

When there is no mobility...



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Centring

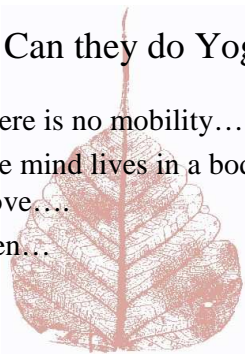
Chanting
Grounding- stretch
Dedication



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Can they do Yoga?

When there is no mobility...
When the mind lives in a body that does
not move...
What then...



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1st Buzz - Groups of 4

What practices are available?



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Feedback

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Satchidananda mind

Yoga Nidra	Bhakti Yoga
Meditation	Gyana Yoga
Antar Mouna	Karma Yoga
Ajappa Jappa	Pranayama
Mantra Yoga	Satsang
Kirtan	Mandala / Yantra

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2nd Buzz - Change group

What inhibitions bock us?



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Feedback

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Everyday mind = FEAR

Might do it wrong	Be embarrassed
Someone else, not me	Too unfamiliar
Too difficult	What would I say?
Never seen it done	Selfish

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3rd Buzz - Change group

What qualities would we need?



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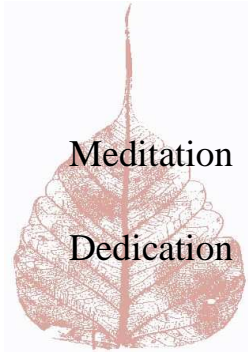
Feedback

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Bodhisatva heart

Open heart	Presence
Open mind	Awareness
Intuition – 3 rd eye	Compassion
Inner Wisdom	Gentleness
Communication skills	Deep listening

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