



YOGAHUB PRESENTS

OFF-MAT PRACTICE:

AHIMSA

The Practice of Ahimsa

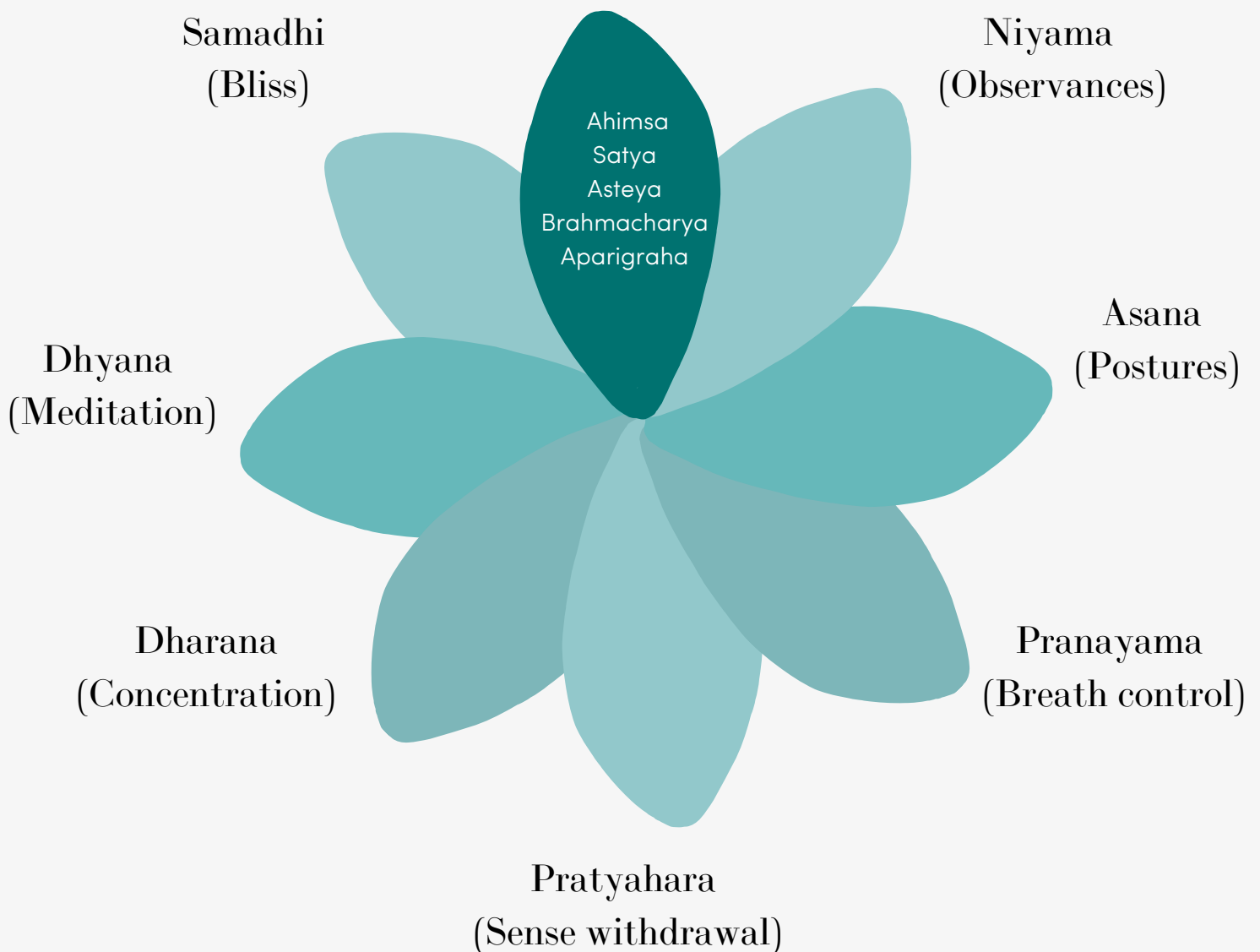
- अहिंसाप्रतिष्ठायां तत्सन्निधौ वैरत्याग
- lahiṁsā-pratiṣṭāyāṁ tat-sannidhau vairatyāgaḥ
- The person who is deeply rooted in the art of non-violence causes those around him/her to give up their hostility.
- Yoga Sutra II.35



8 Limbs of Yoga

Yama (Restraints)

Yama, or practices of self-regulation are designed to free us from being victims of our own human impulses.





