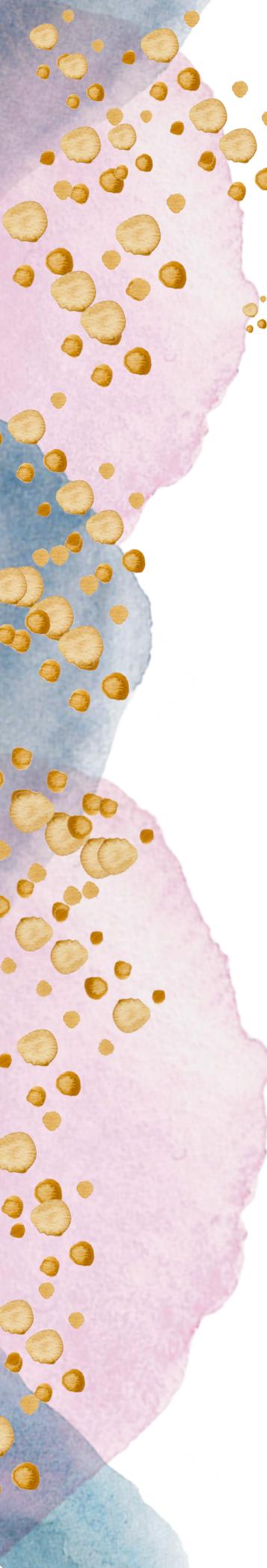




3 ESSENTIAL BENEFITS OF

*Yoga & Meditation*

FOR BLACK WOMEN AND WOMEN OF COLOR  
WHO WANT TO START THEIR YOGA JOURNEY



Namaste Friend,

The **3 Essential Benefits of Yoga and Meditation** was created to share what yoga and mediation are, how they relate to one another, and the benefits of incorporating yogic practices on the mat and in your daily life.

The Vibrant Life Collective, is a yoga community dedicated to women of color, who want to replenish their souls through yoga and meditation. We believe that wellness for black women and women of color is a necessity, not a luxury. It's a radical act of self-preservation, care and love. We believe that you can become the most whole version of yourself, and yoga can help you do that.

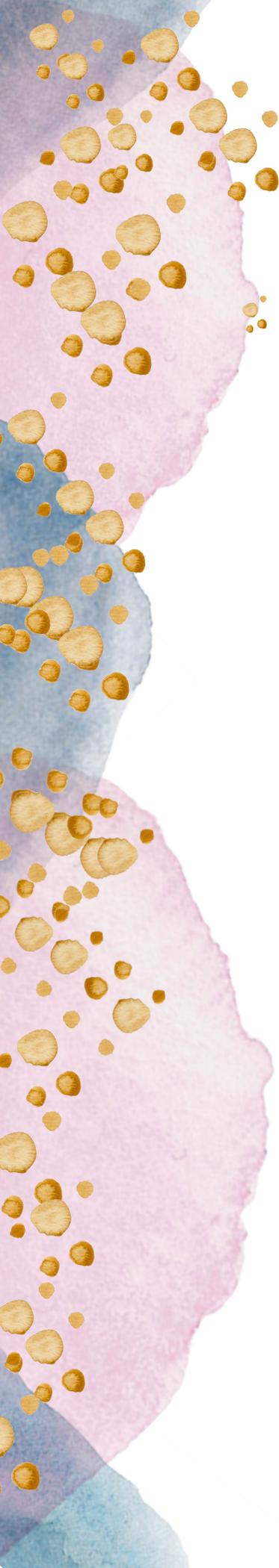
After almost a decade of personal practice, I decided to become a certified yoga teacher. (200Hr YTT certification with Yoga Alliance and 500hr YTT in progress). Yoga has aided in my healing and transformation. I believe that the practice can help you do the same.

My primary interests are asana, yoga psychology, the chakras, meditation, mindfulness, and overcoming trauma with yoga. My sincere intention as a teacher, is to encourage and support each students self-discovery through yoga.

May you be inspired on your yoga journey!

Smiles & high vibes,

*Valerie*



## 3 Benefits of Asanas

*Yoga increases the connection between the mind and the body.*

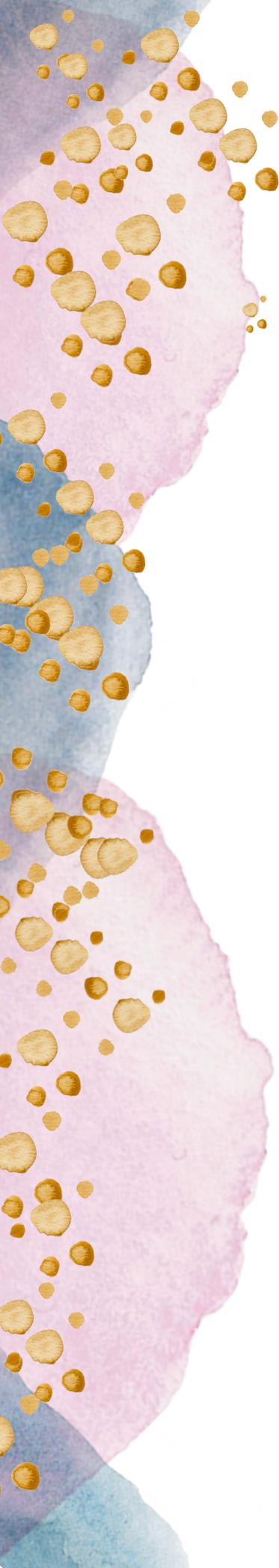
When you start to practice yoga regularly, you will begin to be more aware of the present moment. In the beginning you may notice, that the mind will settle into the present moment, for brief spurts of time.

