



Amina Naru and Pamela Stokes Eggleston: Exploring Self-Care with Yoga



Pamela and Amina are co-founders of Retreat to Spirit. Amina works with prison populations through ‘posh yoga’ whilst Pamela works with Veterans, service members, their families and their care-givers through ‘Yoga to Sleep’. Watch this session to discover how to use yoga as a way to bring self-care practises into your life and be more energetic and balanced.

TOP EMBODIMENT TIP: Use yoga practices as an act of self-care.

Self Care: Using Yoga Practices as an Act of Self-Care

- Self-care is not self-indulgent, it doesn't need to be about having a long bath or a pedicure, **it is a continual practice that requires devotion.**
- Self care is the practice of taking an active role in protecting one's own well-being and happiness during stressful times.

The Science of Self Care: Difficulty Being Relaxed and Still While In a Constant State of Stress

- Mindfulness helps break habitual patterns.
- Our sympathetic nervous system causes fight or flight and it can be difficult to balance that. Our parasympathetic system relates to rest and digest and helps calm down the nervous system.
- Yoga helps us balance out our nervous systems to either calm them down or increase our energy.

Barriers: Impact on Caring for Oneself and Practicing Yoga

- Can feel shamed into thinking that you don't ‘fit in’ to yoga classes or aren't good enough.
- People can be addicted to trauma and don't care for themselves.
- Can feel the work you do, goes against your own moral standards and beliefs and this causes burn-out/stress.
- The way we live and the society we live in, can cause barriers.

Strategies for Self Care: Yoga is Central

- Self-questioning why we are practicing in the first place, noticing our movement, our breath and our intention and being focused.

Resources

- ❖ **Website:** retreat2spirit.com, www.patreon.com/retreattospirit
- ❖ **Social:** Instagram: [@retreattospirit](https://www.instagram.com/retreattospirit) Private Facebook Group: [Retreat to Spirit](https://www.facebook.com/RetreattoSpirit)



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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.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.

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