

Mindful Yoga @ OASIS Tuesdays 12noon-1pm 2019 Information

What is yoga and mindfulness?

Yoga is an integrated system which uses the body, breath and mind to encourage a sense of wellbeing. It originated in India and has been practised for 2000 years. It is holistic in that it incorporates ethics, movement, breathing and meditation, utilising a range of tools to facilitate awareness in all areas of our lives. The word yoga means to unite or make whole.

Mindfulness is being present and engaged in each moment of our lives. Research shows mindful presence improves wellbeing and academic performance.

About Mindful Yoga

Free Mindful Yoga classes have been offered at Oasis since 2017. Mindful Yoga offers a sanctuary in the middle of the day for both quiet movement and stillness. Classes include gentle movement, breath awareness, mindfulness meditations and relaxation practices.

Movements are gentle and able to be adapted for all ages and physical ability. All practices are optional - students are welcome to participate in only those practices which they are comfortable to do. No special clothing is required, and equipment such as mats and blankets are supplied.

Students are encouraged to adapt an attitude of curiosity, openness and self-compassion. You may be invited to notice and welcome distractions to your practice. You will be encouraged to develop a sense of independence in your practice by listening to your body and breath. There are no physical adjustments offered in class, and no expectation of making any progress towards any goals.

Class Protocols

The class is drop in and is offered free to the Flinders University student and staff community. **Unlike a regular yoga class, there are flexible starting and ending times.** Classes will start about 5 minutes past 12 noon. If you arrive early, you are welcome to help set up the room, or to come into your preferred relaxation position for some quiet stillness.

People are welcome to come late to class. Sometimes this is unavoidable. Regardless of when you come, always take a few moments in a still pose to notice your body and breath and only join in when it feels appropriate to do so. We aim to finish the class by 12.55pm. If you need to leave early, you are welcome to do so. Relaxation at the end of the class is strongly encouraged and can be staggered to allow people to leave early or stay longer as suits.

Your teacher

Maureen is a qualified hatha yoga teacher, I-rest meditation teacher and Hanna Somatics exercise coach. She is an accredited Mental Health Social worker and is a member of the Flinders University counselling team. She has been practicing yoga since 1991, and teaching since 2010.

In addition to this class a range of resources for practicing yoga based tools for calm, to energise and for relaxed sleep have been developed and are available on the health and counselling wellbeing blog.

