

Meditation 101:

Techniques & Tools with
The Yoga Sanctuary

Presented by Jennifer French



www.TheYogaSanctuary.biz



WHO WE ARE

The Yoga Sanctuary:

We are a full service yoga studio. Our mission is to share our passion of yoga with the community by providing a warm, safe environment to develop the tools needed to incorporate yoga into everyday life. We offer the benefits of yoga to people of all ages and experience levels. At our studio, you'll find a full range of yoga classes, empowering year-round workshops, individualized programs and yoga supplies all designed to support a yogic lifestyle.

Jennifer French:

Owner / director of The Yoga Sanctuary. E-RYT 500
Practicing yoga and meditation since the late '90s.
Teaching yoga and meditation since 2006.
Teaching teachers since 2010.

WHAT IS MEDITATION?

Meditation can be seen as an umbrella term for a variety of practices and techniques developed over thousands of years, originating from many cultures, traditions, and religions.

Simply put, meditation is a practice that trains our attention and awareness, helping us fully experience the present moment.

More importantly, we should consider its purpose—to cultivate a deeper connection within.

“ —
In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you.

~ Swami Rama, founder of the Himalayan Institute

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BENEFITS OF MEDITATION

- reduces stress
- improves concentration and lengthens attention span
- helps reduce the symptoms of anxiety
- helps improve the symptoms of depression
- promotes emotional wellbeing
- enhances self-awareness
- may help reduce age-related memory loss
- shown to help improve sleep
- helps control pain
- can decrease blood pressure

A NOTE ABOUT YOGA & MEDITATION...

Classically, yoga cannot be practiced without meditation. However, meditation *can* be practiced without yoga!

Hatha Yoga includes four aspects: yoga postures, breath work, *meditation*, and relaxation.

Meditation is the practice of training our attention and awareness. In the yoga tradition there are stages of this training that include:

- working with the breath
- quieting the senses
- developing concentration
- developing a steady flow of that concentration
- becoming absorbed in that which we are concentrating on (union)



TWO MAIN APPROACHES TO MEDITATION

Focused Awareness

Shamatha

Also called *Focused Attention*.
The mind is trained to focus on a single object such as the breath, a mantra, an image, or some other kind of external object.

Open Awareness

Vipassana

Also called *Open Monitoring*.
Instead of any one object, we monitor all aspects of our experience, without judgement.

A SIMPLE PRACTICE

There are countless techniques and tools used in developing and maintaining a meditation practice. The best idea is to keep it simple:

- Find a comfortable seat
- Systematically relax your body
- Establish a healthy breathing pattern
- Let your breath hold your attention

OTHER EASY TECHNIQUES

- Count your breath
- Mindfulness--pay attention, in a particular way, on purpose, and without judgement.
 - notice sensations, watch thoughts come and go...
- Guided meditations



A NOTE ON SITTING

The most important thing to remember is to be comfortable.



Let's try it... again!!



What next?

- Join us for our COMPLIMENTARY Monday Morning Meditation classes online at 7:30am
- Join us for a class at The Yoga Sanctuary--in studio or online. Register for a free class using the promo code: **LIBRARY**
- Sign up to receive a digital copy of this slide show. Email sign up list available.
- Go to www.TheYogaSanctuary.biz and check out all of our resources on our blog!

Helpful Links:

- Class Schedule: <https://www.theyogasanctuary.biz/the-yoga-sanctuary-class-schedule/>
- Blog: <https://www.theyogasanctuary.biz/all-about-yoga/>
- Facebook: <https://www.facebook.com/yogasanctuary>
- Youtube: <https://www.youtube.com/@theyogasanctuaryfl>
- Instagram: <https://www.instagram.com/yogasanctuarypg/>

OTHER RESOURCES

Books

- Moving Inward: The Journey to Medation by Rolf Sovik
- A Path with Heart by Jack Kornfield
- Zen Mind, Beginners Mind by Shunryu Suzuki

Apps

- Breathe
- Headspace
- Calm
- Insight Time

Websites

- www.TheYogaSanctuary.biz
- www.HimalayanInstitute.org
- www.Mindful.org



Thank you!



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