The Meaning of Ahimsa

- Consciously or not, destructive words, thoughts, and deeds perpetuate a cycle of hurt.
- Carve your path toward healing and enlightenment by transmuting violent behaviors into kind and loving compassion.



Ahimsa in Yoga

1. Anjali Mudra

- The word “anjali” translates to offering, and the mudra is used in many yoga poses, as well as a greeting gesture in India.
- It symbolizes the union of opposites, one being individual and collective, and inspires a sentiment of connectedness.
- For proper technique, keep a bit of space between your knuckles

2. “Namaste”

- Many teachers say this at the end of practice, and it’s also used as a greeting in India.
- The literal translation is “I bow to you”
- The phrase indicates acknowledgement of the soul in one by the soul of another.

3. Mantra

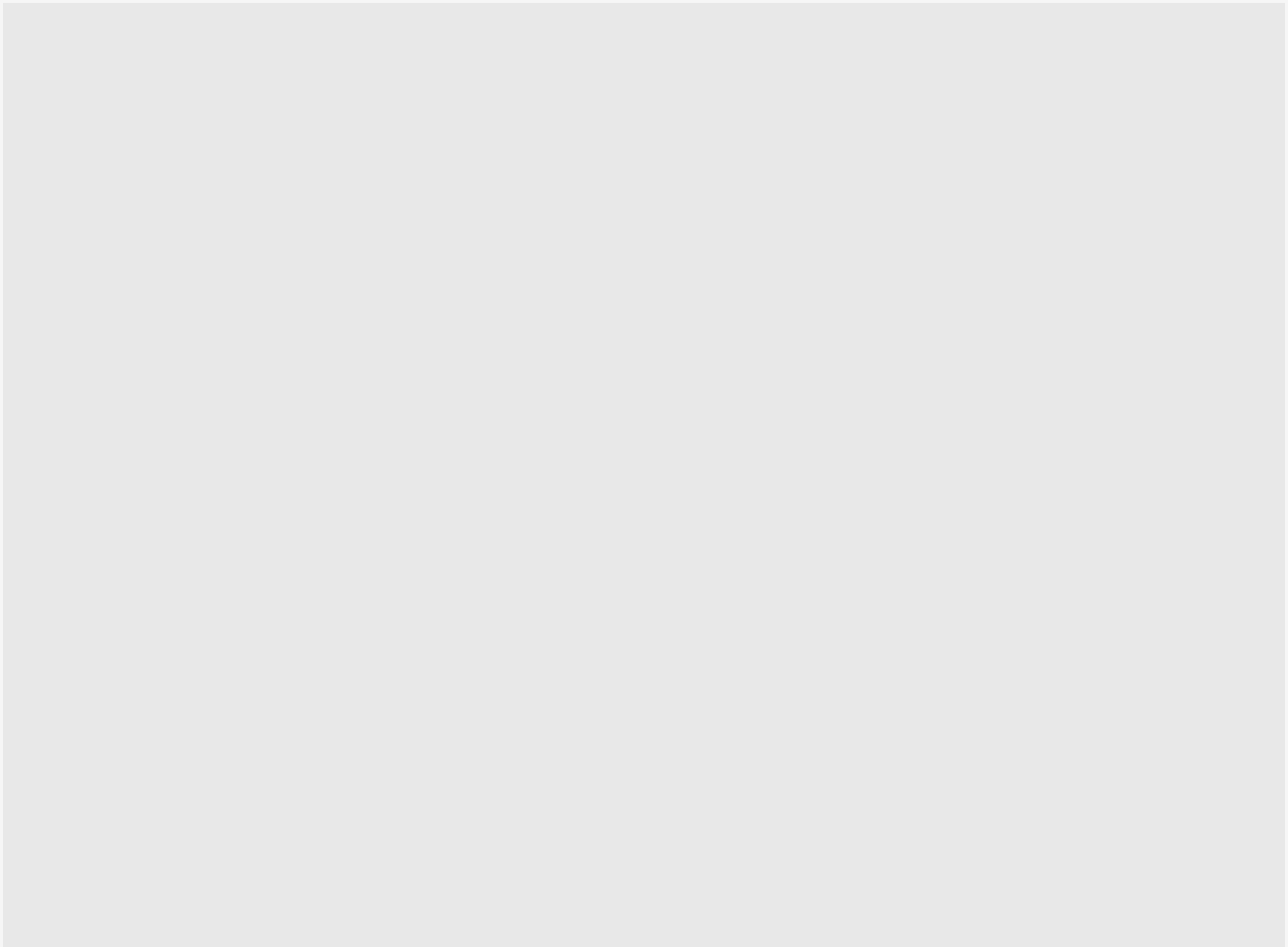
Lokah Samastah Sukinno Bhavantu
(May All Beings Everywhere Be Happy and Free)

