

## ***CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT***

### **Welcome friends!**

International Yoga Day is celebrated on June 21st every year. It was declared by the United Nations General Assembly in 2014 to raise awareness about the benefits of practicing yoga and to promote its holistic approach to health and well-being.

Yoga is an ancient practice that originated in India thousands of years ago. It encompasses physical postures (asanas), breathing exercises (pranayama), meditation, and ethical principles to promote harmony between the mind, body, and spirit. The practice of yoga offers numerous benefits, including increased flexibility, improved strength and balance, stress reduction, enhanced mental clarity, and overall wellness.

International Yoga Day aims to highlight the significance of yoga as a means to achieve a balanced and healthy lifestyle. It encourages people from all walks of life to incorporate yoga into their daily routines and experience its positive effects. On this day, various events and activities are organized worldwide, including yoga sessions, workshops, seminars, and cultural performances to promote the practice and philosophy of yoga.

The celebration of International Yoga Day has gained immense popularity globally, with millions of people participating in yoga sessions and events. It serves as a reminder of the importance of maintaining physical and mental well-being and encourages individuals to adopt a holistic approach to health through the regular practice of yoga.

It's worth noting that while International Yoga Day is officially recognized and observed worldwide, the specific events and activities may vary from country to country or even within different local communities.

I know our western culture highlights the physical asana practice of yoga but there are so many styles and varieties of yoga that are practiced and one style I am very interested in is restorative and yoga nidra meditation. This style focuses on deep relaxation and rejuvenation and below is a list of some of the benefits of each practice:

### **Restorative Yoga:**

1. Stress reduction: Restorative yoga helps activate the parasympathetic nervous system, triggering the body's relaxation response. It helps calm the mind and reduce stress levels.
2. Deep relaxation: Through supported and passive poses, restorative yoga allows the body to deeply relax, releasing tension and promoting a sense of overall well-being.
3. Improved flexibility: The gentle stretching involved in restorative yoga can help improve flexibility over time, as the body gradually opens up and releases muscular and fascial tension.

### **Yoga Nidra:**

1. Deep relaxation and rejuvenation: Yoga Nidra is a powerful technique for achieving a state of deep relaxation. It helps release physical, mental, and emotional tension, leaving you feeling refreshed and revitalized.
2. Stress reduction and anxiety management: Yoga Nidra promotes a sense of calmness and reduces anxiety. It can be an effective tool for managing stress and improving overall mental well-being.
3. Improved sleep quality: Practicing Yoga Nidra before bedtime can help relax the body and mind, leading to better sleep quality and reducing insomnia symptoms.

Both restorative yoga and Yoga Nidra provide numerous benefits for physical, mental, and emotional well-being. These practices can be valuable tools for relaxation, stress reduction, and self-care.

I would like to offer an in person restorative and yoga nidra session on Wednesday, June 21, International Yoga Day, at 7:30pm located at my home. If you would like to give a donation for this event, it will be in support of the Infinity organization, a local group of women that aid in the abuse of children and families in our community.

Please bring a friend and go to my website to register for this event!

<https://www.kmyogamovement.com/event-details-registration/rest-and-restore-under-the-stars>

Here is more information about Infinity league:

[www.infinitystpete.org](http://www.infinitystpete.org)

Thank you for investing in yourself!

Love and respect always,

Kristina

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