

YOGA FOR MINDFULNESS

Why Mindfulness Matters in our life, and how Yoga can help ?



A workshop by Sri Joydip – Writer, Filmmaker & Yoga Teacher

Features

- ✓ Why Mindfulness Matters ?
- ✓ The Problem of Unmindfulness
- ✓ Default mode of distracted mind
- ✓ Yoga a tool to develop mindfulness ?
- ✓ Yoga for developing Self compassion
- ✓ Mindfulness Meditation

Benefits

- ✓ Stress Reduction
- ✓ Becoming engaged in present.
- ✓ Listen more effectively
- ✓ Study more effectively
- ✓ Work more effectively
- ✓ Improving everyday performance .

For Registration mail to sscexams.srijoydipashram@gmail.com | www.srijoydipashram.org

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Why Mindfulness Matter ?

From a Yogic viewpoint, Mindfulness is a state of mind , where the tendencies of mind has become stilled . And one can experience the pure awareness. Because this brings focus of mind , which is critical for day to day functioning like engaging in the present , listening effectively, studying more effectively , working more effectively which is directly related to everybody performance mindfulness is a necessary skill for everyday functioning.

Mindfulness

- Refined Sense Organ for listening , reading and working effectively
- Improves everyday performance

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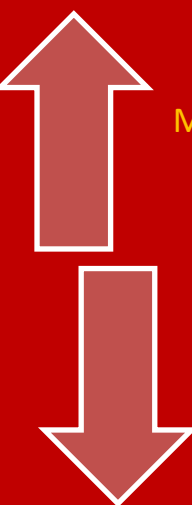
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The Problem of Unmindfulness

Mindfulness

When a person is unmindful, his awareness becomes the tendencies of mind, which is called as Agyana Vrittis or Vikshepa vrittis. These are harmful vrittis as take mind to the state of daydreaming . Due to this vrittis , a person either remain distracted , daydreaming about past and future or unmindful remaining on the misperception which is called as false knowledge , not based on what actually is.

Unmindfulness





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Default mode of distracted mind

Vikshepa Shakti

Vikshepa Vrittis

Distracted Mind

The default mode of distracted mind is a state of mind which is completely dominated by Vikshepa Shaktis which originates Vikshepa Vrittis in your mind. Here the mind remain impure and no focus arises in the mind.

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Yoga a tool to develop mindfulness ?

Yoga Practise

- Stills the tendencies of mind.
- Works as a tool for mindfulness development.

Yoga Practise for long time

- Practising for long time creates sustained effort to rest in this stillness When it is cultivated skillfully and continuously.

Yoga creates non attachment

- Non attachment is a state where no attachment for the object perceived directly and learned about the mind become inward, creating mindfulness.

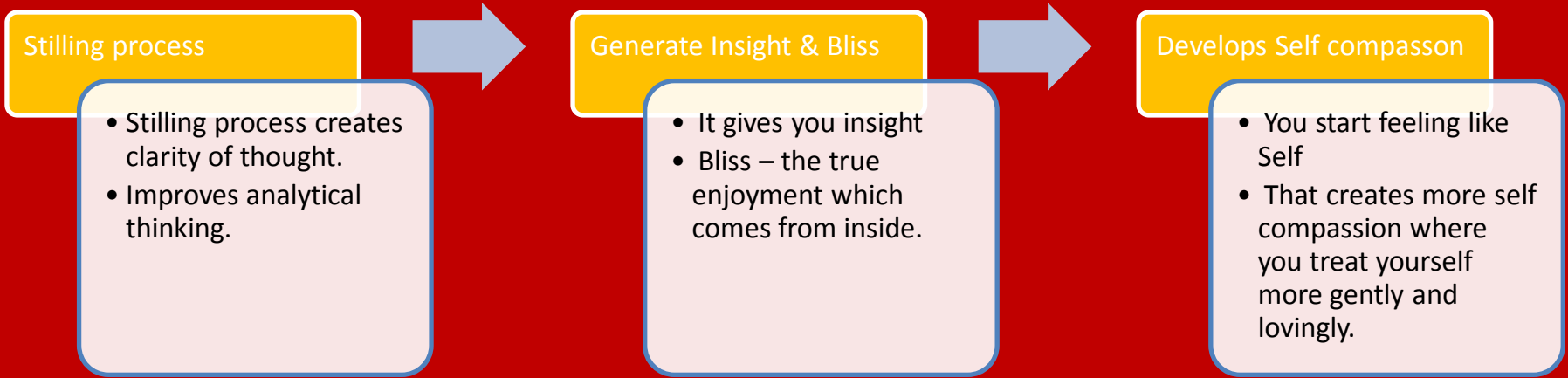
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Yoga for developing Self compassion



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Yoga the ultimate Mindfulness tool

When one practices steadily Yoga, impurities dwindle, distraction goes away.

Focus arises in mind. With the rising of focus one become mindful and oriented towards pure awareness

Pure awareness, is the source of all happiness, wellness and Well being

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Mindfulness Meditation

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Upcoming Program of Sri Joydip Ashram Academic Calendar 2017

1st April - 10th April , 2017 – Yoga of Mother Earth , Navaratri Retreats (Kolkata/Bdn)

3rd May – Yoga for Mindfulness Workshop Series II (ICCR, Kolkata)

20th / 21st June – Celebrating World Yoga Day in Tiruvannamalai

24th – 11th August – Gyan Yoga Teacher Training Program (Tiruvannamalai)

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Thank you

Sri Joydip Ashram

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