Journal Prompts

WORKSHEET

1. REFLECT ON YOUR INTENTION WITH AHIMSA:

Are you coming from a place of aggression and judgement, or from love and acceptance for yourself right now? At what point did you adopt a violent or aggressive attitude, and how has helped you in the past? How and why might you infuse a sense of self-compassion in your yoga journey?



2. ABOLISH YOUR INNER CRITIC:

Make a list of your negative thought streams. Address each line item individually. Rewrite the message from a place of kind encouragement, and cross out the negative words. Every time the negative message pops up in your mind, replace it with your kind encouragement instead.

INNER CRITIC:

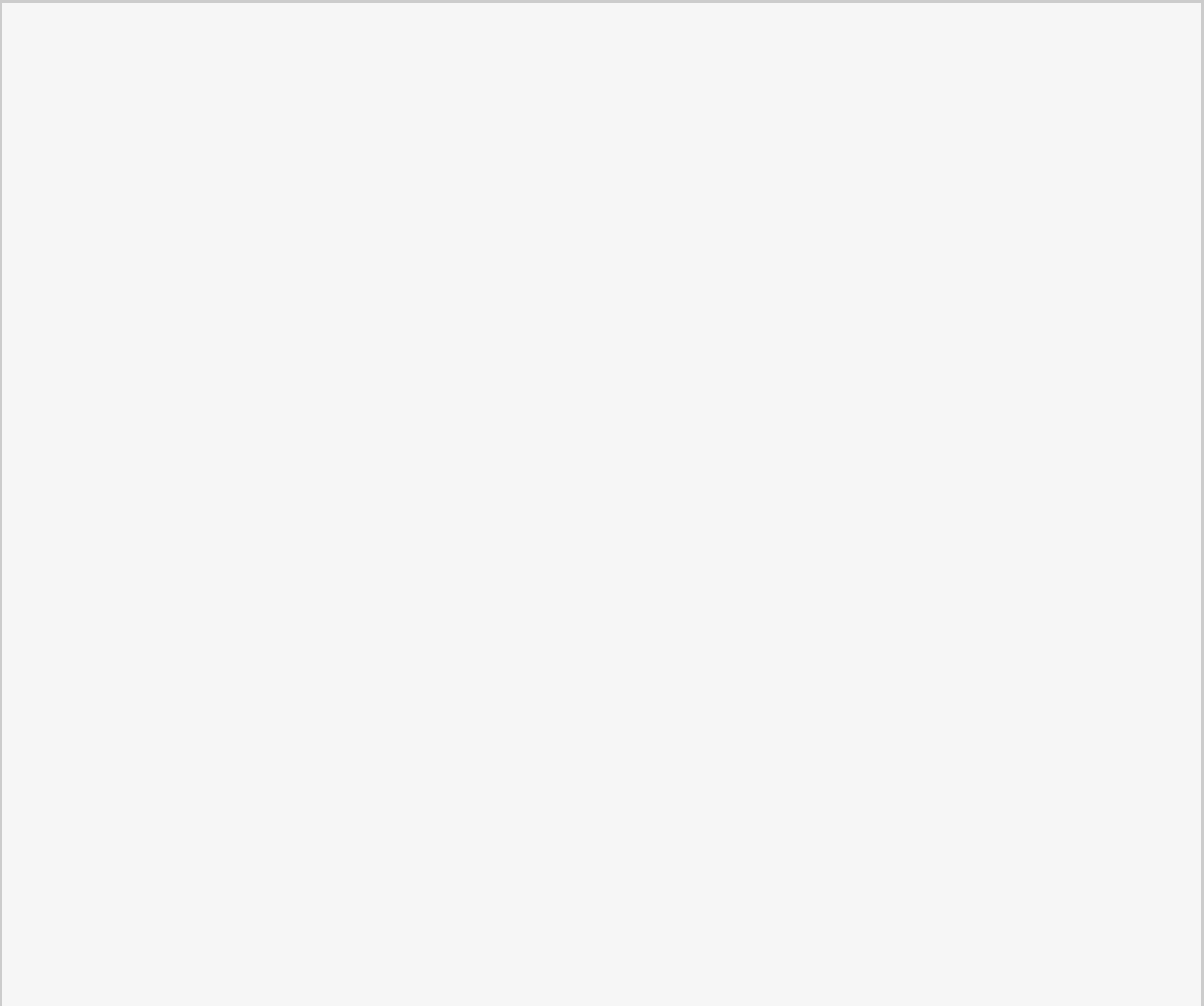
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

