

Introduction to Meditation

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Session Overview

Defining Meditation

Science Behind it

Health Benefits

Let's Practice

Questions



Welcome and Introductions

- Welcome!



- Please share your name and reason you are here
 - What do you want to get out of this workshop?

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Meditation Definition

- “To engage in mental exercise (as concentration on one’s breathing or repetition of a mantra) “ - Merriam Webster
- Yoga Chitta Vritti Nirodha – progressive quieting of the fluctuations of the mind



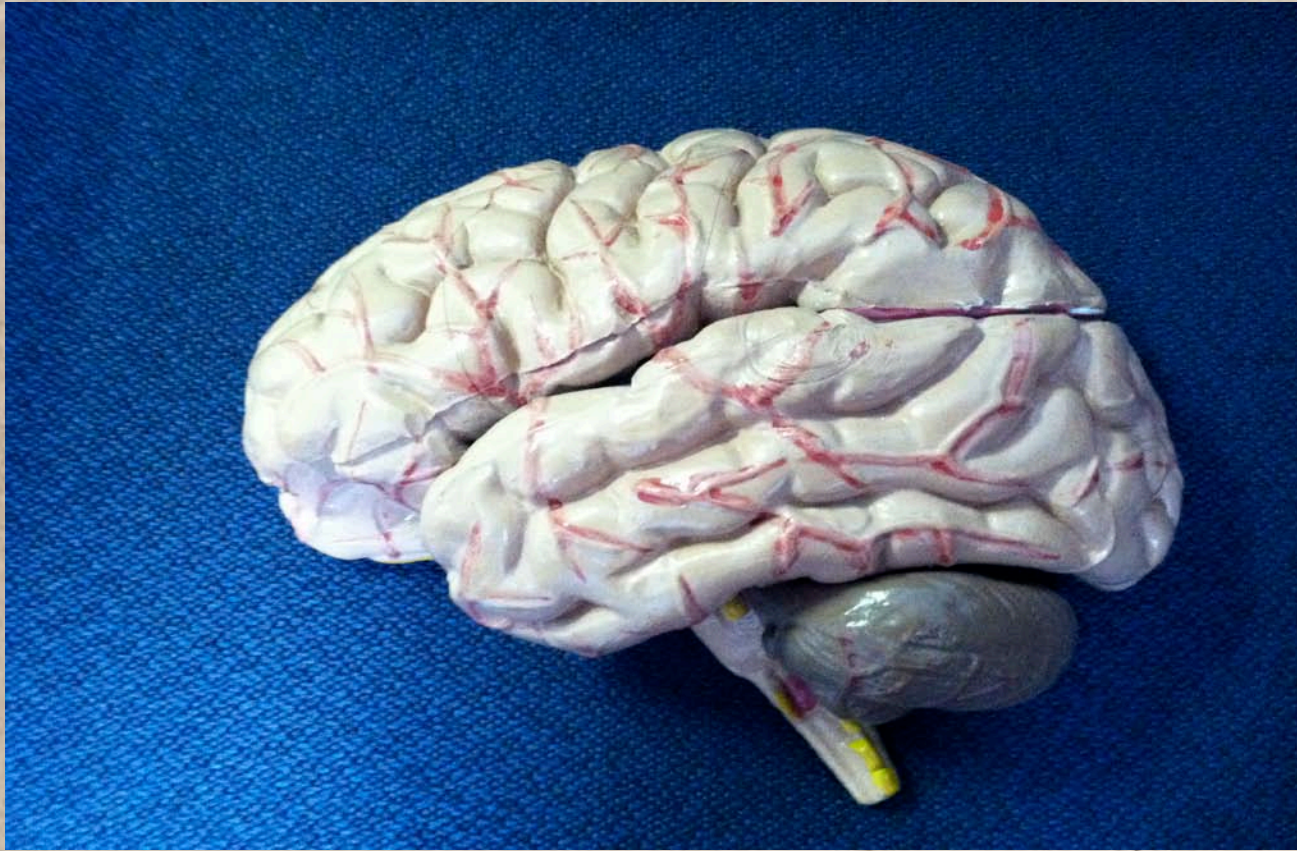
Meditation Definition, Cont.

