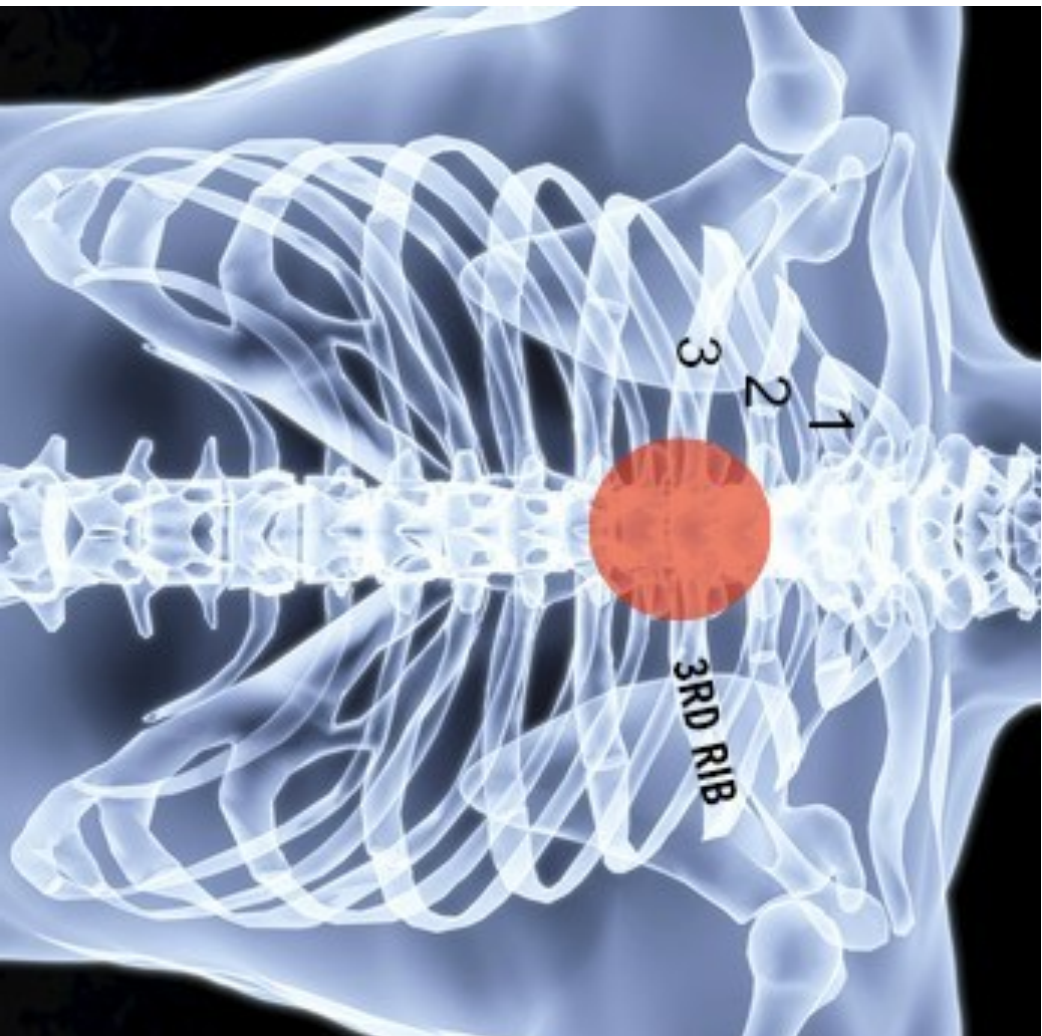


Expansion of chest

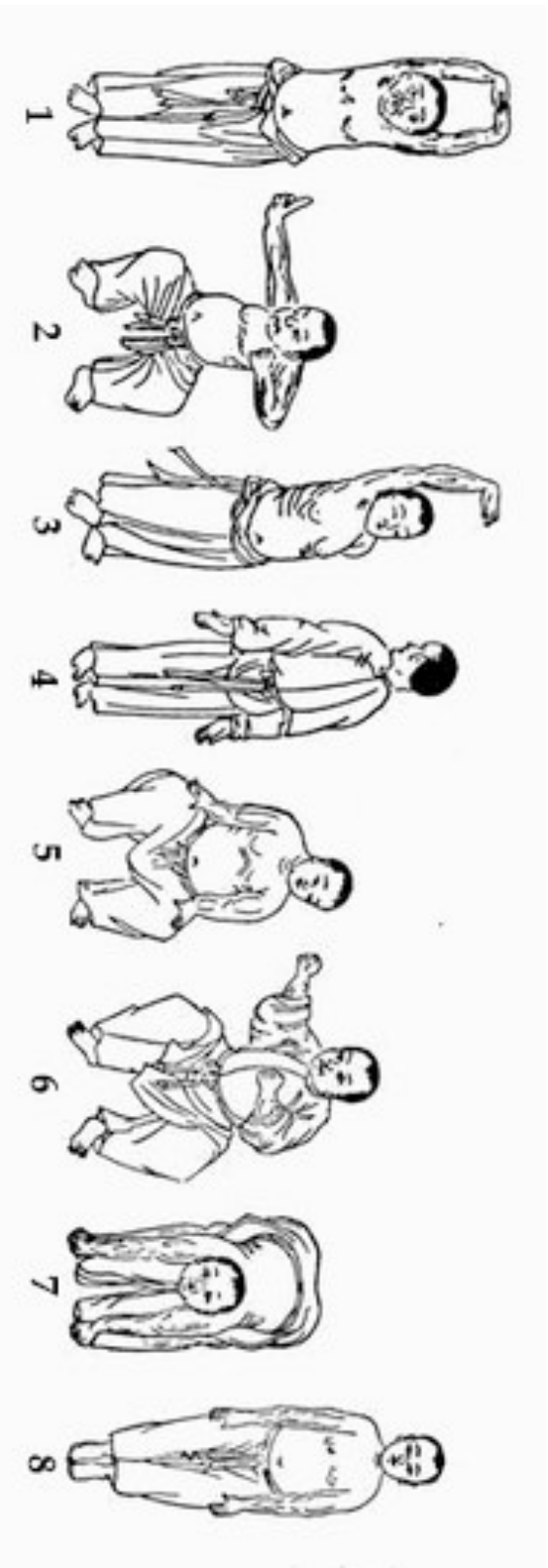


Blood flow goes downwards

Thump your Thymus



8 Broccades



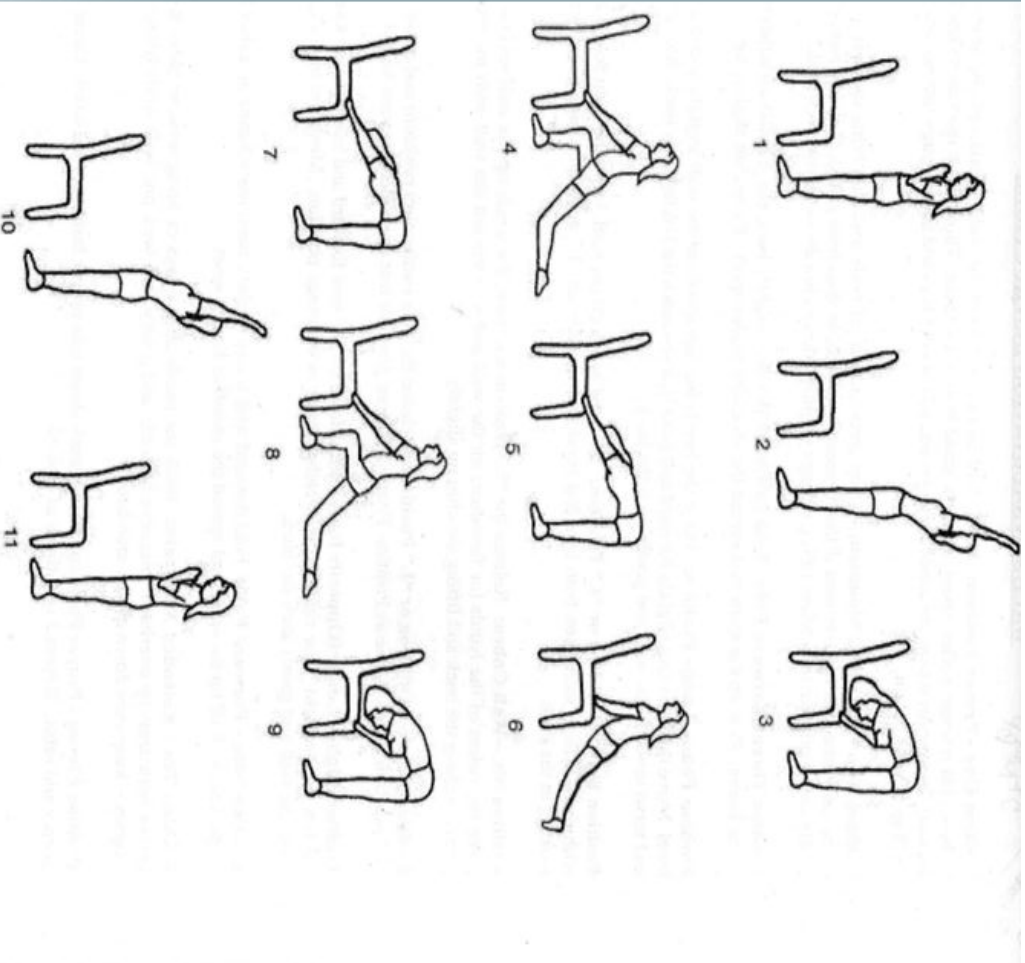
1. **Palm raises to heaven:** Supports triple burner to regulate passage of water nutrients and fluid
2. **Drawing the bow:** Lung and muscle stretch
3. **Separating heaven and earth:** Refresh spleen and stomach
4. **Wise owl gazes backwards:** Enrich blood
5. **Shake head & swing tail:** Strengthen muscles of the body
6. **Punching with angry eyes:** Expel heart fire, for balance
7. **Press earth & touch the sky:** Reinforce kidneys
8. **Lifting up heels:** For bodily resilience

Sun Salutation

Standing Chair Sun Salutation

1. Stand W/ Hands Together
1. Overhead Arms Slight Backbend
2. Forward Bend
2. Head Toward Chair
3. Right Leg Lunge
4. Step to Flat Back
5. Slight Arch Extended Plank
6. Step to Flat Back
7. Left Leg Lunge
8. Forward Bend Head Toward Chair
9. Overhead Arms Slight Backbend
10. Stand W/ Hands Together

Modify for Comfort and Safety



Meditation Practice

40 Days 2018

Week of Balance

Day 29

19 minutes

Reflection Questions

- ▶ Please share one thing you practice daily to develop and/or maintain a healthy lifestyle
- ▶ What is one thing I learned that I plan to incorporate into my lifestyle?

Next Week...

- ▶ Conscious Co-Creation: Finding Joy on the Journey

