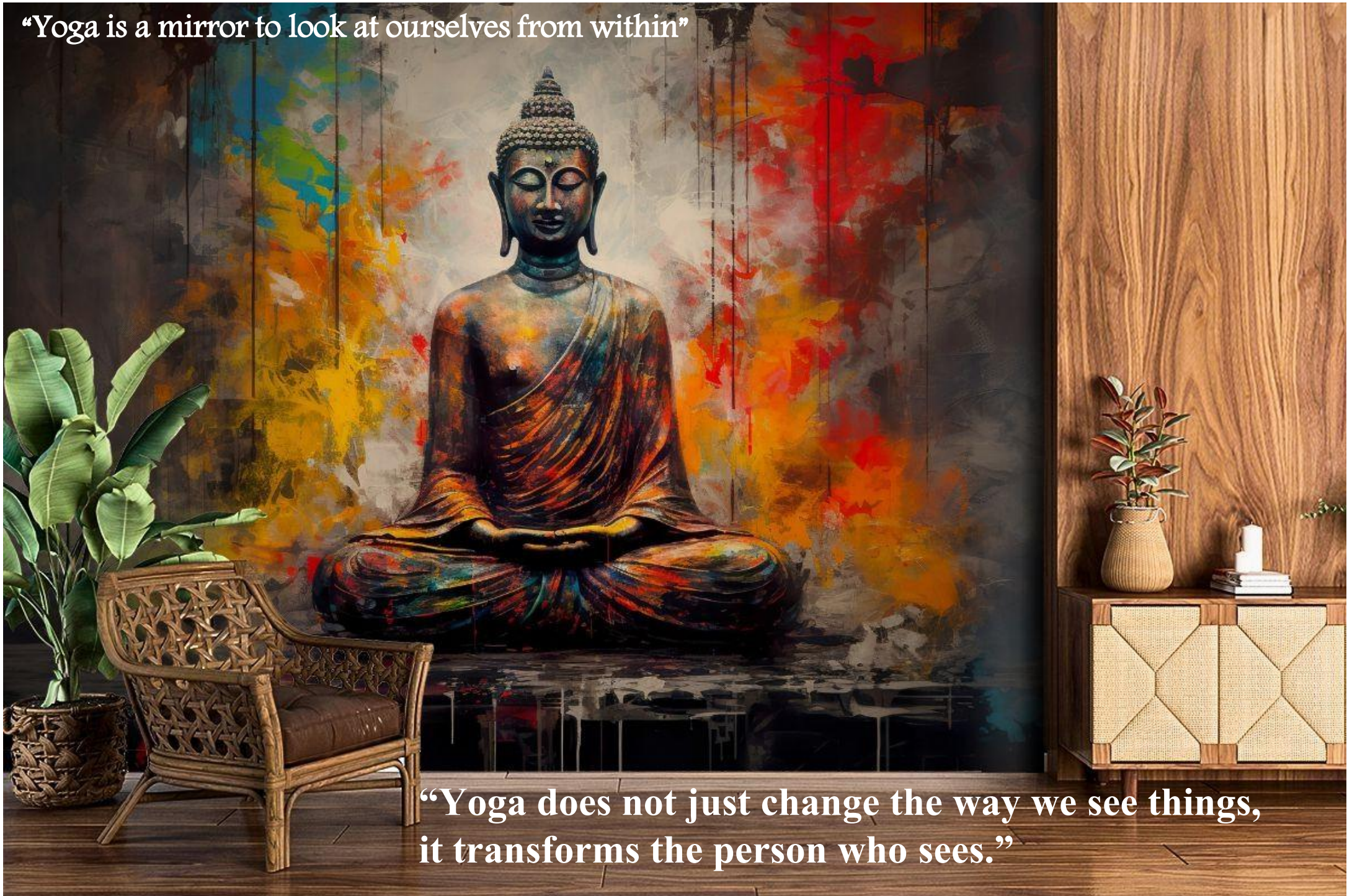


“Yoga is a mirror to look at ourselves from within”



**“Yoga does not just change the way we see things,
it transforms the person who sees.”**

Meditation

1. An exercise of relaxing the body
2. Quieting the mind and awakening the spirit.
3. Encourages deepening of consciousness or awareness
4. Facilitates a deeper understanding of self and others.

Also referred as 'Dhyana'



behind Meditation



- ☞ Stress relief
- ☞ Anger management
- ☞ Control over Anxiety
- ☞ Improved awareness, and concentration
- ☞ Improvement of cognitive skills

“Meditation is not about stopping thoughts, but recognizing that we are more than our thoughts and our feelings.”



