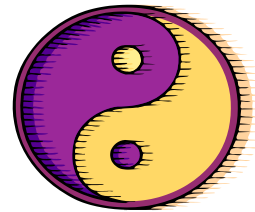


Rushing to Yoga



Marilee J. Bresciani, Ph.D.
Founder and President
Rushing to Yoga Foundation
www.rushingtoyoga.org



Photo by Jamie Gallant

Reflection

- What brought you to be in this place at this time?
- How well are you able to be here in this place right now?
- Are there any thoughts, feelings, or body aches distracting you from being here?

Integration = Peace





Not One

Crisis was the Motivator



Recovery began with the Breath



Photo by Christine Hoey

From Stillness to Movement



And then back to Stillness



Photo by Christine Hoey

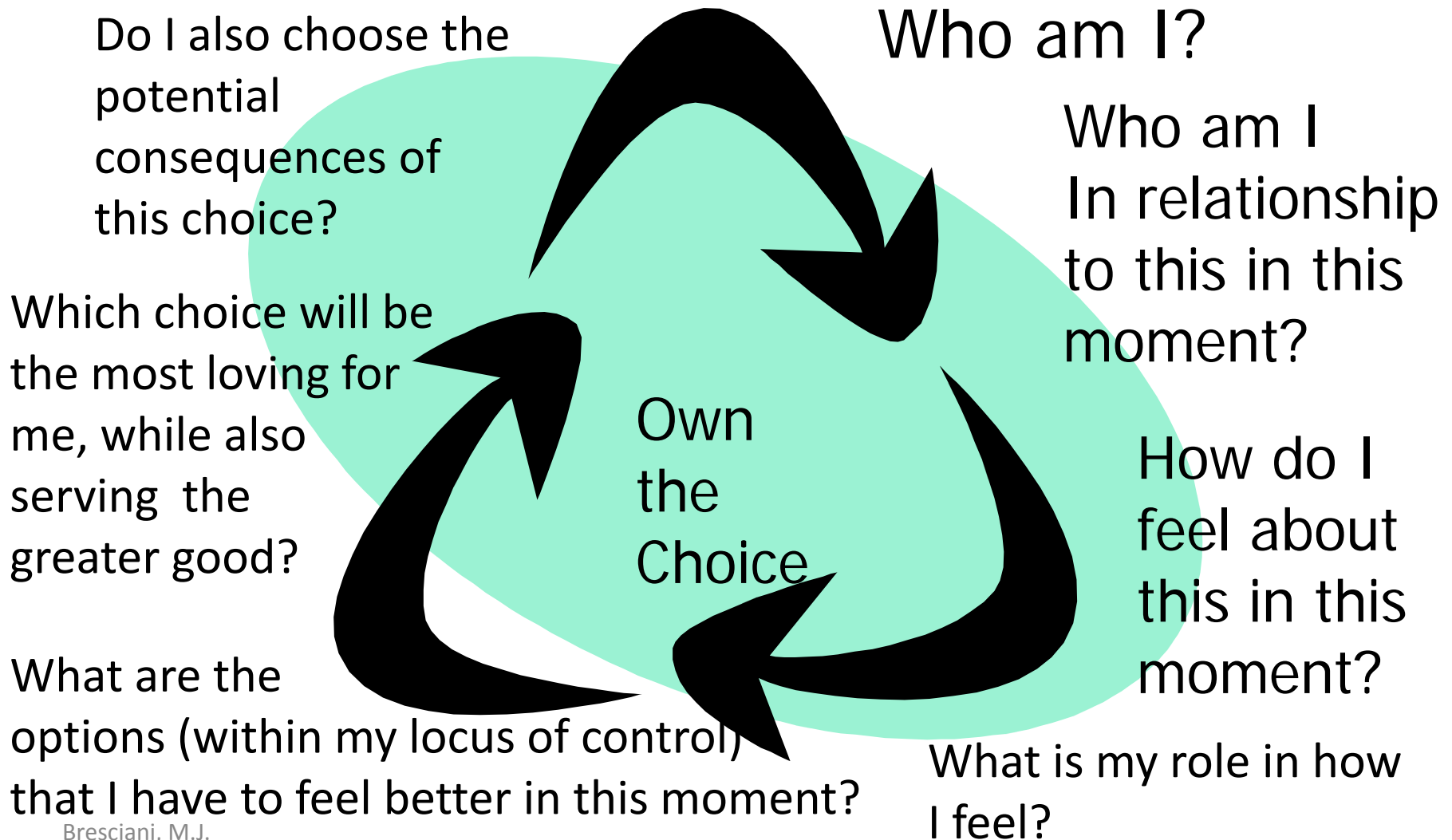
And then into Inquiry

Adapted from Byron Katie's the Work (www.thework.org)

- 1) Is that true?
- 2) Do you know beyond a shadow of a doubt that it is true?
- 3) Now, ask yourself who you would be without that thought? How would you feel if you didn't believe that thought were true?
- 4) Conversely, who would you be if you thought that thought were true? How would you feel if you believed that thought were true?