KIND ENCOURAGEMENT:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

3. ADDRESS YOUR TRIGGERS:

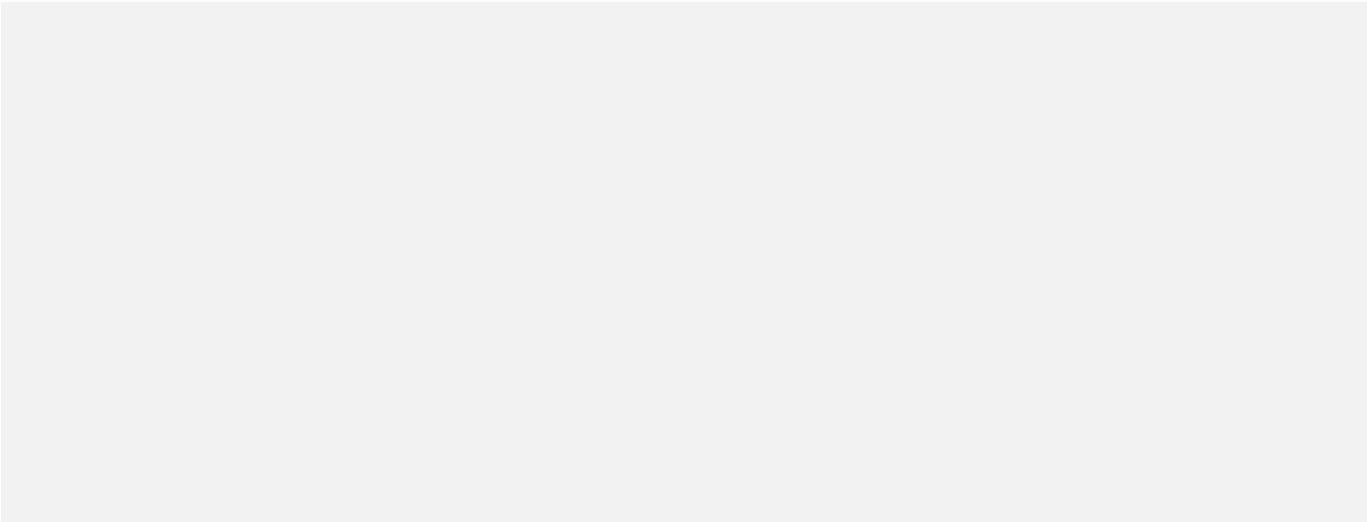
What people, places, or things prompt a violent (perhaps unconscious) response from you? What would it look and feel like to respond in a non-violent way? How might a non-violent response improve the situation and your state of being? How can you remind yourself to be conscious and not reactive around your triggers?



4. KEEP A DAILY GRATITUDE JOURNAL:

Spend 1-5 minutes in the morning and evening reflecting on the things that you are thankful for. Be specific as you write them down so that you can truly cultivate a sense of appreciation each time you do this exercise, rather than listing the same things out of habit. After writing, take a few moments to close your eyes, visualize the things or circumstances you're thankful for, and immerse in the feeling of gratitude.