Meditation Today....

Meditation has been practiced since 1500 BCE antiquity in numerous religious traditions, often as part of the path towards enlightenment and self-realization .



Meditation and Types

meditation techniques have been developed and practiced over the years. Each has its own specific techniques and skills that can be learned.

Types

- Concentrative (common used)
- Receptive
- Reflective
- Generative



Concentrative Type

- Focused with mind.
- Practiced by focusing on the breath, image, objective or sound (mantra).
- Allows the mind to achieve clarity and awareness.



Receptive Type

- Focused with the moment.
- Practiced by attentive to feelings, sensation, thoughts, image, smell and experiences without becoming involved in judgement or reaction.
- Helps to gain calmer, clearer and more non-reactive state of mind and being.



Reflective Type

- Focused with investigating an idea in a systematic way.
- Uses disciplined thinking and analysis to reflect upon a compelling question, challenge, idea or project.
- Reflex on a phrase or inspiring idea.
- Brings wisdom and insight into all aspects of our lives



Generative Type

- Focused with consciously cultivating and strengthening specific qualities such as Patience, Love, Appreciation, Compassion, Humility, Gratitude & Courage.
- Invite us to actively nurture these strengths of character by thinking, speaking and acting as though the quality is already fully present and alive within us.



Meditation & Benefits

- Physical, Emotional, Psychological and Spiritual benefits:
- Higher level of energy, Creativity and Spontaneity, Low blood pressure, Increased exercise tolerance, Better concentration, Decrease stress- depression- anxiety, craving for alcohol and cigarettes, Increase job satisfaction, Better inter-personal relationship.



Meditation and health

- There is no research that indicates meditation is harmful or has negative effect whether used alone or in conjunction with conventional medicine.



Meditation and College students.

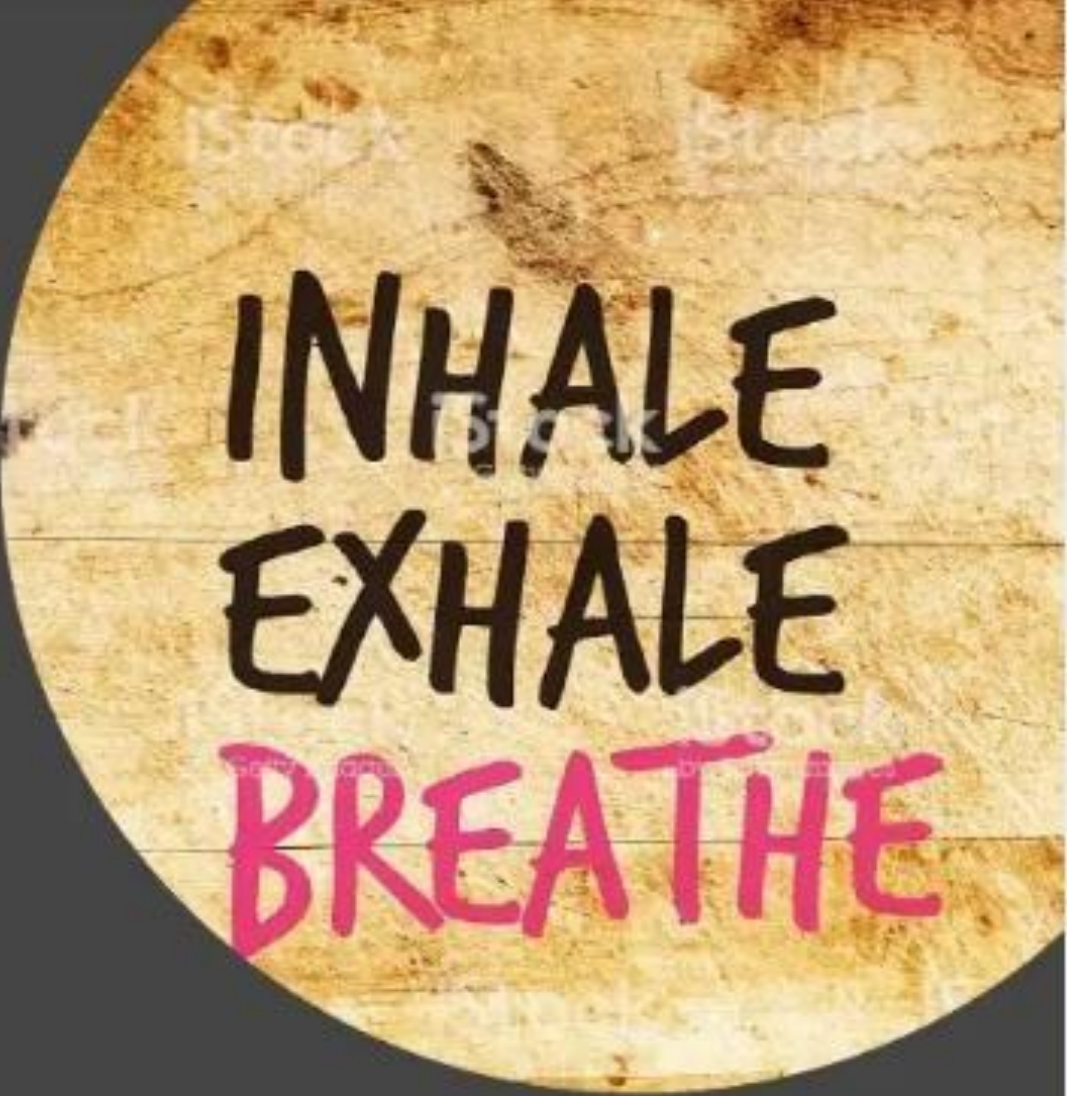
- Helps in time management
- Assist with addiction
- Helps in mindful eating and body satisfaction
- Athletic performance
- Stress reduction and sleep
- Academic performance
- Enhance immune system
- Developing a deeper sense of compassion and forgiveness for others.