- It is not ...
 - a religious practice
 - meant to get you to stop thinking all together
 - a replacement for physician's care

- It increases attention, emotion, and cognitive Regulation



What You Focus on Changes the Structure and Function of your Brain



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BREATHE – alters your physiology



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Let's Practice – Breathe with Movement



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Questions?

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Neuroplasticity



- “thinking, learning, and acting actually change both the brain’s functional anatomy from top to bottom, and its physical anatomy.”

-
<http://www.learninginfo.org/neuroplasticity.htm>



Brain Stuff

- Increases the activation in the pre-frontal left cortex
 - Attention/focus
 - Executive functions
 - Problem solving
 - Complex reasoning
- Decreases the activation in the amygdala
 - Fight/flight



The Neuro-Science



- Neuroplasticity -
<http://www.medterms.com/script/main/art.asp?articlekey=40362>
- The benefit of focused breathing -
<http://www.youtube.com/watch?v=sf6Q0G1iHBI>

And

- <http://vimeo.com/11916833>



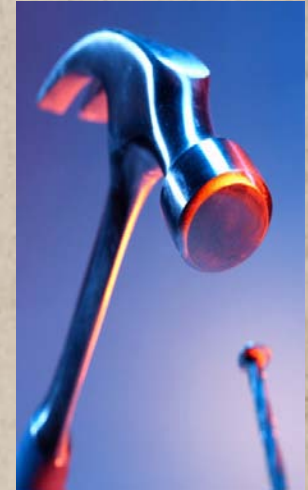
Fight/Flight vs. Peace

Fight/Flight

- ↑ Heart rate
- ↑ Blood pressure
- ↑ Respiration
- ↑ Perspiration
- ↑ Stress hormones
- ↓ Anti-aging hormones
- ↑ Platelet stickiness

Restful Awareness

- ↓ Heart rate
- ↓ Blood pressure
- ↓ Respiration
- ↓ Perspiration
- ↓ Stress hormones
- ↑ Anti-aging hormones
- ↓ Platelet stickiness



Let's Practice - Breathing



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Let's Reflect

- Who am I?
- What do I want?
- What is my life's purpose?
 - How can I serve?
 - What brings me happiness?
- What is my perspective on all of that?
 - What do I think about it?
 - How do I feel about it?
 - What do I want to do about it?
 - How do I want to be?





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Integrated Inquiry

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Know/Evidence

Student learning
and development

Feel/
Sense

Unknown/
Spontaneous Creativity/
Pure potential



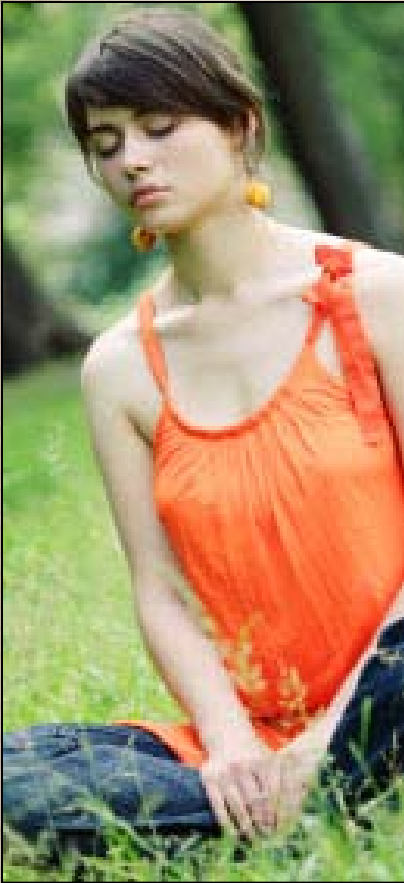
Your Life



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Basics of Meditation



- **Take one mindful breath every day**
- **Practice focused breathing up to 30 minutes/day**
- **Avoid judgment**
- **Practice inquiry**
- **Laugh often**



Evaluation

- Please list one benefit you have discovered about engaging in meditation.
- Please list one question you have.
- Please list one way that you can incorporate meditation into your daily life.
- What other lesson did you learn from today's session?





