

“Rewire Anxious Thinking and Navigate Towards a Positive Path through Yoga Practices and Cognitive Techniques”

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Objectives:

- 1. Participants will learn and understand various concepts about anxious thinking and/or rumination, and the strategies to overcome them.*
- 2. Participants will learn and understand how they can utilize yoga asana and pranayama as a tool to reduce anxious thinking and/or rumination*
- 3. Participants will leave the session with practical cognitive strategies that they can utilize to reduce anxious thinking and/or rumination*

Note taking:

I. Anxious Thinking & Rumination/Cognitive Distortions

II. Personal Exploration

III. Steps/Tips

IV. Cognitive Strategies

- a. Testing evidence
- b. Reframing
- c. Affirmations

V. Yoga Practices as a way to reduce Rumination

VI. Yoga Asana – Mindful breath based movement

VII. Yoga Pranayama

- a. Nadi Sodhana Pranayama
- b. Sitali Pranayama
- c. Kalapbhati Pranayama
- d. Ujjayi Pranayama

VIII. Summary/Wrap-up

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