ion Benefits For Students
Should Learn How To M

Meditation and Breath

- In meditative practices the breath is very important because it is connected to both mind and body.
- when relaxed settled or calm our breath tends to be more slow deeper and regular.
- When Focusing the mind on the continuous rhythm of inhalation and exhalation provides a natural object of meditation.
- When focus your awareness on the breath your mind becomes absorbed in the rhythm of inhalation and exhalation.
- As a result your breathing will become slow and deeper and the mind becomes more peaceful and aware.



INHALE
EXHALE
BREATHE

Breathing Meditation



- ☞ Concentration on relaxation of the body
- ☞ Concentration on the rhythm of your breathing
- ☞ Counting techniques applied



CHAKRA MEDITATION



Hinduism



Chakras

☪ Many Gods

☪ Chakras, healing,
promotion of strong mental
and physical condition

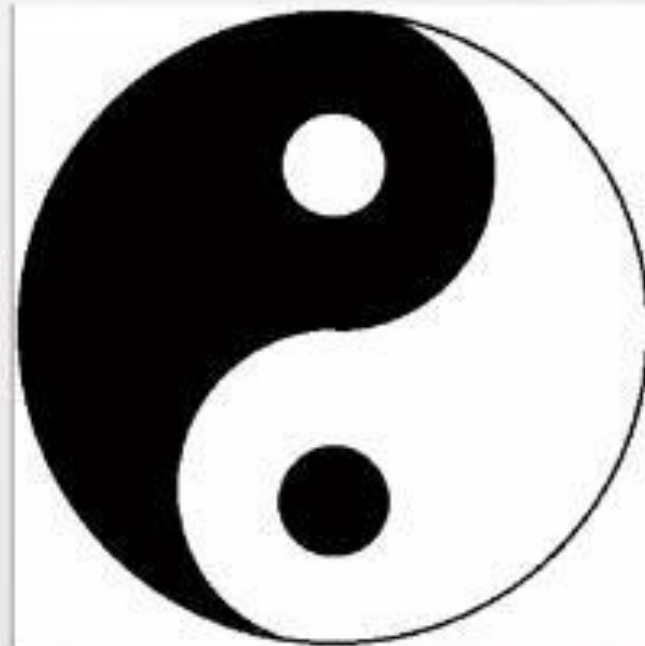
☪ Yoga



Conceptual Meditation



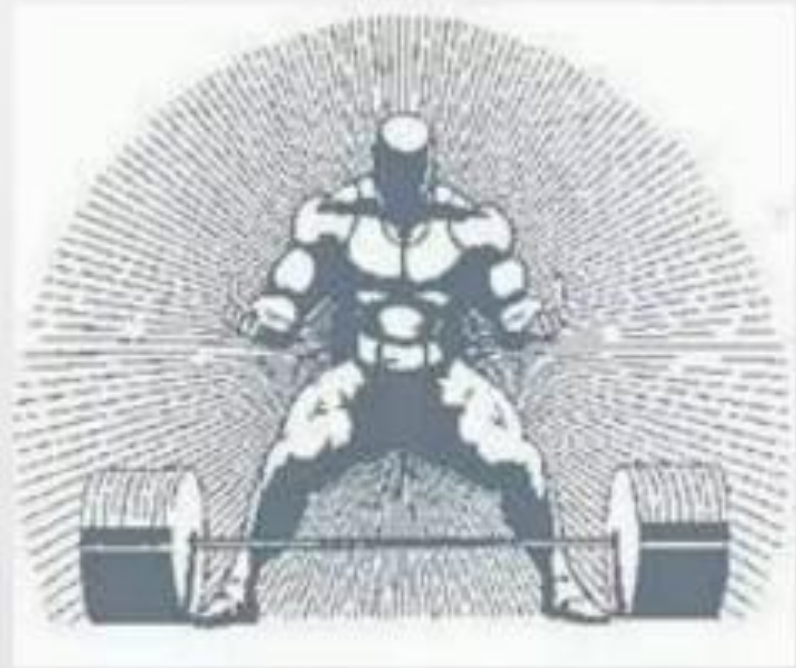
- ☞ Concentration on a philosophical concept
- ☞ Allow mind to wander and expand.
- ☞ Chaos Vs Order etc...



Physical Meditation



- ☐ Concentration on physical actions.
- ☐ Reaction to opponents actions (heightened awareness during competitive situations)
- ☐ Controlled breathing (yoga)
- ☐ Different from any other form of meditation



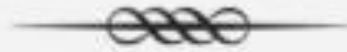
