



International Yoga Teacher Training Academy

THE RESPIRATORY SYSTEM



Name :

Home Practice Start Date :/...../.....



YOGAFX INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

www.YogaFXTeacherTraining.com



YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

"AWARENESS"

ONLY HAVE RESPECT FOR THINGS THAT

LOVE protect the deep bond that purely exists between the environment, oneself and all other earth's creatures.

People who live by desires have no consciousness.

Don't waste your time on them they will never awaken to reality.





YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

"CHANGE"

REAL FREEDOM IS LIFE IN ITS PUREST FORM

IT is felt not as a passing by experience but also as strong presence. It is to be who you are, to feel within you the good that has no enemy to experience the joy of just simply "Being" that depends only on your inner-self.

Loneliness is the first test. See if you can survive the darkness solitude only after this will you then be able to see your life through 3 eyes, instead of 2.





The Respiratory System CONTENT

The Role of Yoga In The Respiratory System	Page 4
What Is The Respiratory System?	Page 5
Function Of The Respiratory System	Page 7
Parts of The Respiratory System	Page 7
The Nose	Page 9
The Cilia	Page 11
Olfactory Epithelium	Page 11
The Sinuses & Pharynx	Page 15
Larynx	Page 17
Epiglottis	Page 19
Trachea	Page 20
Bronchi & Bronchioles	Page 22
Alveoli	Page 24
Capillaries & Lungs	Page 26
Power Of Breath	Page 28
Diaphragm Anatomy	Page 29
Discover The Significance Of Training Respiratory Muscles	Page 30



YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

The Role of Yoga In The Respiratory System

In the rapidly evolving landscape of health, **the surge in respiratory diseases is both alarming and profound.** This surge can be attributed to a significant **shift in breathing patterns, exacerbated by escalating environmental pollution.** As a dedicated yoga teacher, **the essence of Asana, Pranayama, and Meditation lies in understanding and optimizing the breath.** Indeed, **without the rhythmic dance of breath, yoga transcends beyond a mere physical exercise,** unveiling its true transformative power.

In the **profound realm of yoga,** the act of breathing transcends mere physical function. Whether executed **with mindful intent or in the absence of awareness,** it remains a cornerstone of yogic practice. The essence of yoga lies in the rhythmic dance of breath, a vital force that persists, **linking the conscious and unconscious realms,** and forging a **harmonious connection between mind and body** through the **sacred art of breathwork.**

As a yoga teacher, delving into the intricacies of **Asanas, Pranayama, Meditation, and Shatkriya** necessitates a profound understanding of the Respiratory System. This knowledge is pivotal for comprehending practices like **jala neti, sutra neti, or vaman kriya.** Exploring the profound **impact of these techniques on the Respiratory System** enhances our holistic grasp of yoga's transformative potential.



Copyright© 2018 YogaFX International Yoga Teacher Training Academy

www.YogaFXTeacherTraining.com

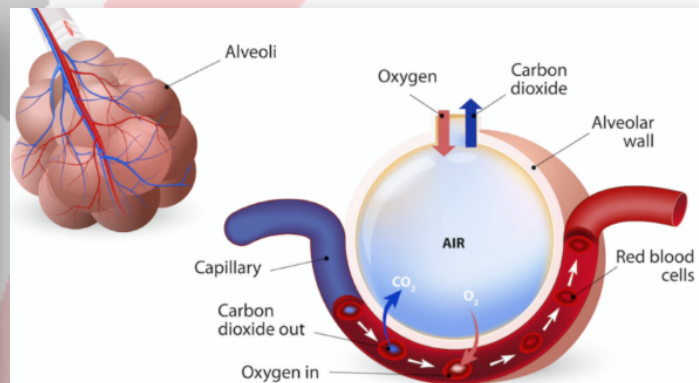
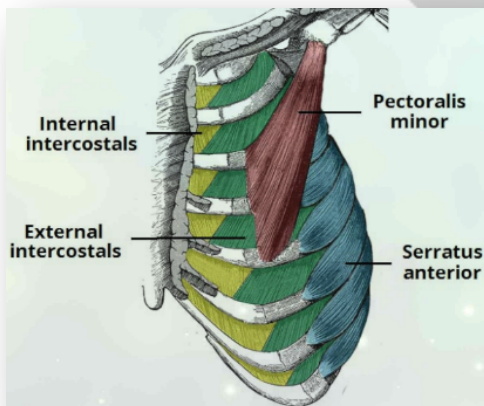


What Is The Respiratory System?

Within the intricate tapestry of the human body lies the respiratory system, a marvel of biological engineering dedicated to the crucial task of gas exchange.

This intricate network comprises specialized organs and structures, orchestrating a symphony of functions to facilitate breathing.

Encompassing airways, lungs, and blood vessels, it intricately guides air through the trachea, bronchi, and bronchioles, culminating in the alveoli, where the alchemy of respiration unfolds.



Beyond these anatomical wonders, the respiratory system extends its influence to the very muscles powering the lungs, harmoniously collaborating to propel oxygen throughout the body while expelling waste gases and carbon dioxide.

In this ballet of biology, each element plays a vital role, creating a seamless dance of life-sustaining processes.



YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

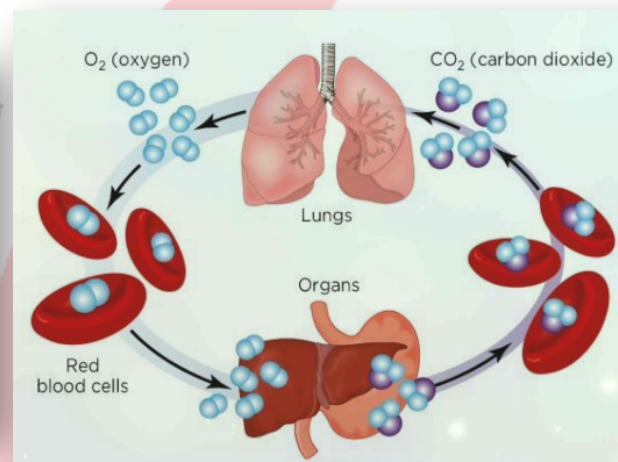
Memo to self:





Function Of The Respiratory System

Delve into the intricate **workings of the Respiratory System** as it extends beyond the simple act of breathing. Explore its multifaceted functions, **enabling speech and olfaction**. Witness its role in temperature regulation and **moisture control**, ensuring optimal conditions for bodily functions. Uncover its vital task of **supplying oxygen to cells** and **purging harmful gases**, including **carbon dioxide**. Discover how it safeguards airways **against potential threats and irritants**.



