

INTERNATIONAL CONFERENCE & POP FESTIVAL FOR YOUTH-LED CLIMATE ACTION 2020

ONLINE YOGA WORKSHOP

**DECEMBER 5 AT 7.00 AM IST
(DECEMBER 4 AT 8.30 PM CST)**

YOGA INSTRUCTOR: MIDORI KAWANO

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OBJECTIVE

The objective of this workshop is to introduce the concept of yoga mind through practices of yoga poses (Asanas) and breathing exercise (Pranayama). Through yoga practices, we start to realize the importance of self-compassion. Once we build a relationship of trust to ourselves, we can open up our mind and heart, and we can even care for others. I think the first step to achieve it is to know and care for ourselves. Yoga asanas and pranayama can be a good gateway. Eventually, we will know that all the learning is connected to everything around us. Quoting Dr. Ramesh Bijlani, yoga is a way of life.

I propose the following outcomes through this workshop:

1. Mental aspect: To know how to treat the body and mind, and be aware of the importance of self-compassion: self-awareness & self-acceptance.
2. Physical aspect: To strengthen lower body muscles
(Many people stay home during this pandemic and it deprives us of muscular strength. Weak leg muscles cause falls and blood flow stagnation. To prevent it, this workshop focuses on strengthening lower body muscles.)

Duration: 45 mins

PROFILE

Yoga instructor Midori Kawano

Ever since I saw a speech of Severn Cullis-Suzuki and *An Inconvenient Truth* by Al Gore, I have a strong interest in environmental issues. I joined several environmental activities as a volunteer or an intern in Japan and the U.S. As I met yoga in India and have learned about it, I have realized that yoga mind is a universal law. I believe that yoga can help us achieve not only a healthy life but also a balanced life in harmony with Nature. To share what I have learned through yoga, I hold yoga workshops and retreats in Japan. I am also dedicating my life to translate books of my yoga teacher into Japanese nowadays.



YOGA QUALIFICATION

- 2009 India, Sri Aurobindo Ashram, Integral Yoga Teacher Training Course
- 2010 Japan, Under the Light School, Yoga Anatomy Course
- 2012 Indonesia, S.B.C. Yoga, Yoga Alliance Certified RYT200
- 2013 Japan, Medical Yoga Luna Works, Instructor Training Skill Improvement Course
Japan, Advanced Lifesaving Training Certification etc.
- 2018- Member of Japanese Association of Mindfulness

REQUIREMENTS

Place

A well-ventilated room where it is calm, quiet and clean

Time

The best time to practice asanas is in the morning before breakfast or in the evening before dinner.

Food

Do NOT practice asanas immediately after eating. Please let two to four hours pass after eating a meal. After eating a snack, wait at least one or two hours. One reason why early morning practice is recommended is the stomach is sure to be empty.

Requirements

online environment, a mat or a folded blanket, a chair, a glass/bottle of water wearing loose, light, and comfortable clothing

PRECAUTIONS

Contra-indications

People with fractured bones or who are suffering from chronic ailments and diseases such as stomach ulcer, tuberculosis or hernia, and those recuperating from operations, should consult a doctor before commencing asana practice.

Termination of asana

If there is excessive pain in any part of the body, the asana practice should be terminated immediately. Do NOT stay in an asana if discomfort is felt.

No straining

Never exert undue force while doing asanas. Beginners may find their muscles stiff at first, but after several weeks of regular practice they will find that their muscles are more supple.

MINDSET

Yoga mind

Always be kind to yourself and be alert, attentive and watchful when you practice. Calmly acknowledging and accepting the feelings, thoughts, and body sensations without any judgement. Be content with what you are and what you have.

Concentrate on your own pose and find your comfortable posture.

