

Mindfulness For Creativity

with Sophie Hutchinson

SESSION 1

Yoga as we know it today was developed as part of the tantric civilisation which existed in India and all parts of the world more than 10,000 years ago. Tantra is a combination of two words, tanoti and trayati, which means 'expansion' and 'liberation' respectively. Therefore, it is the science of expanding the consciousness and liberating the energy. To put it simply, Yoga is a practise that can give humans a chance to understand their innermost selves.

“WHILE YOGA’S CENTRAL THEME REMAINS THE SPIRITUAL PATH, YOGIC PRACTICES GIVE DIRECT AND TANGIBLE BENEFITS TO EVERYONE, REGARDLESS OF THEIR SPIRITUAL AIM”

So, while Yoga is traditionally a means for spiritual growth, the techniques can be enjoyed by everyone regardless of religion, beliefs, or life goals. Everyone benefits from movement, breathing correctly, relaxing and learning to be still and reflective.

I feel necessary to also share the practise of Guru-Paramparā which maintains the ancient teachings and keeps them as a living tradition. When you train to become a yoga teacher you become part of that lineage. Teacher training is always taught from the personal experience of each of the teachers and according to the teachings of their teachers.

I acknowledge that I am extremely privileged to be able to share these ancient practises, especially as a white western woman. I'm eternally grateful to my teachers most notably Yogacharya Anoopananda and Pankaj Sadana (who is currently offering Yoga classes via zoom – link below)

My intention is to empower people through yoga and pass on the gifts and teachings that have enriched my own life.

My favourite resource also has lots of programs, classes & talks:

<https://www.ekhartyoga.com/resources/styles/pranayama>

SAFE PRACTISE for those with high or low blood pressure and general benefits

<https://www.yogajournal.com/practice/healing-breath>

KAPALABHATI (Fire breath/Shining Skull)

<https://yogainternational.com/article/view/learn-kapalabhati-skull-shining-breath>

BHASTRICA BREATH (Bellows breath)

<https://chopra.com/articles/how-and-why-to-perform-bhastrika-breath>

Pankaj's classes : contact via Facebook or Instagram

<https://www.facebook.com/pankaj.sadana.9/>

https://www.instagram.com/yoga_with_pankaj/

The classic book Raja Yoga suggests that we “start from the internal world, to study internal nature, and, through that, control the whole – both internal and external.”

Other books which can be helpful:

Yoga Sutras of Patanjali (various translations)

Light on Yoga by B. K. S. Iyengar

Asana, Pranayama, Mudra, Bandha by Swami Satyananda Saraswati