Parts of The Respiratory System

Delve into the intricate world of the Respiratory System, a **complex assembly of interconnected components** meticulously designed to facilitate the fundamental act of breathing. **Within this intricate system**, various groups of **parts synergize seamlessly**, orchestrating a harmonious dance to deliver **life-sustaining air to the lungs through a network of specialized airways**.

- ✓ The Nose
- ✓ The Cilia
- ✓ Olfactory Epithelium
- ✓ The Sinuses
- ✓ The Pharynx
- ✓ The Larynx
- ✓ The Epiglottis
- ✓ The Trachea



YOGAFX



BIKRAM ACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

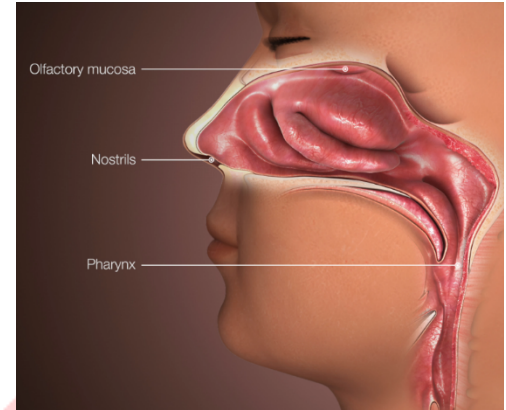
Memo to self:



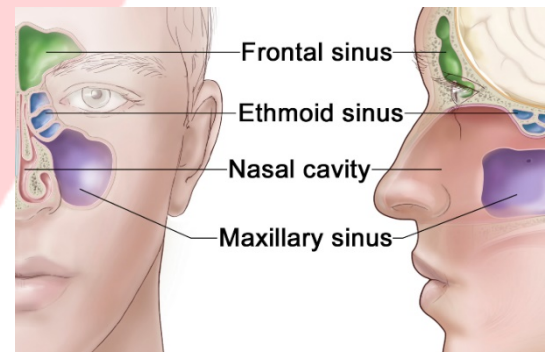


The Nose

As you draw in a breath, **air gracefully navigates** through your **nostrils**, embarking on a **journey into the nasal passage** and ultimately **settling within the nasal cavity**. Exhaling **transforms your nose** into a dual-purpose thoroughfare, **expelling air from your lungs while serving** as more than a mere **passageway**.



Beyond its role in respiration, **your nose assumes the responsibility of warming, moistening,** and filtering the air destined for your lungs. **A vital protagonist** in this physiological drama is **the mucous membrane, a delicately thin layer lining the nasal interior**.



This membrane, akin to a guardian, **imparts warmth and moisture to the inhaled air**.

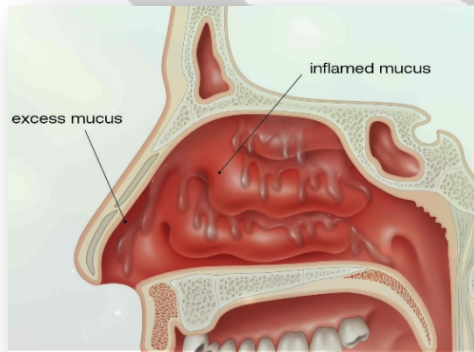
The mucous membrane crafts mucus, colloquially known as "**snot**" a viscous substance that **proves invaluable**.

Mucus becomes the unsung hero, capturing dust, germs, and microscopic intruders, shielding your lungs **from potential irritants**.

Thus, your nose emerges **not only as a gateway** for breath but as a complex orchestrator in the intricate **symphony of respiratory well-being**.



As you peer within the intricate recesses of your nasal cavity, delicate hairs await, adept at ensnaring substantial particles such as dirt or pollen. Witness the fascinating orchestration: an intrusion triggers a reflex, and you find yourself in a symphony of expulsion sneezing. This rapid ejection propels unwanted particles at an astonishing one hundred miles per hour. Delving deeper into the nasal labyrinth, encounter the finer Cilia, diligently fulfilling their role.



Notes

- 1-----
- 2-----
- 3-----
- 4-----
- 5-----

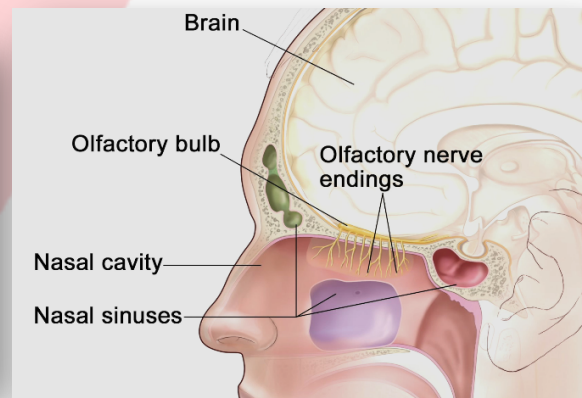
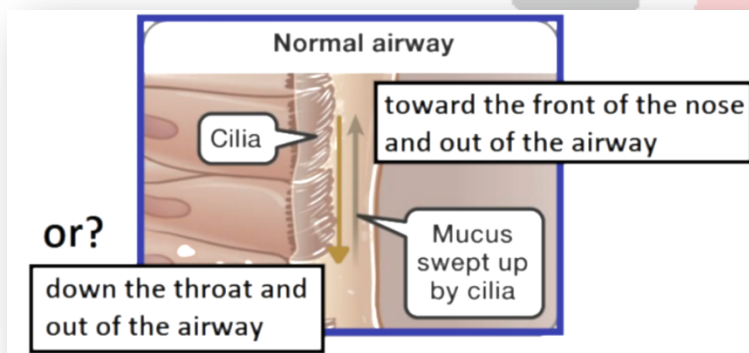
Memo to self:





The Cilia

In the intricate microcosm of the human body, **the elusive cilia reveal themselves** only through the **lens of a microscope**. Executing a delicate dance, these microscopic hair-like **structures rhythmically propel mucous from the sinus and nasal passages**. Beyond the olfactory wonders of the nose lies a sensory symphony; much like the eyes and ears, **the nose unravels the world's mysteries through scent**. Deep **within the nasal cavity**, the **olfactory epithelium crowns the intricate architecture**, facilitating the nuanced choreography of olfactory perception.