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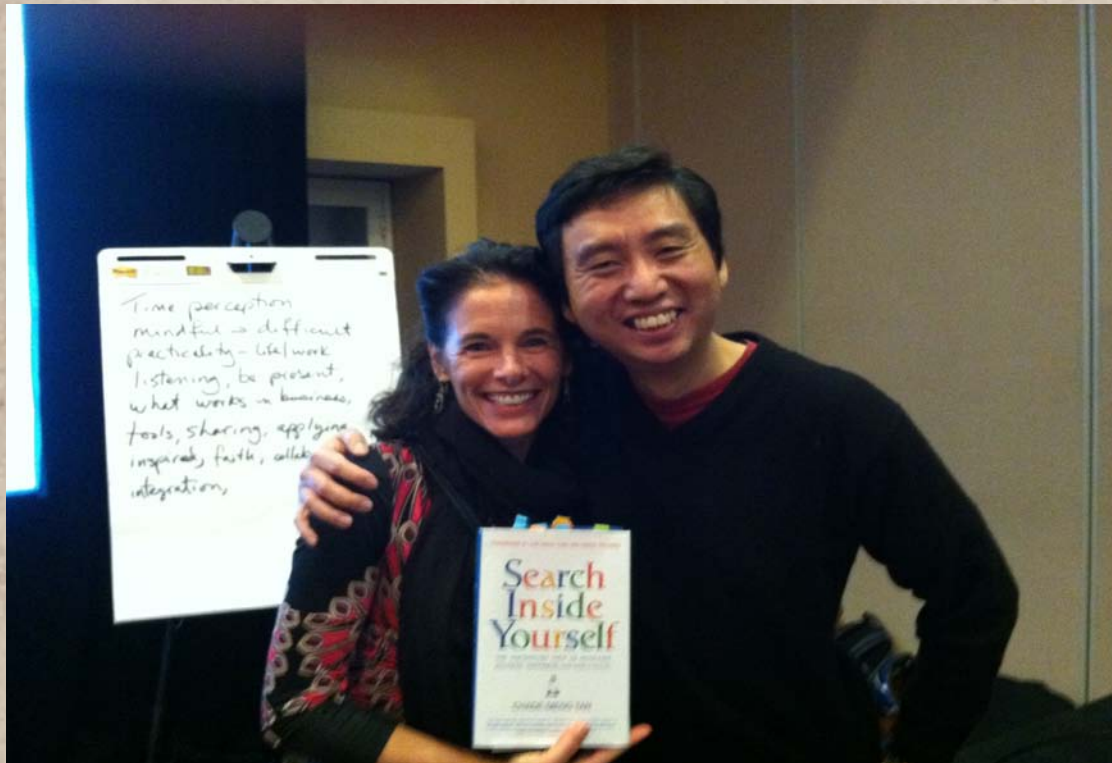
Go Deeper: Primordial Sound Meditation Classes

January 19 and 20, 2013 1:00-4:00 pm each
day *Primordial Sound Meditation Course* Or
February 23-24 , 2013 1:00-4:00 pm each day
Primordial Sound Meditation Course Interwork
Institute, Room 105 3590 Camino del Rio North
San Diego, CA 92108 Register at
Rushingtoyoga@gmail.com



Go Deeper: Integrative Inquiry Class

- Delivered to your organization online (summer 2013) or face to face (now)



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Rushing to Yoga Foundation

*Bringing Peace and Compassion into
Higher Education*

by

*Empowering Self-Expression through
Conscious-Choice Making*

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Special Thanks to all Our Partners and Teachers

- San Diego State University Interwork Institute
- <http://interwork.sdsu.edu/main/>
- Search Inside Yourself -<http://www.siyli.org/>
- Chopra Center for Well-Being -
<http://www.choprateachers.com/>
- Baptiste Power Vinyasa Yoga -
<http://www.baronbaptiste.com/>
- You!

