



# YOGA & MINDFULNESS

*as a path towards*

# EMPOWERED HEALTH

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*Michelle Grim PA-C  
RYT-500*

WHAT DOES  
HEALTH MEAN  
TO YOU?

# HOW DO YOU DEFINE HEALTH?

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Absence of disease



State of the organism when it **functions optimally** without evidence of disease or abnormality



WHO: complete state of physical, mental, and social well-being, and **not merely the absence of disease or infirmity**



**A multi-dimensional construct that includes body, mind, spirit, relationships, community, and society**

# WHO IS THE HEALTHIEST?

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Mary, 70, widow, mother of 2 successful sons, loves to travel, has lots of friends, hypertension, high cholesterol, sedentary and 20 lbs overweight, likely to develop cardiovascular disease



Michael, 27 years old, has completed 3 marathons, superb physical shape, binge drinks 3-4 days per week and then drives, feels lonely and empty

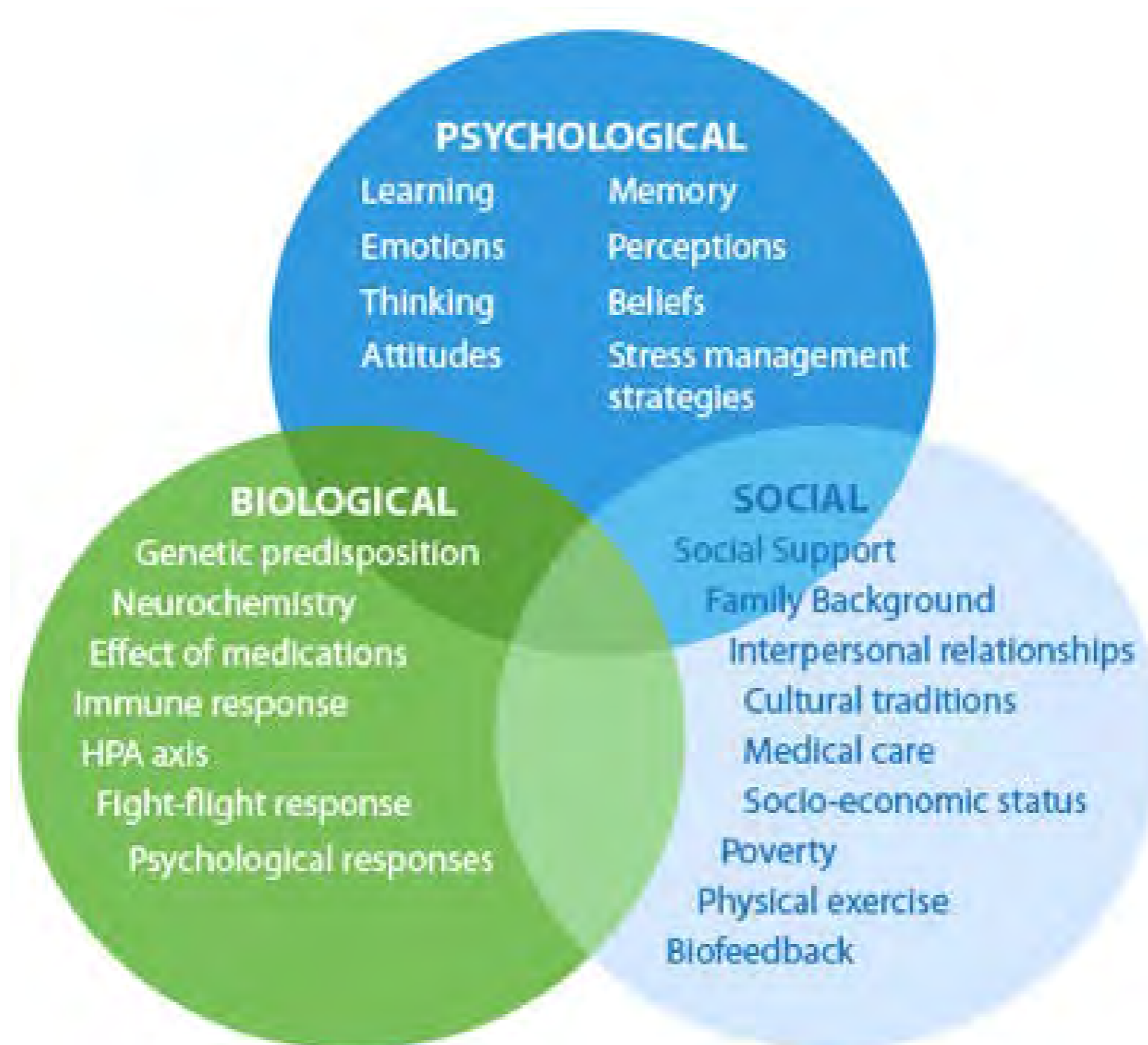


Jim, 84 years old man with metastatic liver cancer cancer, has been told he has 6 months to live, some physical pain, says his life is full of love, deeply satisfying relationships, religious, feels at peace