Olfactory Epithelium

In the realm of sensory perception, the term **"olfactory"** encapsulates the intricate world of smell. **Within the olfactory epithelium**, reside specialized receptors attuned to **odor molecules wafting through the air**.

Remarkably diminutive, **approximately 10 million of these receptors populate the nasal landscape**. A myriad of distinct odor receptors, numbering in the hundreds, **possess the unique capability to discern specific scent molecules**.

Copyright © 2018 YogaFX International Yoga Teacher Training Academy



YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:





YOGAFX



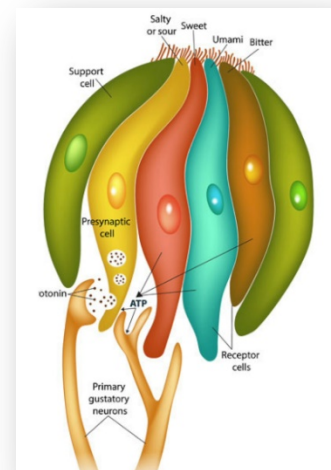
BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

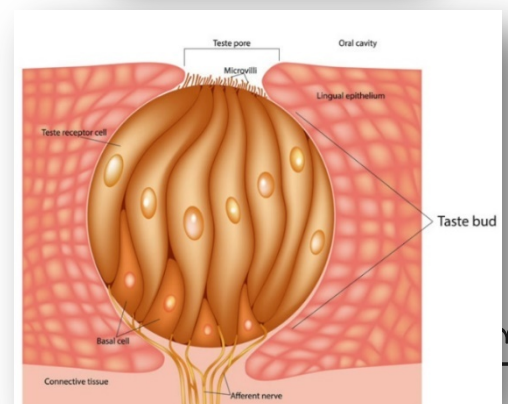
Delving into the **intricate realm of olfactory science**, research illuminates the complexity of scent perception. **Odors activate diverse receptors**, and **the brain, orchestrating these signals**, discerns **approximately 10,000 unique smells**.

As olfactory receptors are stimulated, signals traverse the olfactory nerve to the bulb beneath the frontal brain, **near the nasal cavity**. The olfactory bulb dispatches signals to various brain regions, **culminating in the recognition of familiar scents**, such as the enticing aroma of **freshly baked apple pie**.

Understanding aromas is your brain's means of **conveying information** about your surroundings. **Your sense of smell serves as a safeguard**, cautioning you **against consuming something with a foul odor** and alerting you to **smoke before a visible fire**. While most associate taste with the **tongue**, the cooperation of the **nose is crucial**; **tasting is impossible without its assistance**.



The synergy of smell and taste becomes apparent when savoring food. **Odors enhance the taste experience** take a bite, contemplate the flavor, then pinch your nose and taste again to perceive the contrast. It's another reason to appreciate the remarkable **capabilities of your nasal sinuses**.



Copyright© 2018 YogaFX International Yoga Teacher Training Academy

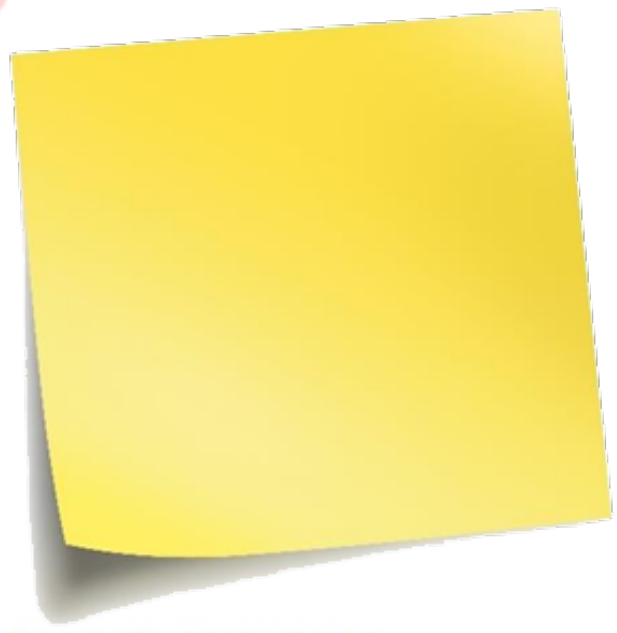
www.YogaFXTeacherTraining.com



Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:

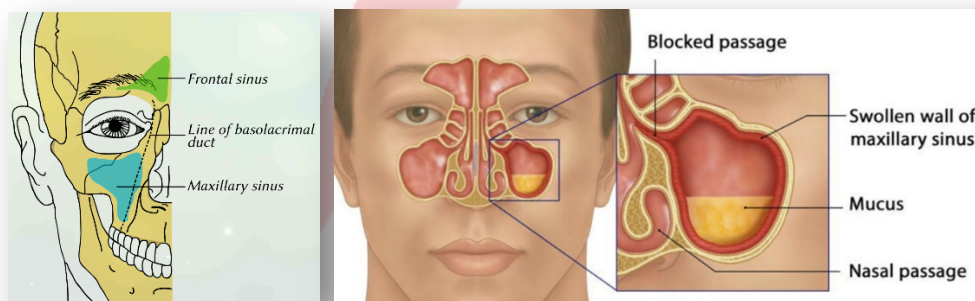




The Sinuses

Within the intricate anatomy of the human head, **lie the sinuses tiny air pockets nestled behind the forehead, nose, cheekbones, and between the eyes.** These sinuses diligently **generate a protective shield in the form of thin, flowing mucous, adept at trapping and displacing harmful germs.** However, **bacterial intrusion may lead to an overproduction of mucous, obstructing sinus openings.** Such an **occurrence is commonplace during colds or allergic reactions, contributing to an excess of mucous.**

In the intricate workings of the human body, **the accumulation of mucous can evolve into a dense environment,** fostering the proliferation of bacteria and germs within the sinuses. This may **pave the way for a potential bacterial or viral infection.** While many sinus infections are viral and naturally dissipate within a week or two, **persistent symptoms may signal a bacterial infection, warranting a consultation with a medical professional.**



Pharynx

The Pharynx, colloquially known as the throat, **emerges as a vital conduit.** Stretching from the cranial base to the **sixth cervical vertebra,** this passageway seamlessly integrates **into both the Respiratory and Digestive Systems.** It dutifully receives not only air **from the nasal cavity but also sustenance,** in the form of food and water, from the oral cavity.



