

## **MY 5 GOALS FOR TEACHING MIND HEALTH YOGA <sup>SM</sup>**

### **1. To teach you how to connect your breath with movement.**

By knowing how to move and breathe properly, you will find inner peace and the ability to heal. When we take in precious oxygen it "cleanses" the blood circulating through our bodies. The act of breathing helps us overcome the stress of doing and thinking too much. Inhale a deep breath, letting your belly expand first, and then allow your chest to rise. To exhale, let your belly and then your chest very slowly collapse. This is the formula for strength and better health.

### **2. To teach you how to use your breath to claim your inner strength.**

While you are in my class, the most important thing you can do is breathe. Without breath there is no life. With the right breath there is more life. I can teach you how your breath is the secret to a powerful source of energy in your body that you never knew was possible.

### **3. To offer you skills to help you on your rocky path to find peace of mind.**

In a psychiatric hospital, where people are locked in place, seeming to go nowhere, yoga can be a way of allowing them to be *somewhere* in a motionless environment. By controlling breathing you can find acceptance and peace. This is easy to say. It does not happen overnight. It is a process of befriending yourself as you feel yourself moving and stretching in one place

### **4. To bring you from skepticism to faith in your ability to direct the course of your life.**

Yoga is one way of uniting the bad with the good and learning how to be in a neutral place when life keeps you on both sides, fighting all of the time. You must finally stop and feel. It might be uncomfortable at first, but if you can allow your body to stay in one position of stress, you can exhale and relax. This will give you the ability to ground yourself while you choose the direction of your life.

### **5. To teach you that yoga can become a liberating force in your life.**

By breathing in place you allow yourself to overcome the temptation to move and continually operate at a destructive pace. By moving your body in one spot you demonstrate that you have power in an environment of powerlessness. This power is your breath. Something simple, but a brave force that can determine your destiny.

**Most of all my Goal is for You to  
Feel Happy when you are in my Class!**

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