## WHY DO WE THINK SO?

# HOW DO YOU DEFINE HEALTH?

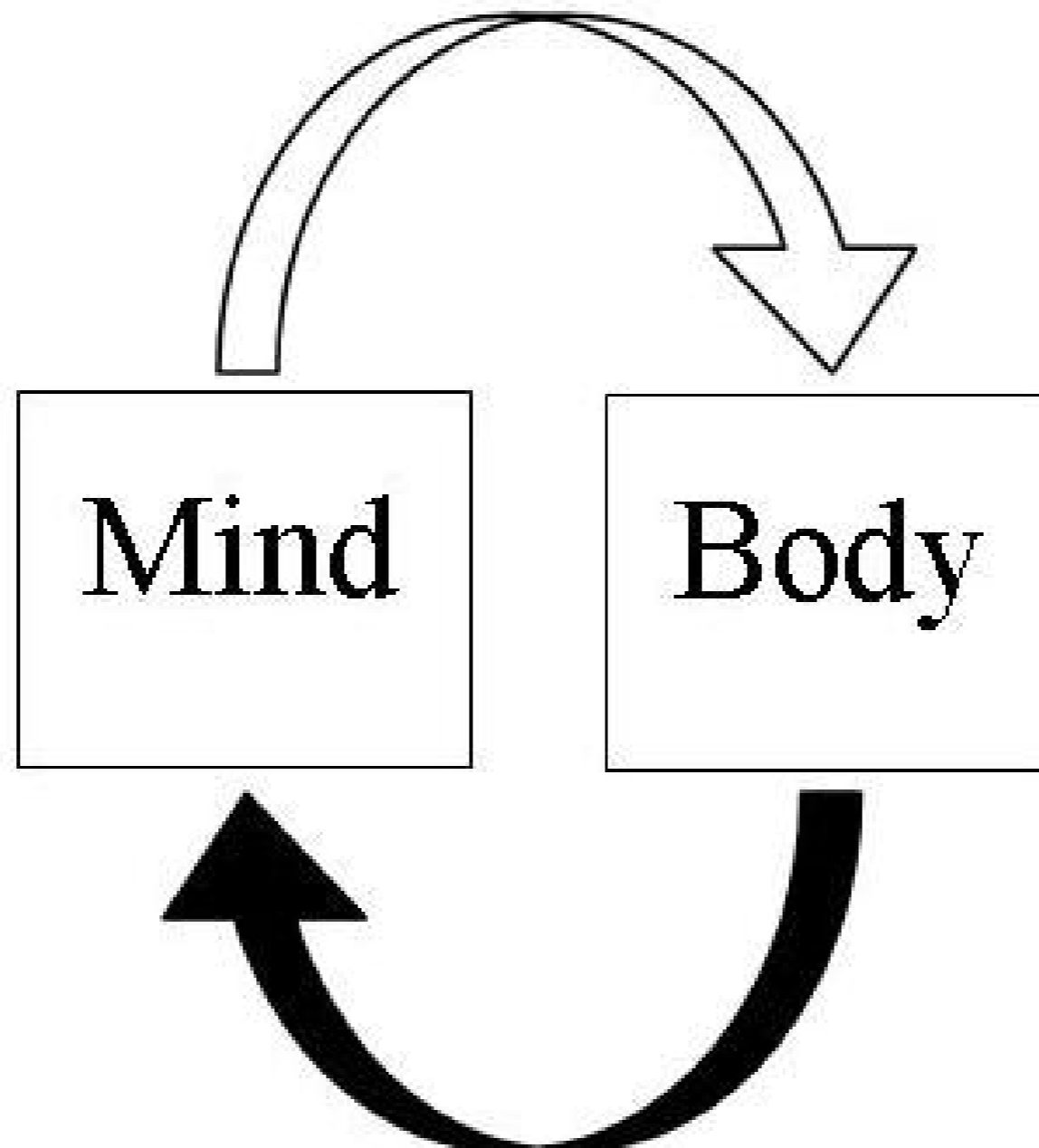
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# THE MIND AND THE BODY

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- ▶ Intricately intertwined, cannot be separated
- ▶ Both contribute to stress response systems



WHAT DOES  
HEALTH MEAN  
TO YOU?