YOGAFX



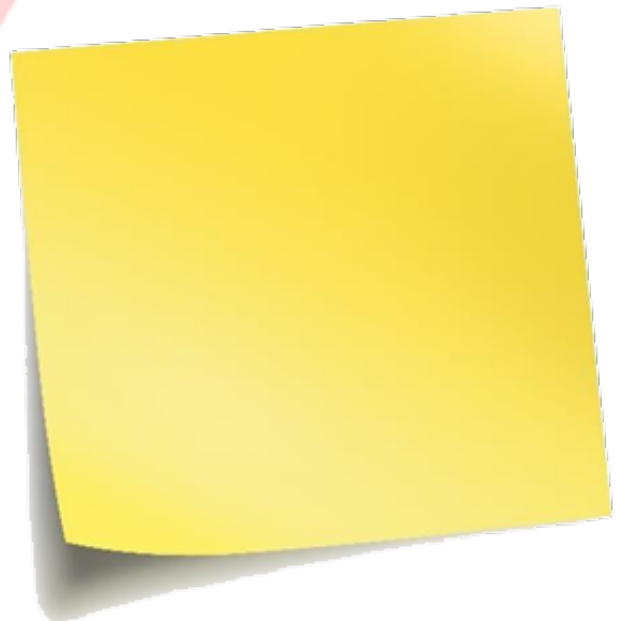
BIKRAM ACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

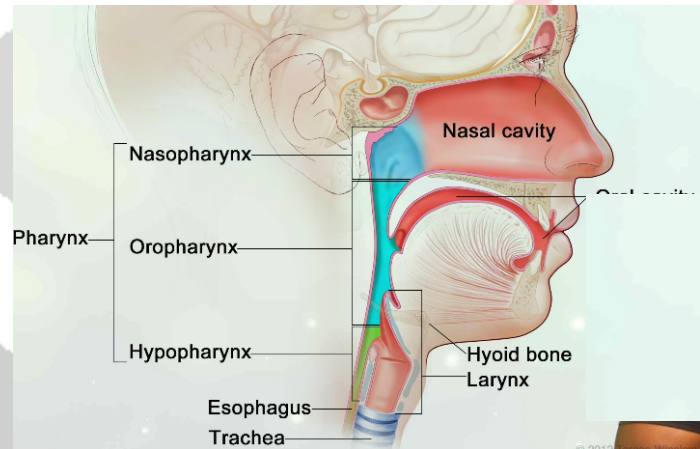
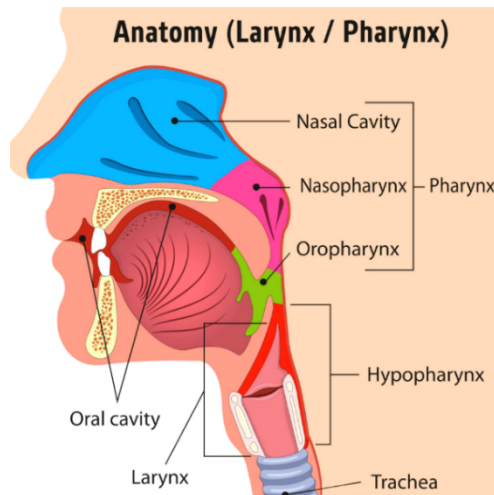
1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:





When bacteria or **viruses get into your throat**, they can cause an **infection** that makes your **pharynx swallow tender and red** this is called **pharyngitis** or in **simple terms sore throat**.



Larynx

Renowned as the "**voice box**" the larynx takes **center stage in the upper neck**. This vital organ orchestrates a symphony of functions, **encompassing respiration, sound production**, and shielding the trachea from food-related risks. Within its confines, **the larynx cradles the vocal cords**, wielding control **over pitch and volume**, indispensable elements for the art of phonation.

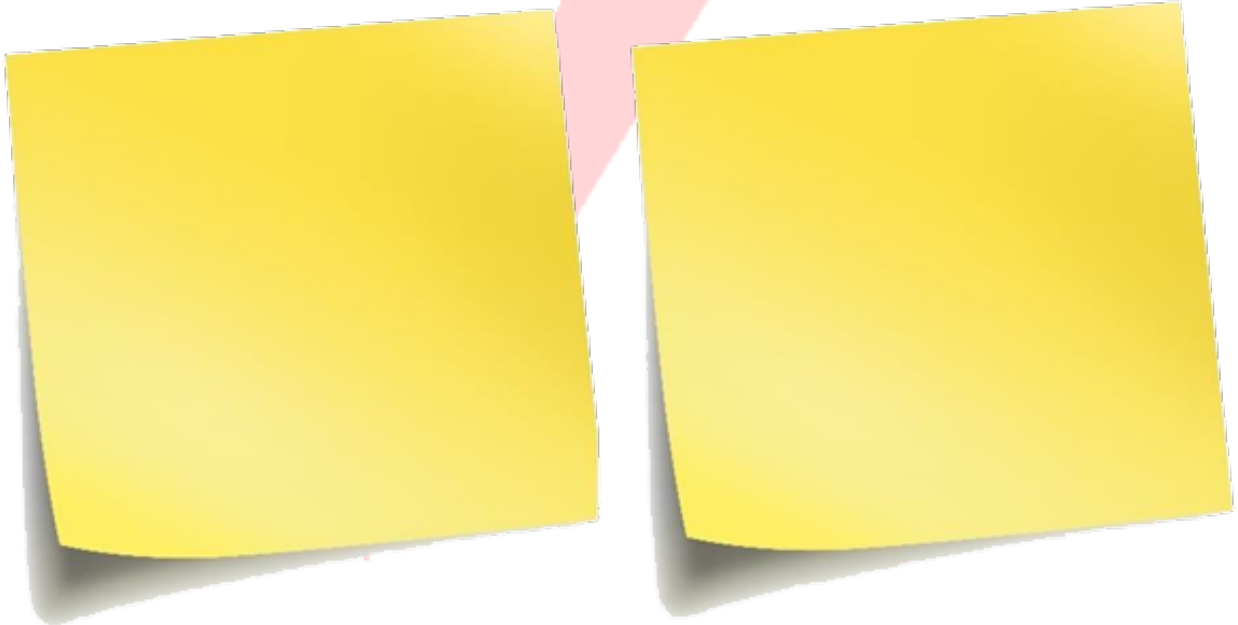
Nestled beneath the point where the **pharyngeal tract** diverges into the **trachea and esophagus**, the Larynx graces the anterior neck, **aligning harmoniously with cervical vertebrae C3 to C6**. This vital anatomical structure forms a **pivotal link between the lower pharynx and the trachea**, facilitating seamless communication and **respiratory functions**.



Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

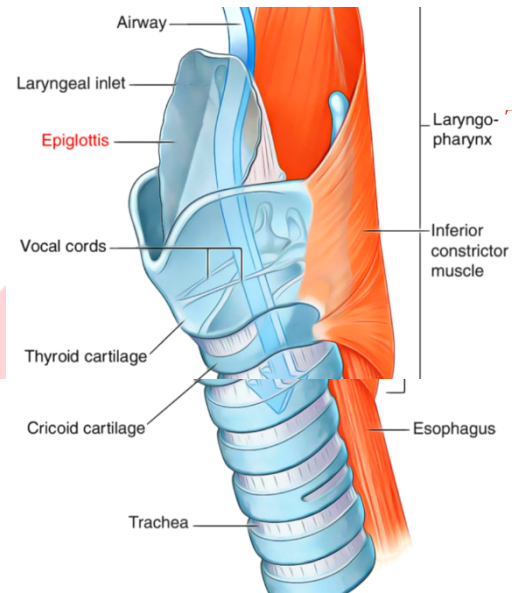
Memo to self:





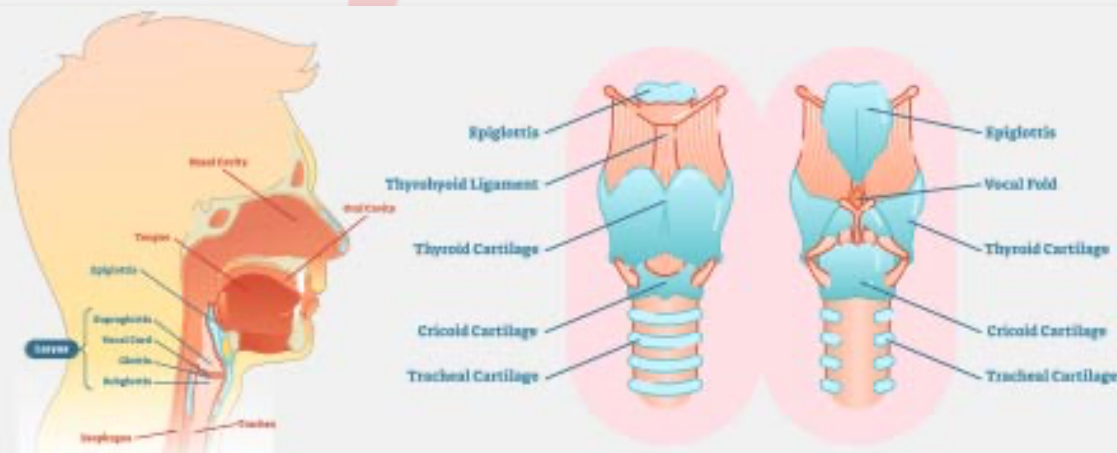
Epiglottis

The Epiglottis, a marvel of anatomical design, manifests as a **lifted flap within the throat's confines**. Its dynamic role unfolds in the **orchestration of breath and ingestion**. A sentinel during inhalation, graciously **admits air into the larynx**; conversely, during **swallowing**, it seals, safeguarding the windpipe and lungs from the perils of food entry. Crafted from **elastic cartilage enveloped in a protective mucous membrane**.



The Epiglottis stands sentinel at the laryngeal gateway, ascending gracefully **behind the hyoid bone**.

A biological barrier, it **directs the course of sustenance**, orchestrating a harmonious journey **toward the stomach via the esophagus** or averting peril by guiding it to the trachea.



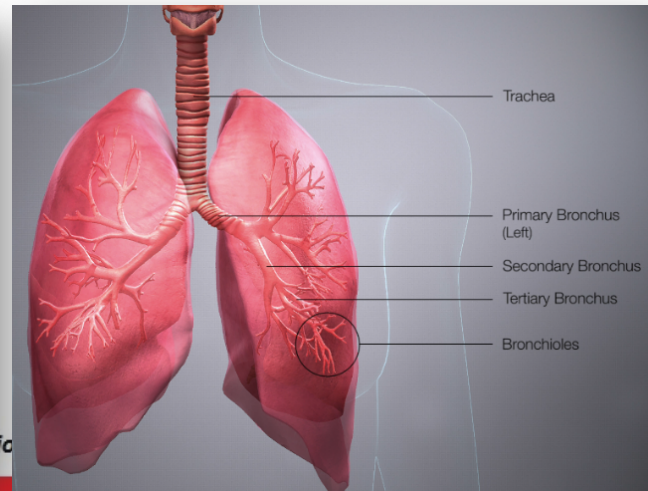
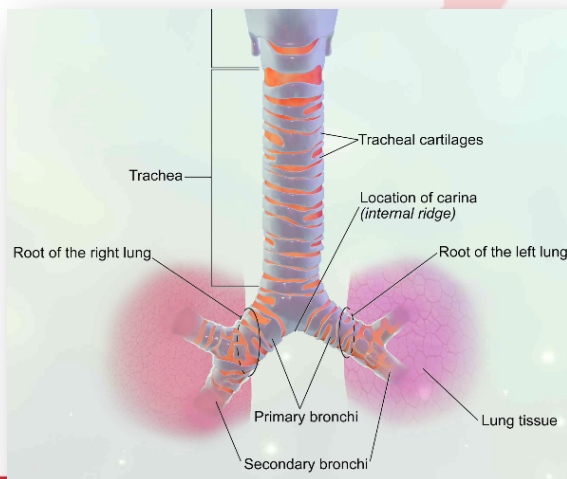


Trachea

The trachea, commonly referred to as the windpipe, is a vital anatomical structure, measuring approximately 4 inches in length and less than an inch in diameter for most individuals. Originating beneath the larynx, or voice box, it gracefully descends behind the sternum, where it undergoes a pivotal transformation, dividing into bronchi individual conduits leading to each lung.

