

A Guide

START YOUR YOGA JOURNEY



What is Yoga?

An ancient system of practices used to balance the mind and body through exercise, meditation (focusing thoughts), and control of breathing and emotions. It can become your own form of therapy for your mind and body.

Mainstream culture can make yoga seem difficult or not physically attainable. It is not a practice of perfection but progress. It is for every body and can be done every day.

Yoga has allowed me to tap into my mind in a way that no exercise ever required of me. I realized quickly that I needed the balance that came from the practice.

Why you desire to start your yoga journey is your own story. I wanted to share some simple steps that will give you access to integrate yoga principles into your life every day.

Thank you for sharing space.

@SophiaLorin

Benefits of Yoga

- improves circulatory health
- helps balance metabolism
- increases flexibility
- increases muscle strength & tone
- injury prevention
- presents ease into your life
- prepares heart & mind for life changes
- increases self awareness
- builds stronger trust and confidence in self & the world



@SophiaLerin

8 Limbs of Yoga

Yamas | External Discipline.

How we relate to the world.

Niyama | Internal Discipline.

How we relate to ourself.

Asana | Posture. Most associated

in the modern world

Pranayama | Expansion of Life Force.

Energy. Breath Control.

Pratyahara | Withdrawal of senses.

Prevent an overload of sensory

stimulation and

unnecessary stimulation.

Dharana | Concentration.

Dhyana | Meditative Absorption.

Observe True Self.

Samadhi | Freedom from Illusion.

Understand True Self.

Visual of Sun Salutation A



Calendar for Yoga Integration

		<i>Treat Yourself to Something that Serves you</i>	Do something for a loved one	Choose a book that will give you an opportunity to grow in a way you desire	Meditate for 5 minutes	Take a walk outside for 15 minutes with no technology, observe your surroundings
Drink a bottle of water to start your day	Do a Sun Salutation A x5	Celebrate your commitment to self. Honor yourself	<i>Tidy up your living space</i>	Read your "growth book" every morning or evening for 10 minutes for 21 days	Commit to one of the previous items everyday for one week	Take a Yoga Class
REST	Grooming: style your hair, get a haircut, exfoliate entire body, steam & wash face, etc. Choose one	Set a timer for 3 minutes Do Box Breathing w/ no external noise	Write a Story with You as the main character, living as the person that you want to be	<i>Gaze at a candle flame for 5 minutes</i>	Write a Gratitude List Nothing viewed as too big or too small	Take a walk outside for 15 minutes with no technology, observe your surroundings
<i>Tidy up your living space</i>	Take a Yoga Class	Celebrate your commitment to self. Honor yourself	Create an affirmation that you desire for self growth Speak it out loud 5xs in a mirror	Repeat the same affirmation that you desire for self growth Speak it out loud 5xs in a mirror	Repeat the same affirmation that you desire for self growth Speak it out loud 5xs in a mirror	Repeat the same affirmation that you desire for self growth Speak it out loud 5xs in a mirror
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Meet Sophia Lorin

Through her journey as a track athlete, Certified Personal Trainer, Bodybuilder, Certified Peer Educator, and Yoga Instructor, Sophia Lorin has learned to value the importance of exercising the body and mind. She believes strength is a result of consistent and progressive movement in both. Sophia's mission is to create spaces that allow people to feel comfortable exercising their body and mind through conversation, meditation, breath work, yoga, and plyometrics. The body is comprised of muscles that work together to serve as art, representing our whole being. When exercised, the mind will lead us with love, joy, surrender, forgiveness, and understanding. You can find her leading a yoga class or workshop within corporate spaces, schools, and amongst her community. Sophia Lorin desires for everyone to feel strong within.