



WHY YOGA?

Why, is the driving force of our lives!

WHY AM I HERE?

Write it down in your notebook.

In the words of James Clear:

"All behavior is driven by the desire to solve a problem."

The questions are:

- Why are you here? What do you expect to obtain at the end of this program?
- What would you like to change?
- What problem are you solving?

WHY YOGA?

Yoga is a method of self-knowledge that has been around for thousands of years and the one and only reason for this is: it works!

When followed consistently the Yoga method delivers what it promises which is an increasingly more meaningful life product of more profound self-knowledge. The more we know ourselves and act upon that, the more meaningful our lives will be. Yoga brings coherence between thought, word and action.

WHAT IS YOGA?

Patanjali is the philosophical father of all traditional yogas and in his sutras he states:

I.2: YOGA CITTA VRTTI NIRODHA

Yoga is when we cease to identify ourselves with the fluctuations of the mind.

Why is it important?

- **Neural patterns:** a second chance.
- **Biology:** is concerned with survival not with joy.
- **Our life is what we focus on:** our focus determines what we live.

- **RAS:** Reticular Activating System.

Neural patterns:

- Formed through repetition.
- What we repeat becomes more likely. Efficiency.
- What was repeated to you?
- What do you repeat?
- Which is your mantra?
- Can be changed by not doing what reinforces them and by doing new things to create new neural patterns. A second chance.
- Yoga is based on repetition.

Biology:

- Only concerned with keeping us alive and passing on our genes.
- Our brain is designed to focus on fear (real or perceived) and learn from the past to prevent similar situations in the future.
- Instinctively we run from pain, associated with extinction.
- Growth has an element of pain.

Focus

- Life is what we focus on.
- All you see is pain, your life is pain.
- All you see is growth, your life is growth.
- What is your focus?
- 95% of when our attention drifts (when we do not control our focus) we think about problems in a passive way.

RAS: Reticular Activating System.

- This is a system in the brain that is dedicated to finding information that is relevant to us from the surrounding noise.
- We biologically find information on what is relevant: ways to reproduce, water, food, and shelter.
- The modern world is more complicated.

CONCLUSIONS

- We need to still our minds, gain focus, to be able to determine the type of life we want to live.
- A meaningful life is a decision we make that requires daily work.
- It is a lifelong process.
- It is in our hands, it is our responsibility, and only we have the power to do something about it.