This remarkable respiratory passage comprises approximately 20 resilient cartilaginous rings, providing structural integrity. The posterior aspect of each ring is endowed with muscular and connective tissues, while a moist, smooth mucosa lines the tracheal interior. This sophisticated design ensures optimal airflow and protects delicate respiratory surfaces.

Dynamic in its function, the trachea exhibits subtle changes with each breath, expanding and elongating during inhalation, only to revert to its resting dimensions with the exhale. Explore the intricacies of this fundamental respiratory conduit, delving into the harmonious interplay of structure and function within the human respiratory system.





In delving further into our exploration of **the Respiratory System**, we now turn our attention to Part 2. **As you draw breath, the journey commences with the air gracefully entering through the nostrils, traversing the labyrinth of the larynx, pharynx, and trachea.**

Let's now unravel the intricacies of the bronchi.

Notes

1-----
2-----
3-----
4-----
5-----

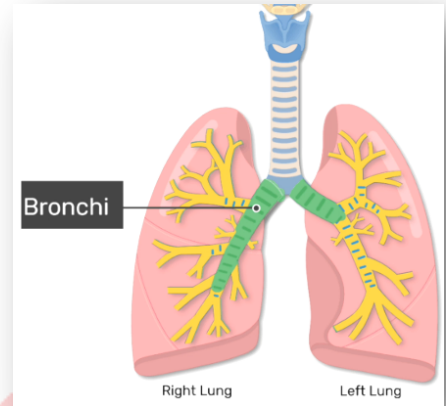
Memo to self:





Bronchi

Within the intricate respiratory system, the bronchi serve as vital conduits guiding air from the trachea into the expansive network of lungs. This intricate passage further divides into primary and secondary bronchi, eventually branching into bronchioles before culminating in the delicate alveoli.

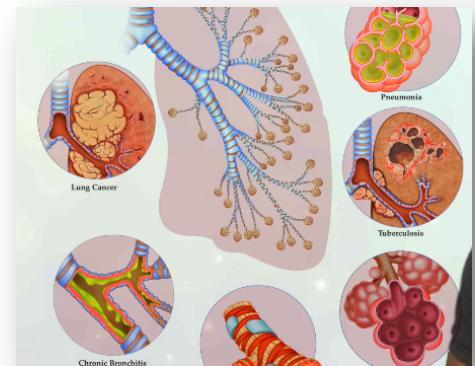


These minuscule sacs facilitate the crucial exchange of oxygen and carbon dioxide, orchestrating the respiratory symphony within the lungs.

Bronchioles

Within the intricate landscape of the lungs, bronchioles emerge as delicate air passages, resembling three branching limbs stemming from the bronchi. Integral to the Lower Respiratory System, they progressively diminish in size, intricately navigating the lung's interior. Their journey culminates in clusters of alveoli, pivotal for respiratory exchange.

In the intricate network of the respiratory system, bronchioles serve as conduits delivering air to microscopic sacs known as alveoli. Here, a crucial exchange of oxygen and carbon dioxide transpires. However, ailments such as asthma, bronchitis, cystic fibrosis, and emphysema pose threats, leading to constriction and obstruction of these vital airways.





Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:

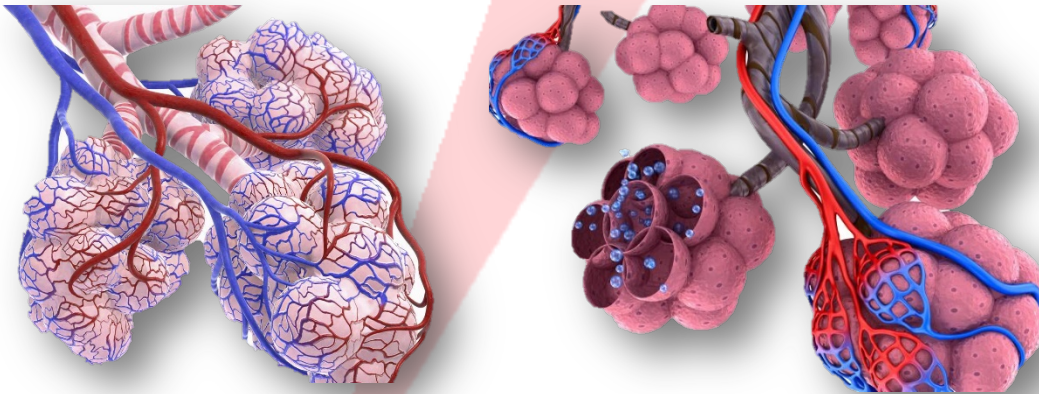




Alveoli

Within the intricate tapestry of the Respiratory System **lies a crucial player the Alveoli**. Functioning as **a vital exchange hub**, it orchestrates the dance of oxygen and carbon dioxide molecules with the bloodstream. These **diminutive, balloon-shaped air sacs delicately perch at the terminus of the Respiratory tree**, forming clusters that intricately weave through the **expansive canvas of the lungs**.

The alveoli emerge as diminutive, **balloon-shaped structures**, the tiniest conduits of breath. Remarkably thin, **these alveoli facilitate the seamless exchange of life-sustaining oxygen and carbon dioxide with the adjacent blood vessels known as capillaries**.



In the intricate tapestry of respiratory physiology, **afflictions of the alveoli, such as pneumonia, asthma, sarcoidosis**, and infections by pathogens like the coronavirus responsible for COVID-19, pose significant challenges. The respiratory journey commences with inhalation through the mouth or nose, **initiating a cascade where oxygen navigates the trachea**, branching into bronchi, and ultimately diffusing into the delicate alveoli. **This intricate process underscores the vulnerability of our respiratory system to various ailments.**



YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

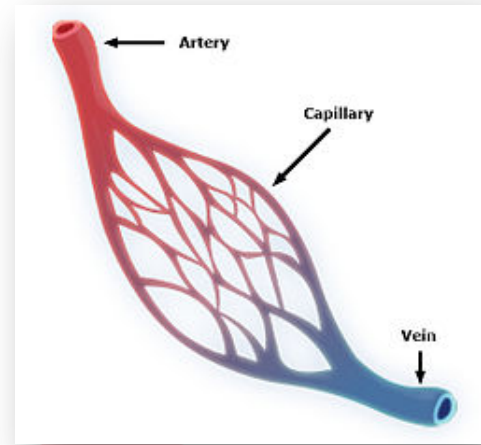
Memo to self:





Capillaries

Within the intricate tapestry of the respiratory system, the alveoli walls host a ballet of oxygen-carbon dioxide exchange. **These delicate sacs intertwine with capillaries**, forming a symbiotic dance. **The thin walls of alveoli and capillaries facilitate seamless oxygen transmission.**



These capillaries extend, entwining with veins, ushering oxygen-enriched blood back to the heart.