When your mind is focused on the present, you are less likely to dip into thoughts of the past or the future. When your mind lingers in the past depressive thoughts can arise. When the mind wanders into the future, anxious thoughts like, "What's going to happen?" When your mind is in the present moment, the stress dissipates. As your mind settles, you may be more aware of the physical changes.

For example, you may notice your posture, how you move, how you breathe and feel in your body. Bringing your mind and body into alignment/balance, allows you to feel a deeper connection to with everything.

*Yoga helps manage stress, relaxing the body and the mind.*

Most of us live with a certain level of stress in our daily lives. Very few of us are immune to it. Yoga is a practice that combines physical movement to release tension, and breathing to soothe our nervous system. Hatha yoga is an excellent style of yoga to practice for this.

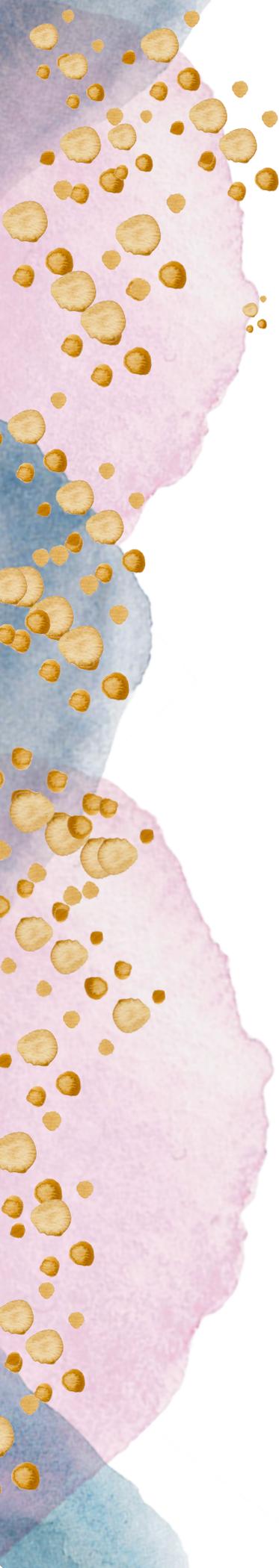


## 3 Benefits of Asanas

*Yoga physical benefits strength, flexibility and balance.*

There are a variety of asana (postures) that focus on specific parts of the body. Each category or asana family, activates the body to stimulate balance, strength or flexibility.

- **Standing poses** focuses on building strength in the hips, legs and feet.
- **Core awakening poses** build strength in the abdominal and lower back areas.
- **Arm support positions** in which the weight is placed on one or both hands or forearms
- **Back bends** Supine or non-standing positions where the spine is extended.
- **Twists** All non-standing positions in which the spine is rotated
- **Forward bends** All non-standing positions where the primary action is the anterior rotation of the pelvis and stretching of the back of the body.
- **Hip Openers** Positions that focus on stretching the muscles attached to the pelvis
- **Inversions** Positions in which the body is inverted.



## 3 Emotional Benefits of Meditation

*Concentration is the primary focal point of meditation.*

Concentration is the primary focal point of meditation and practice aids in developing focus. When you are seated in meditation, paying attention to your breathe and your thoughts, promotes neural communication and the way that you processing thoughts, which allow for increased focus and self-awareness.

*Meditation creates a space for you to shift or gain a new perspective.*

When your perspective is altered, you can suspend how you react to a situation and you are able to make choices that determine how you will react. You may find that you are more patient and/or tolerant to the annoying person counting out change, the driver that cut you off on the road, and others in your life.

*Additional emotional benefits of meditation.*

- Less mental stress decreases physical stress
- Reduces negative emotions or emotions that do to engender a sense of contentment, calm, peace or balance.
- Increases your capacity to imagine and be creative

*Closing*

Regardless of practicing asana, meditation or deep diving into the chakras there are so taking a step forward to overall improve your well being.

Looking for more yoga resources, classes, workshops or masterclasses?

 [@vibrantlifecollectivebyval](https://www.instagram.com/vibrantlifecollectivebyval) or [www.vibrantlifecollective.com](http://www.vibrantlifecollective.com)