

July 2016 | Mentor Session | Lauren Vercoe, Yoga Instructor

HOT TOPIC: YOGA, MEDITATION AND BREATHWORK

MORE INFO ABOUT LAUREN HERE:

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How you practice yoga? What does a day in Lauren's life look like with Yoga?

The teaching of yoga is quite the opposite to practicing because in the teaching I tend to tune in to the energy of the class. When you're practicing when you're physically rolling out your mat and moving into your physical postures of yoga that's the being. But where you want to get, where you wanna really see and notice yoga in your life, is when you don't need to be on your mat. Yoga will pop up in conversation, you'll be less reactive to stressful situations. You'll look at what you're consuming.

What are your tips to get in the present moment?

- It's confronting as hell because we haven't really been taught to be with ourselves.
- We need to start finding ourselves and to do that, we have to love ourselves.
- It's hard to switch off our thoughts, almost impossible. We are human beings, therefore we are processing units.
- What we can do is notice and categorise the thoughts.
- So if you're thinking about the next meal you're going to eat. You say to yourself "oh there's a food thought"
- Or there's a thought about what I did yesterday, oh! There's a past thought... and we can start to analyze and then look at them.
- The more we train that brain muscle, the more we train ourselves to do that, we get to the point where we kind of start to move into a state of meditation easier than other days.

What if somebody has never done yoga before and they're freaking out and having these thoughts that "I'm not flexible enough". What do you say those people?

Sri K Pattabhi Jois the yoga guru once said "body not stiff mind stiff". We're beings, experiencing everything for the first time. It's not about being flexible with your body but learning to be flexible in life. Can I be flexible enough to adapt to a stressful situation in my life? What happens when I deal with death and trauma? How flexible am I?

What else is yoga about?

Yoga is about finding yourself, studying yourself and learning to love yourself, and eventually reaching that place of **samadhi which is internal bliss**. Buddhist might say it's enlightenment. Being free of stress, anxiety, concerned, worrying, negative thoughts and just being at peace.

We go through a journey and let go of the issues around flexibility because we can make transformations, we can find ourselves through the act of the practice. Despite how flexible we are.



How do you know when there is blockage in your chakra?

Often there will be tension. For example the throat chakra is around communication so you might feel you get a sore throat, run down, you might feel like you get a cough, like you just can't express yourself properly.

Breathing is really important isn't it?

Your breathing is really important to your health. A lot of people suffering from anxiety and depression aren't actually breathing correctly. They breathe predominantly with their chest area, that's the secondary breath (8:41) muscles in the chest and shoulders. We should all try to breathe down deep into the belly. If you're trying to protect yourself and feeling anxious right now you'll notice in your physique, you might chest breathe and shallow breathe. So if you notice "oh I'm a bit stressed"... and so if we can regulate the breath you can regulate the mind.

What would be your top 3 tips for general health and well being?

1. Visualize the truest version of yourself that you want yourself to be everyday.
2. Listen to your body, only ever consume what you resonate with and 100% agree with despite what anyone else is telling you. Get to know your body.
3. Listen.

"It's not what happens to you... it's what you do about it."

DISCLAIMER: As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This information aims to provide you with ideas on how to live a healthier, happier life. We encourage you to see a medical professional before starting any new lifestyle change.