Lungs

Nestled within the confines of your **thoracic cavity** reside the remarkable organs **known as lungs**. Expansive in nature, **they occupy a significant portion of this space**. While your respiratory duo consists of two lungs, **they differ in size**, deviating from the symmetrical norms of eyes or nostrils.



The left lung, somewhat smaller, graciously accommodates space for the heart. Although concealed from view, the pulsating rhythm of their function is palpable, **allowing you to sense the invisible ballet within.**

Place your hands gently upon your chest and inhale profoundly, **sensing a subtle expansion**. Exhale slowly, allowing your chest to revert to its natural state. **Congratulations, you've just experienced the remarkable potency of your lungs!**



Bones and muscles collaborate to facilitate the **inhalation and exhalation** process within your **respiratory system**, featuring **key components** such as the **diaphragm**.

Notes

1-----
2-----
3-----
4-----
5-----

Memo to self:





Power Of Breath

Expiration

- ✓ In the intricate dance of respiration, the cessation of breath, known as expiration, unfolds in a delicate choreography. **The diaphragm, a silent conductor, gracefully eases into repose, orchestrating a symphony of elastic lung recoil, chest wall, and abdominal structures.** Together, they **compress the lungs**, releasing a rhythmic exhalation. **The muscles responsible for this graceful exodus are the chest-depressing maestros**, sculpting the artistry of expiration in the intricate ballet of breath.

Inspiration

- ✓ Explore the profound mechanisms of inspiration within the intricate dance of the human body. **Witness the orchestrated symphony of the diaphragm's contraction**, forging a mystical vacuum in the chest cavity, **summoning the breath into the lungs.** Meet the heralds of inspiration the **external intercostal, sternocleidomastoids, anterior serrate, and scalene muscles elevating the rib cage in a harmonious ballet.**

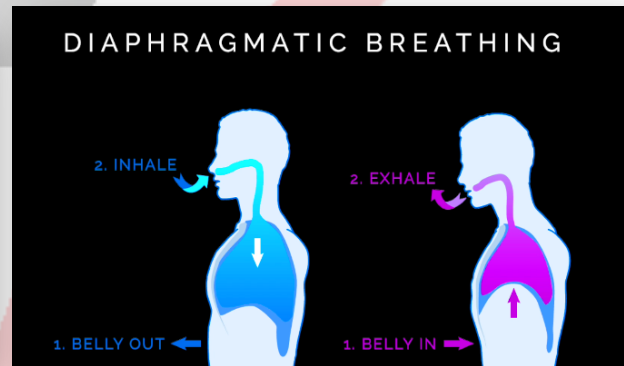
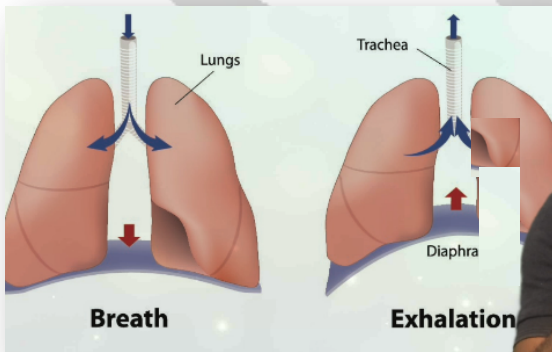
Exchange of Respiratory Gases

- ✓ Within the intricate workings of the respiratory system lies its fundamental role in **exchanging vital gases.** Through ventilation, the process unfolds: **oxygen seamlessly transitions from the alveoli to pulmonary blood**, while carbon dioxide makes its way from the blood to the alveoli. In essence, **this intricate dance sustains the delicate balance essential for life.**



Diaphragm Anatomy

In the intricate choreography of breathing, nestled beneath the lungs lies the **diaphragm** a dynamic muscular structure that collaborates with the lungs. This vital duo **orchestrates the inhalation and exhalation process**, aided by fellow respiratory aides like the intercostal muscles. Together, they form a **symphony of breath**, essential for sustaining life.



Notes

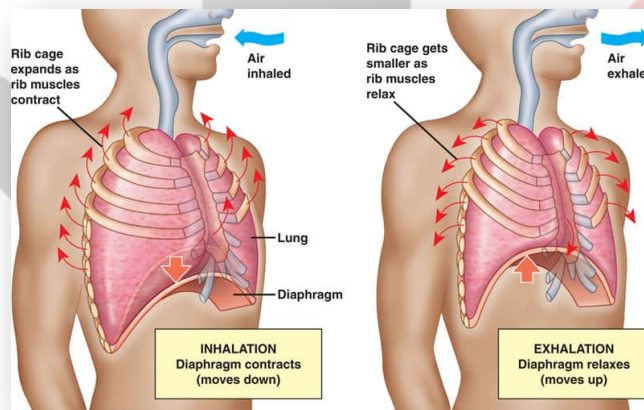
- 1-----
- 2-----
- 3-----
- 4-----
- 5-----

Memo to self:





In the intricate orchestration of respiration, **the Diaphragm emerges as the principal muscle**, resembling a broad parachute or **dome beneath the lungs and heart**. Attached to the rib cage and lumbar spine, **it shields vital organs from those below**. Its piston-like **contraction during inhalation** transforms its lofty dome into a frisbee-like shape, **drawing in life-giving air**.



In the realm of normal breathing, **shallow motions restrict air from entering the lungs fully**. However, a **deep inhalation** allows air to reach the lower lungs, where ample space facilitates optimal respiration. **The lower lobes, being gravity-dependent, receive increased blood supply when upright**, enhancing oxygen exchange. **Diaphragmatic breathing, crucial for optimal exercise breathing, draws air into these vital lower regions**.