Clear mind Meditation



- ☞ Difficult yet effective
- ☞ Clear mind completely
- ☞ Concentrate on keeping mind totally blank



Awareness Meditation



- ☞ Observe all things in your surroundings
- ☞ Be in tune with all of your senses to clear your mind of thought.
- ☞ Total awareness of the moment.



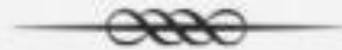
Object Meditation



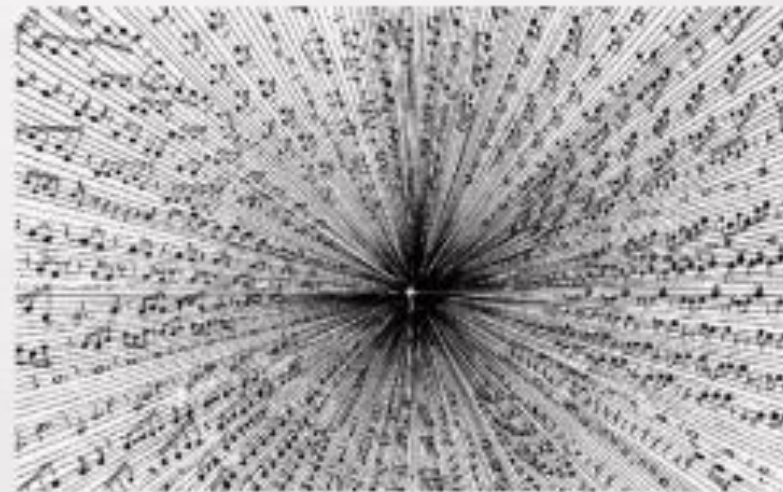
- ❧ Simple
- ❧ Concentration on one point of vision
- ❧ Total awareness of that point



Mantra Meditation



- ☞ Repetition of a word, phrase, hymn, or prayer to clear the mind. And provide a vessel to concentrate on.
- ☞ Commonly found in Buddhism Hinduism and Christianity



The science behind the art



- ❧ Meditation health benefits
- ❧ Increases the longevity of life
- ❧ Lowers heart rate, blood pressure,
- ❧ Relieves body of mental and physical stress



Hastauttanasana

Stretches the chest and abdomen, lifts energy up through the body



Pranamasana

Helps to relax and to calm body and mind



Hastauttanasana

Stretches the chest and abdomen, lifts energy up through the body



Padahasthasana

Massages abdominal organs, increases the power of digestion and blood flow to the brain, relieves female disorders, stretches spine



Padahasthasana

Massages abdominal organs, increases the power of digestion and blood flow to the brain, relieves female disorders, stretches spine