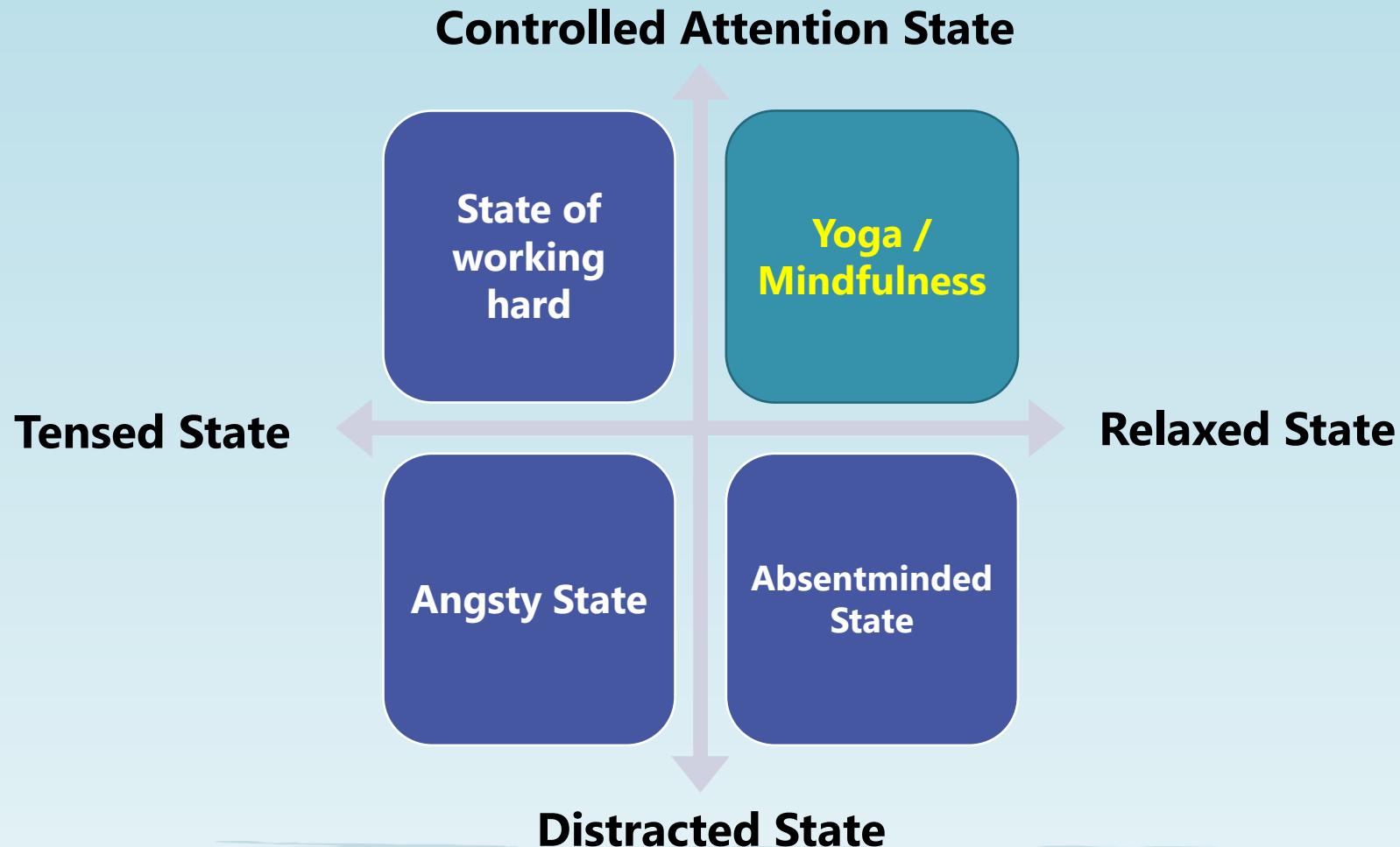
If you find that you are feeling a pain or holding your breath, you are pushing yourself too hard. Release that pose and be relaxed.

Breathing

Don't force yourself to breathe deeply or to hold your breath while doing the asanas. Breathe normally while doing the asanas.

Always breathe through the nose unless specific instructions are given to the contrary or you have a stuffy nose.

A STATE WHERE BOTH RELAXATION & ATTENTION CONTROL ARE COMPATIBLE



TREE OF YOGA

The eight limbs of raja yoga

Yoga is not synonymous with asanas, pranayama, or meditation. These are techniques which can help support the pursuit of yoga.

- Dr. Ramesh Bijlani

Yoga is a journey towards self-perfection by employing systematic effort.

- Sri. Aurobindo



RECOMMENDED BOOKS & RESOURCES

BOOKS

Kristin Neff. Self-Compassion: The Proven Power of Being Kind to Yourself 2015

Judith Hanson Lasater, Ph.D., P.T. Yogabody: Anatomy, Kinesiology, and Asana. 2009

Ramesh Bijlani. Back to Health through Yoga. 2008

Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. 1969, Reprinted 2008

B.K.S. Iyengar. Light on Yoga. 2006

Vasant Lad. The Complete Book of Ayurvedic Home Remedies. 1998

ONLINE RESOURCES

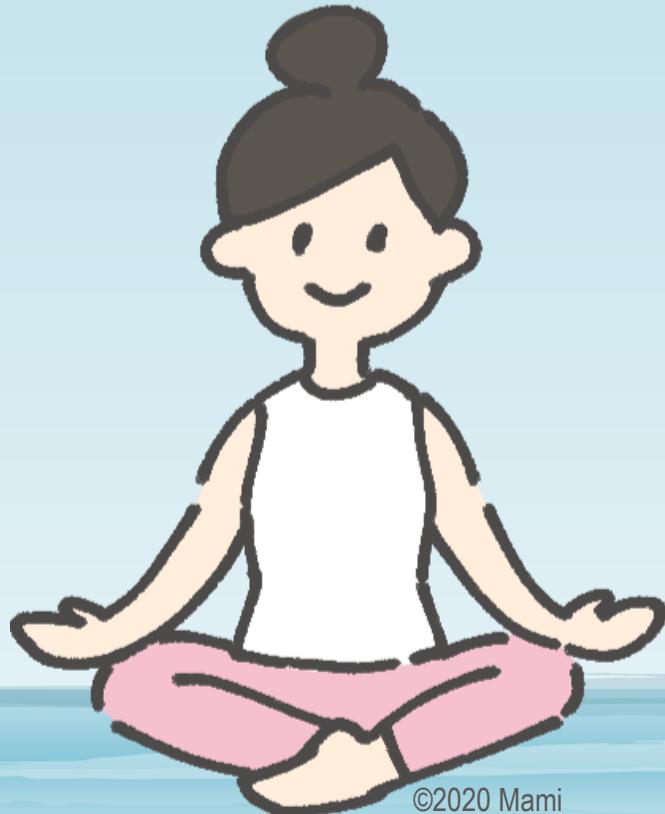
THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE, 2020:
<https://home.liebertpub.com/publications/the-journal-of-alternative-and-complementary-medicine/26>

Yoga Solutions for Prevention & Management of covid-19:
<https://www.liebertpub.com/doi/10.1089/acm.2020.0129>

HR Nagendra. Yoga for COVID-19:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7336947/>

Thank you very much for joining!!

Wishing you your health and happiness.



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Please visit my website for more yoga information:

<https://yogamarakata.com/>

(There is a translation function at the bottom of the website.)