



Esther Ekhart: A Welcome Practice



Esther has been teaching yoga and meditation internationally for over 20 years and is the founder of Ekhart Yoga. Discover the use of the green, red and blue zones of the pathways of the nervous system and how embodying them as part of your daily process will improve your meditation or yoga.

TOP EMBODIMENT TIP: Start by connecting to your colour zone

Acknowledgement of Dr Stephen Porge: The Polyvagal Theory & Green, Red and Blue Zones

- **Green Zone:** Connection
 - Using connective words and phrases: Feeling calm, experiencing joy, curiosity of self, excited about life, rest and digest, social connection, want to hang out
- **Red Zone:** A state of Alertness
 - Using words or phrases to bring attention to alertness: Flight or fight, hypervigilance, stress state, sympathetic nervous system
 - Reduce the amount of time spent in the red zone as the nervous system enters a state of overwhelm
 - Recommendation to transition back to the Green Zone
- **Blue Zone:** Shut down
 - Using words or phrases to shut down: Freeze, numb, step back, zone out, stop feeling
 - The individual may feel a state of: I don't know what to do!
 - Recommendation to transition back to the Red Zone and then transition back to the Green Zone

A Welcome Practice: Wherever you are and whichever zone you are currently in? Have self-compassion

- **Green Zone:** Strong yoga practice or restorative session
 - Total choice dependent upon the individual's intention
- **Red Zone:** Step out of hypervigilance.
 - Choose to move towards stillness, slow down, stop doing and start being. Feel.
- **Blue Zone:** Go into a meditation.
 - Go straight into nidra or take a restful practice

Resources:

- ❖ **Website:** [Esther Ekhart](#) / [Ekhart Yoga](#)
- ❖ **Social Media:** [Facebook](#) / [Youtube](#) / [Instagram](#)



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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