- _____
- _____
- _____
- _____
- _____
- _____



Mindfulness

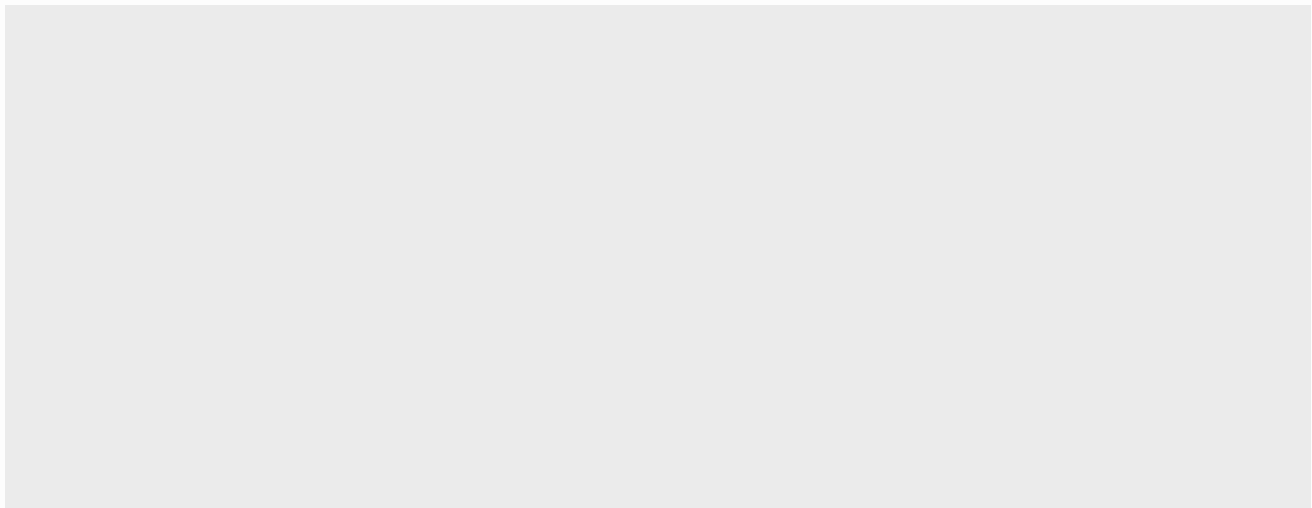
WORKSHEET

1.OBSERVE YOURSELF IN YOUR LIFE AND THE WORLD AROUND YOU

(A) Notice what causes violent reactions, and consider where they came from.

(B) Remind yourself of how violence perpetuates a cycle of hurt that will return back to you.

(C) Use the metaphor of a puppy, kitten, or child (whichever you find the most lovable and innocent) to change subconscious reactions into unconditional kindness.



2. PLACES TO WATCH YOUR INTERACTIONS WITH OTHERS:

- At the grocery store
- Walking, biking, running, or moving anywhere that there's others in close proximity to others
- Driving
- Doing favors or chores around the house
- Receiving unwanted calls, texts, or emails

3. PLACES TO WATCH YOUR INTERACTIONS WITH YOURSELF:

- When you first wake up in the morning or go to sleep at night
- While eating
- While working out
- While working
- While goal-setting
- Doing any part of your daily routine

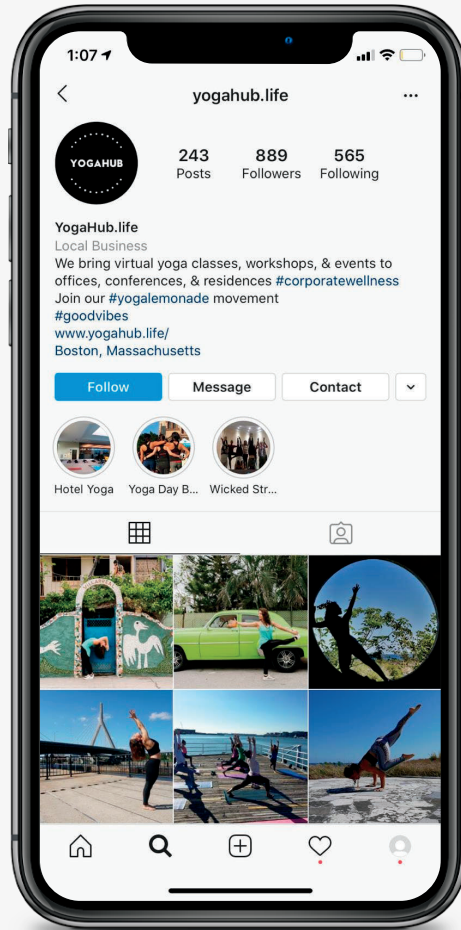


WE ARE YOGAHUB

YogaHub provides corporate wellness services for business organizations such as onsite and virtual office yoga, workplace meditation, Pilates, or private lessons. There are countless perks to having a wellness program for your community and the key to success is finding the right partner. Let us help you create a wellness program for your employees or organize a special event that everyone at your organization will be talking about for days to come.

We are also Boston's yoga teacher network, which provides professional development and ongoing education for full-time and newly certified instructors.





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