



Video Transcript

Learn To Listen To Your Body Through Yoga

Hi everyone, thanks for joining me. My name is Amanda. We're going to be talking about some of the inner and outer practices of yoga. I love talking about yoga. And a lot of times before a yoga class, I'll take a little bit of time just to settle in and go through what I like to refer to as a Dharma talk. So it's just really getting into the ins and outs of the parts of the yoga practice that you don't really see, but that are really definitely happening.

This one is about listening to your body. So practically speaking, there's no better way than to get to know yourself than through your body. And I just also want to preface this little chat with a quote from the Bhagavad Gita. Yoga is the journey of the self, to the self, through the self. So that being said...

How do we really listen to the body? How do we get to know ourselves through the body? Well, practically speaking, when we're on the mat, there's a lot of sensations that can come from moving our body, moving our bodies in different ways, challenging the body in a different way. So at the base of that and the foundation of that...

i really want to encourage you to approach it with this sense of self-compassion and in yoga we refer to that as ahimsa non-violence so if we use and and incorporate and keep at our heart center and at the foundation of our practice this idea of ahimsa

non-harming or non-violence towards ourselves and we approach our practice and our body and everything that starts to happen on and off the mat with compassion then

What starts to happen is we start to tune into what's happening and how we're approaching it.

Are we pushing ourselves too hard? Is this something that is going to be therapeutic for me? Is this something that's going to help me to grow? Am I in the growing process right now?

Where is this drive coming from? Am I pushing myself because of some idea or expectation that I have that I should be doing this? Or even that goal that I have, is this what's needed in order

for me to get and reach that goal? So using this idea of ahimsa and self-compassion is really a wonderful way for learning how to listen to our body, meet our body where it is, each and every day and it's different every day and through every season of life one of the most basic ways of learning how to listen to your body is through your breath so we've gone through a few different breathing exercises and practices that really bring up the sensations so that you can watch them observe them disidentify from them whether that be a physical sensation or an emotion or a thought. And as you practice and you disidentify them, you can watch. So you become the watcher rather than just the doer. So you get to watch maybe the thoughts and the emotions related to the physical part or the physical that bring up the thoughts and the emotions. So this is how we start to listen to our body. With the breath.

then if we have learned what a regulated breath feels like, we can become more acutely aware of when the breath is deregulated, therefore also the nervous system.

If the nervous system is in a constant state of being hyperactive or over-regulating itself, just sort of keeping those generators going all the time, then we're going to be starting to notice a lot of other sensations and physical qualities. Maybe the heart will be racing.

maybe we'll be feeling these sensations of anxiety or distress or the mental thoughts will be very fluctuated so these are things that start to tell us that maybe something needs to change if we can drop back into this place of ahimsa then that might start to in and of itself help bring a sense of calm

but it might help us start to reorganize our approach as to how we're moving our body or whatever our practice is the practice might not even be on the mat but it might give you a sense of okay this is working for me this is not working for me i can continue to challenge myself it may be uncomfortable but

i'm still regulating my breath therefore my mind and my heart are also regulated and therefore we can keep to move towards the aim of our practice or any practice maybe it may be meditation mindfulness or yoga practice so we can get to that goal of liberating ourselves from any type of suffering or or dis-ease

So this is how we can start to listen to our body and how our body can provide for us this guidance towards whatever it is that you want to be able to attain on or off the mat. And these are some of the inner practices of yoga. Thank you for listening and joining me, and I wish you well on your journey.