Conscious Choice-Making

Bresciani, M.J.



And then into Joy

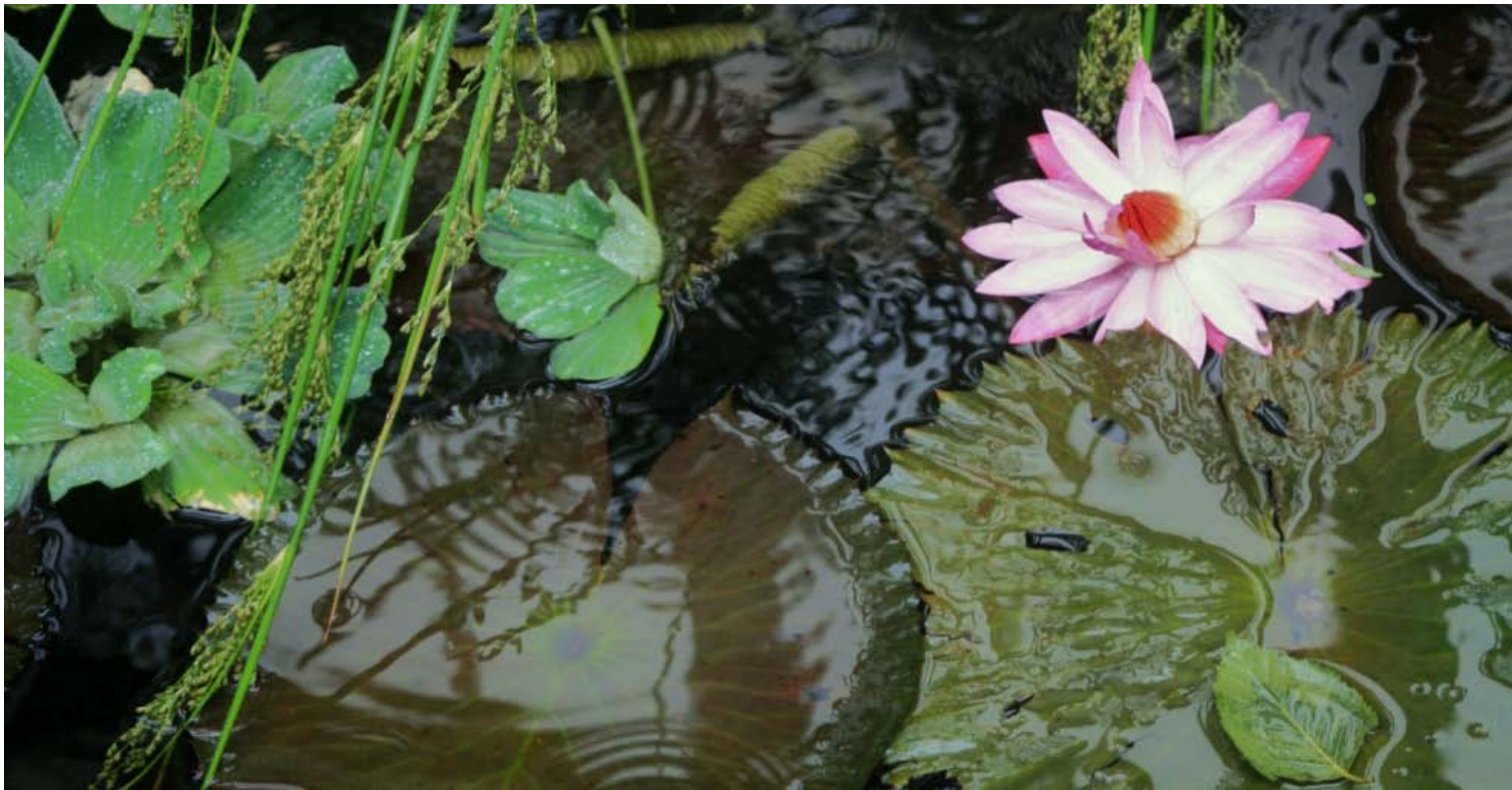


Photo by Christine Hoey

Rushing *Yoga*

A 501 (c) (3) Foundation

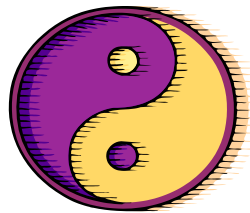
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**"Discovering and Loving
Your Authentic Self"**



Yoga

A Sanskrit word meaning Union. The journey to inner peace and self-love is not one to *rush*, yet you don't want to delay getting started.



Contact

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Photo by Christine Hoey



Namaste!