



Be your own Hero

# USING YOGA LIFESTYLE TO TAME YOUR SABRE TOOTHED TIGER



Our 21st century lifestyle is wired for stress and yet we have failed, unlike all other technological advances to be any different physiologically and psychologically than our cave dwelling ancestors.

## The problem

Research suggests that 1 in 6 people suffer stress that impacts their life, health and wellbeing. Stress is a sensory overload that reduces the body's coping mechanisms. Millions of days of work are lost due to stress and stress has a huge impact on the economy, relationships and overall quality of life.

## The solution

Giving people the tools to help support their own stress.

I deliver workshops using a combination of yoga, breathwork, meditation & nutrition and educate people about the importance of nutrition and the Ayurveda lifestyle and how they may incorporate these tools to positively impact their bodies in order to manage stress.

## Key Messages

Teaching breathwork, meditation and yoga Asana and incorporating it with an understanding of the amazing machine called the human body using Ayurveda and functional nutrition tools which together can empower everyone to manage the stresses in life. The stress may not go away but having the knowledge and tools to face the stress can be very effective in its management.

Yoga is **NOT** just making shapes or breathing or meditating. It is a lifestyle where an individual incorporates all the arms of yoga and in turn these can help them manage stress and tame their tiger! One of the arms of yoga – Ahimsa, means do no harm. This is interpreted as not only doing no harm to others but to oneself, treating the body with respect, giving it good nutrition, allowing it to sleep and to breath well and to maintain flexibility and tone.

## Yoga can provide a support to the stress response in the following ways:-

**1) Pranayama** - breathwork- there are many different types of yogic breathing but they all have a beneficial effect on slowing down the parasympathetic nervous system. Which in turn impacts the hormones from the stress response.

**2) Asana** - these are the shapes we make when we practise yoga. Many reflect the movement of animals who live in harmony with their own bodies and the environment. By focusing on muscle alignment and breath, yoga Asana may help an individual become stronger in mind and body and manage their stress in a more meaningful way.

**3) Meditation** - Living for the moment, focusing on only one thing, removal of stimuli, the practise of Asana incorporates the mind and the body connection. Mindfully eating the food for our bodies rather than sitting in front of a screen and eating constantly on the go can & does have a huge positive impact on digestion, absorption and elimination.

**4) Ayurveda Lifestyle** - Living to the solar rhythm - Brahma Muhurta - getting up as dawn breaks, making time to focus on your most important machine. Chanting - for improved vagal tone, as well as helping reduce the stress response. Stretching & moving and eating nourishing foods.



Helen has practised yoga for over 30 years. She has taught it for over 18. She believes you don't DO yoga but incorporate it into a lifestyle that supports your amazing body.

Helen has shared yoga with school pupils, professional sports, groups and individuals with disability and injury, the prison service plus many more. She delivers many retreats and workshops incorporating yoga nutrition and meditation.

**I want everyone to be inspired to be their own Hero**

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