

Yoga & Mindfulness for Everyday

Presented by Jennifer French,
Owner & Director of



The Yoga Sanctuary



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 Yoga?

Yoga is a holistic practice that supports balance and well-being in both body and mind. It includes physical postures, breathing practices, and moments of stillness that help build strength, flexibility, and stability while encouraging greater ease and awareness. Rooted in ancient tradition, yoga offers practical tools for cultivating steadiness, clarity, and a sense of connection in daily life.



Forms of Yoga



There are several main forms of yoga, some focusing more on physical movement than others.

- **Karma yoga** is the yoga of action and service
- **Bhakti yoga** centers on devotion and the heart
- **Jnana yoga** emphasizes self-inquiry and wisdom
- **Raja yoga** focuses on meditation and training the mind

These paths show that yoga can be practiced in many ways, not only through physical postures.

HATHA YOGA

When many people think of yoga today, they are usually thinking of **Hatha yoga**. Hatha yoga emphasizes the physical practices of yoga, and includes four aspects:

- yoga postures
- breath work
- meditation
- relaxation

The postures of Hatha Yoga are used to build strength, flexibility, and balance, while also preparing the body and mind for stillness and meditation.



What is Mindfulness?

Mindfulness is the practice of paying attention to the present moment as it is. It involves noticing sensations in the body, the rhythm of the breath, and the activity of the mind with openness and without judgment. Rather than trying to change the experience, mindfulness invites us to meet what is here with awareness, curiosity, and care.

“ —
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment without judgement.

~ Jon Kabat-Zin, founder of Mindfulness Based Stress Reduction

— ”



Four Foundations of Mindfulness



1. Mindfulness of Body: full awareness of being in your body--posture, breath, weight, clothing, etc.
2. Mindfulness of Feeling: full awareness of what you are feeling--pleasant, unpleasant, and neutral
3. Mindfulness of Mind: full awareness of thoughts and emotions as they arise, linger, and pass away
4. Mindfulness of Mental Objects: this refers to the totality of our experience in any given moment

Remember: The point is to observe it all of this with an open and curious mind. *Pay attention, on purpose, in the present moment, and non-judgementally.*

Mindfulness vs Meditation

Mindfulness

Mindfulness refers to intentional, present-moment awareness, approached with qualities such as curiosity, gentleness, and non-judgment. It's an *attitude* of awareness that can be cultivated in many ways, both within and beyond formal meditation.

Meditation

Meditation is a practice or method—a structured way of training the mind. There are many meditation styles: breath awareness, mantra, loving-kindness, visualization, body scan, inquiry, and more.

Benefits of Both Yoga & Mindfulness

Yoga

- Builds strength, flexibility, and balance
- Supports healthy posture and joint mobility
- Encourages relaxation and stress relief
- Improves breath awareness and breathing capacity
- Helps develop steadiness and ease in the body
- Offers tools that support daily life, not just time on the mat

Mindfulness

- Helps calm the nervous system
- Improves focus and attention
- Encourages awareness of thoughts, emotions, and sensations
- Supports stress management and emotional balance
- Cultivates greater presence and clarity
- Can be practiced anywhere, anytime



Let's try it!!



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/>

Thank you!

for joining us for
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