Ashwa Sanchalanasana

Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power



Ashwa Sanchalanasana

Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power



Parvatasana

Strengthens legs and arms, stretches calf and spine muscles, relieves varicose veins



Parvatasana

Strengthens legs and arms, stretches calf and spine muscles, relieves varicose veins



SURYA NAMASKAR



Bhujangasana

Relieves tension in back and spine, stimulates and expands chest and abdominal organs



Ashtanga Namaskara

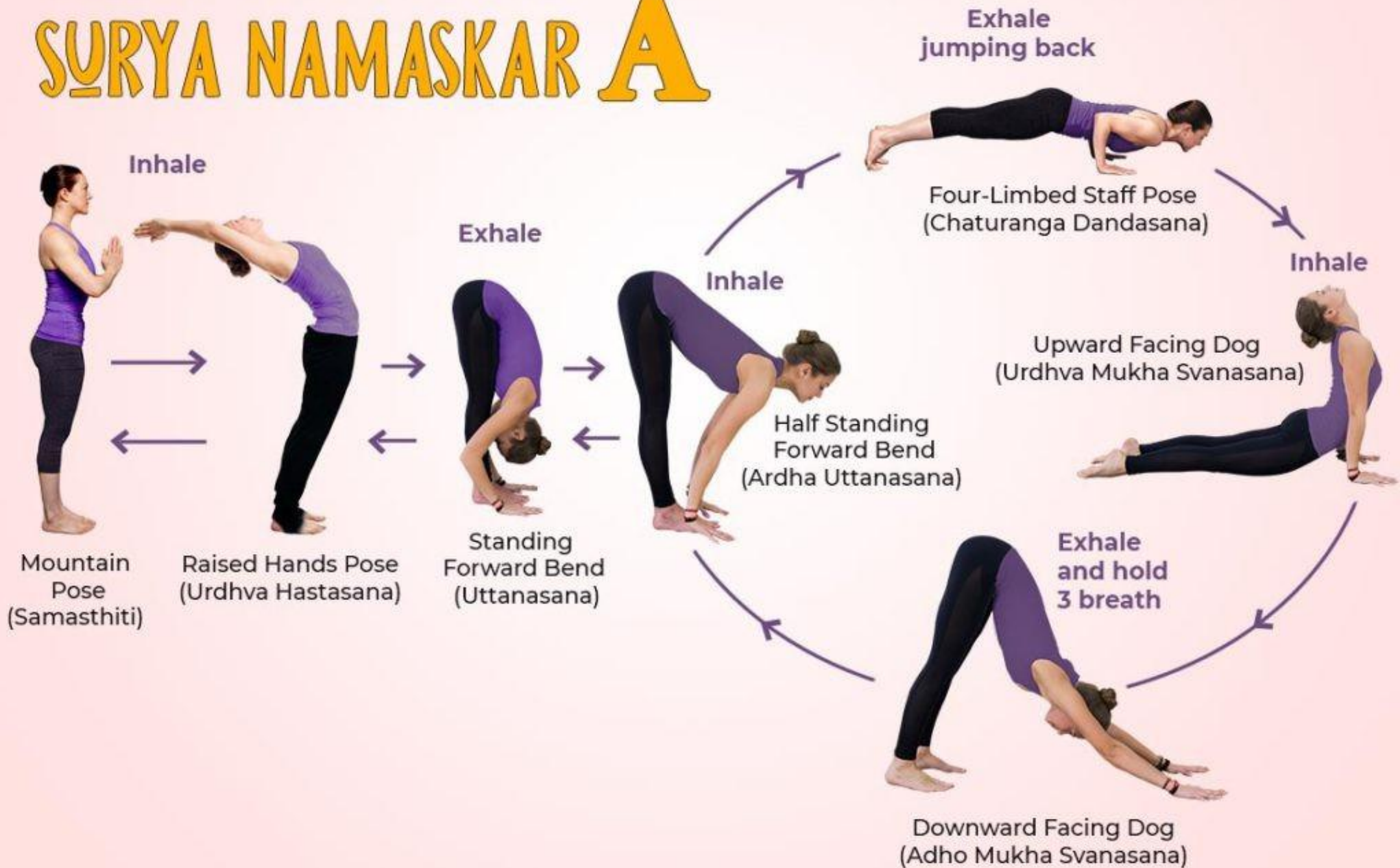
Developes the chest and strengthens arms and legs



Dandasana

Improves posture, strengthens back muscles and spine, stretches shoulders and chest

SURYA NAMASKAR A



THANK YOU