# PRACTICE

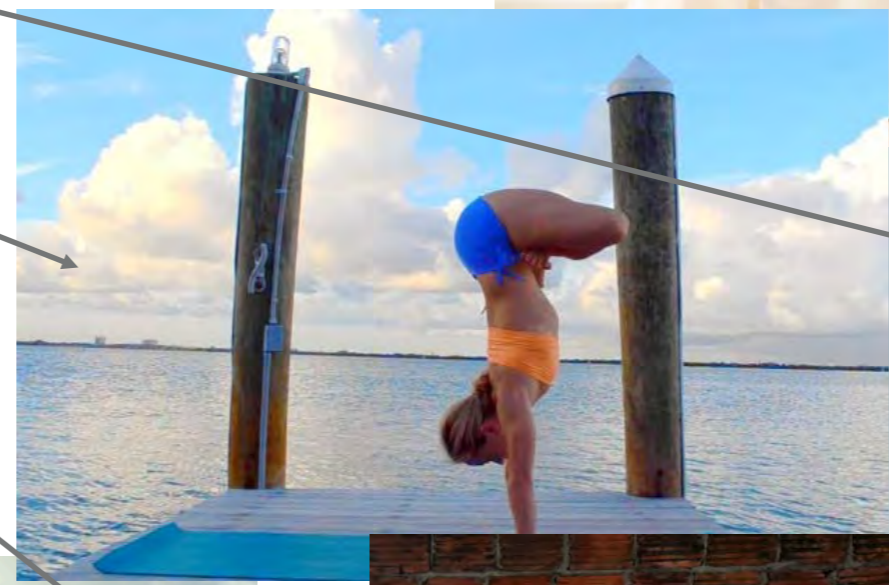




# YOGA & MINDFULNESS

our idea of

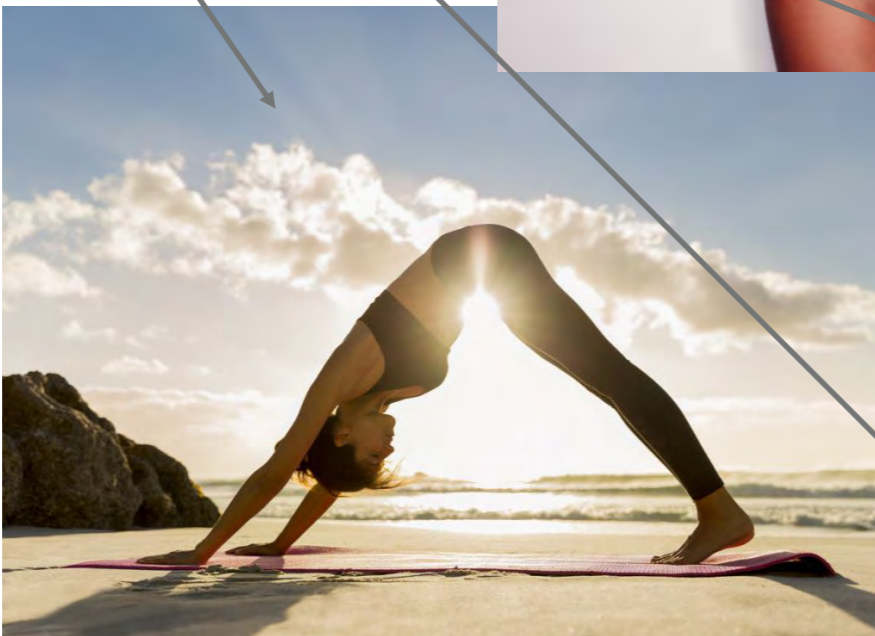
# YOGA





# YOGA

in practice



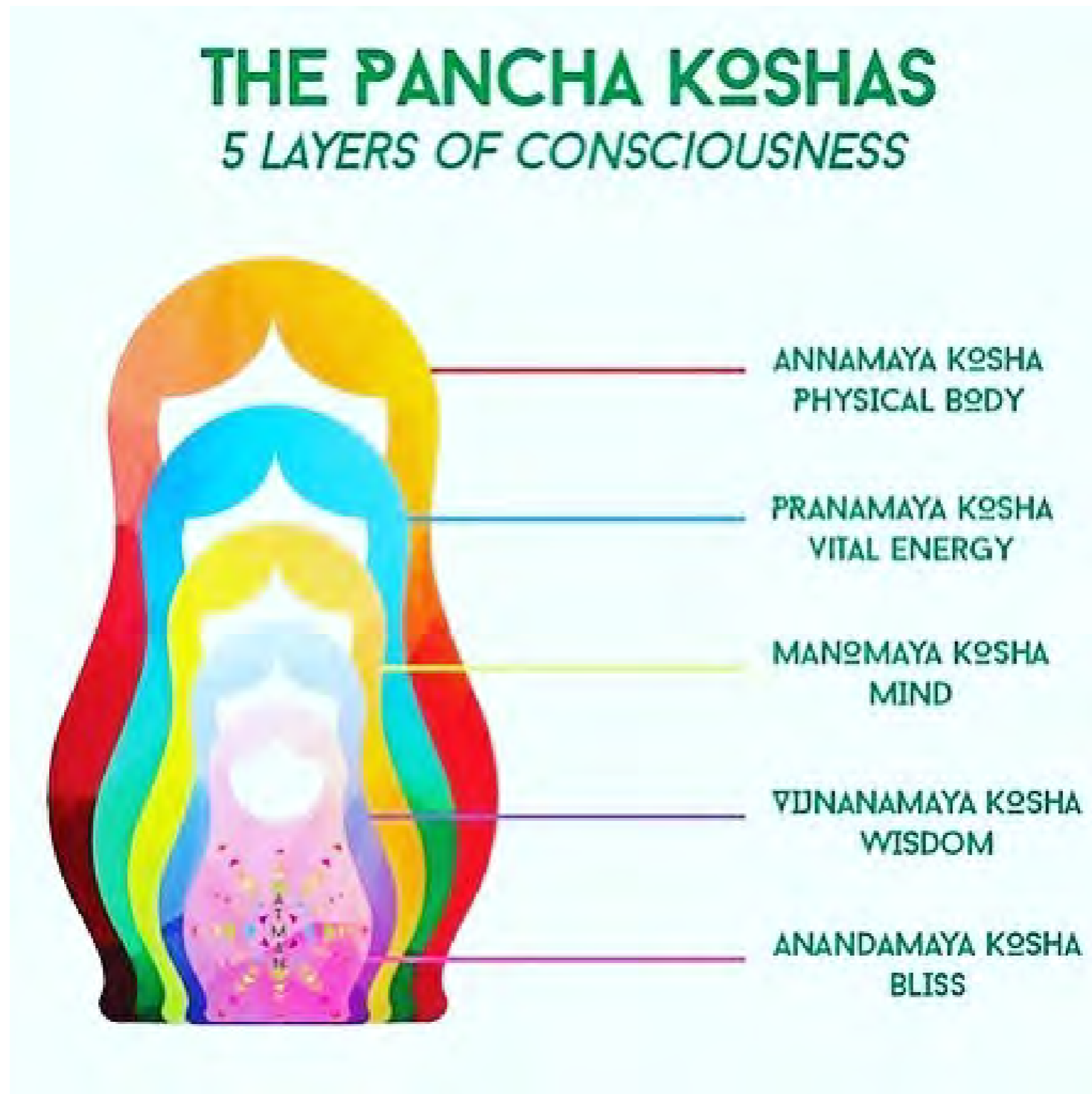


A remedial tradition, founded on a recognition that our physical condition, emotional states, attitudes, dietary and behavioral patterns, lifestyle and personal associations, and the environment in which we live and work are all **intimately linked to each other and to the state of our health.**

*-Gary Kraftsow*

# THE KOSHAS

The Yogic Approach To Healing



# WHY DOES IT WORK?

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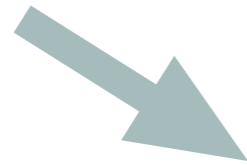
- ▶ Movement is medicine
- ▶ Connection, group support
- ▶ Nervous system regulation, neuroplasticity
- ▶ Reduces stress responses
- ▶ Behavior/Belief alterations
- ▶ Cultivates acceptance, self awareness, wisdom

# WHY DOES IT WORK?

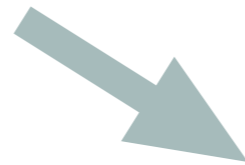
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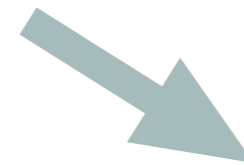
personal practice



increased self awareness



break unconscious patterns



**positive change in all aspects of life**

# WHY DOES IT WORK?

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Yoga teaches us that how we use our minds and bodies is important

Yoga gives us tools to reduce the symptoms of suffering that *can be* reduced and *manage* the symptoms that cannot be reduced

When do you sit down and spend at least just a few moments giving yourself what you need?



# PRACTICE



THANK YOU

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[embodiedhealth.co](http://embodiedhealth.co)