Discover The Significance Of Training Respiratory Muscles

In the realm of yoga, **consistent practice**, particularly **focused on breathwork**, proves advantageous in **sustaining respiratory muscle function**. Such dedication aids in preserving pulmonary function as one ages. While routine respiratory muscle training isn't typically essential, **exceptions arise post-surgery** or during extended bed rest when normal breathing patterns are affected.



YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:

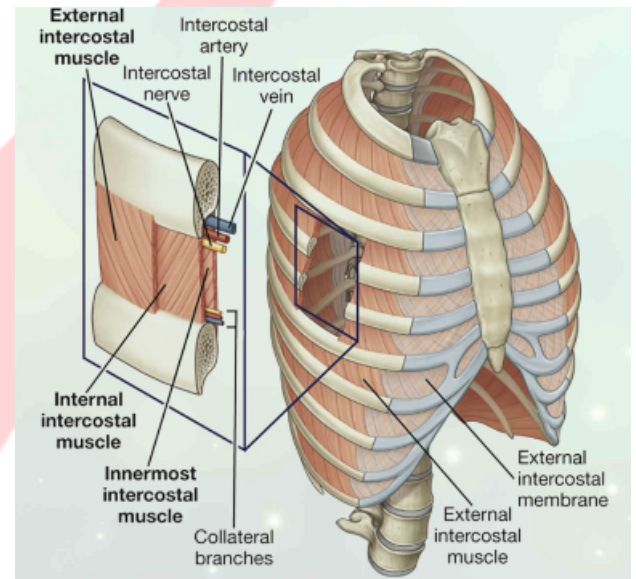




Ribs

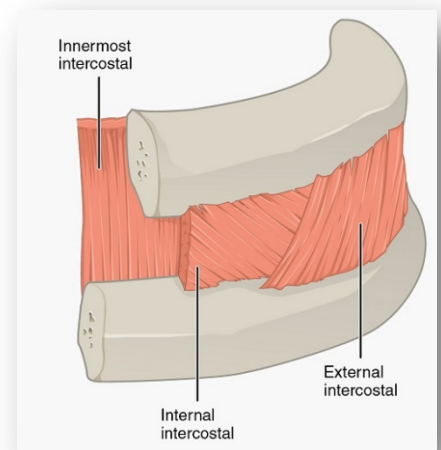
In the intricate anatomy of the human body, the rib cage serves as a crucial shield for delicate organs, such as the lungs and heart. Comprising 12 sets of ribs, intricately connected to the spine, this protective structure ensures the safety of vital organs. The rhythmic motion of the ribs is orchestrated by sets of muscles nestled between them.

In the intricate dance of respiration, the internal and external intercostal muscles play a vital role. They orchestrate the expansion of ribs during inhalation, facilitating increased lung capacity. Exhalation sees these muscles contracting and reversing, maintaining oxygen consumption consistency. However, the energy demand for oxygenation differs significantly, placing varying loads on the lungs and heart.



Indeed, a noteworthy revelation unfolds when transitioning from thoracic to diaphragmatic breathing a potential 50% reduction in the workload borne by the cardiorespiratory system.

This pivotal shift illuminates the profound impact of conscious breathing practices, shedding light on the intricate interplay between breath and physiological well-being.





Notes

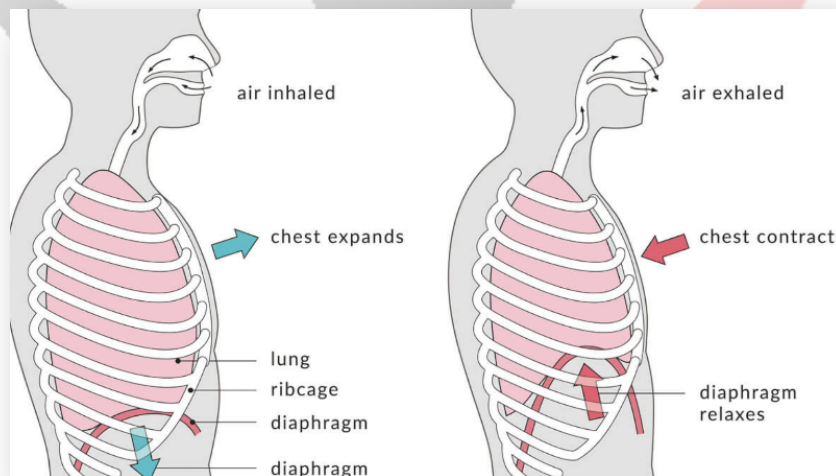
1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:

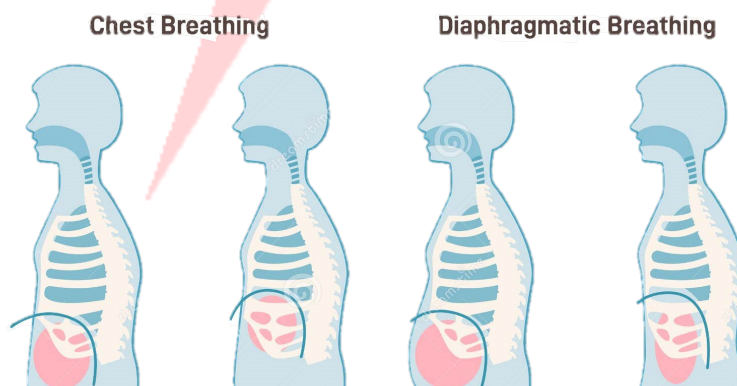




In a profound insight shared by Dr. Phil Nuernberger Ph.D., **the significance of breathing styles becomes evident.** Individuals who breathe through the chest average 16 to 12 breaths per minute, contrasting with diaphragmatic breathers who manage only 6 to 8. Over a day, chest breathers take 22,000 to 25,000 breaths, while diaphragmatic breathers, a mere 10,000 to 12,000. This disparity underscores the impact of mindful breathing on overall well-being.



In the **process of maturation**, individuals often **adopt unhealthy breathing habits**, forsaking natural patterns and neglecting the diaphragm's involvement in daily respiration. **Psychological trauma** experienced during growth further fuels the emergence of thoracic breathing. Instances like scolding cause children to tense their stomach muscles, **hindering diaphragmatic breathing.**



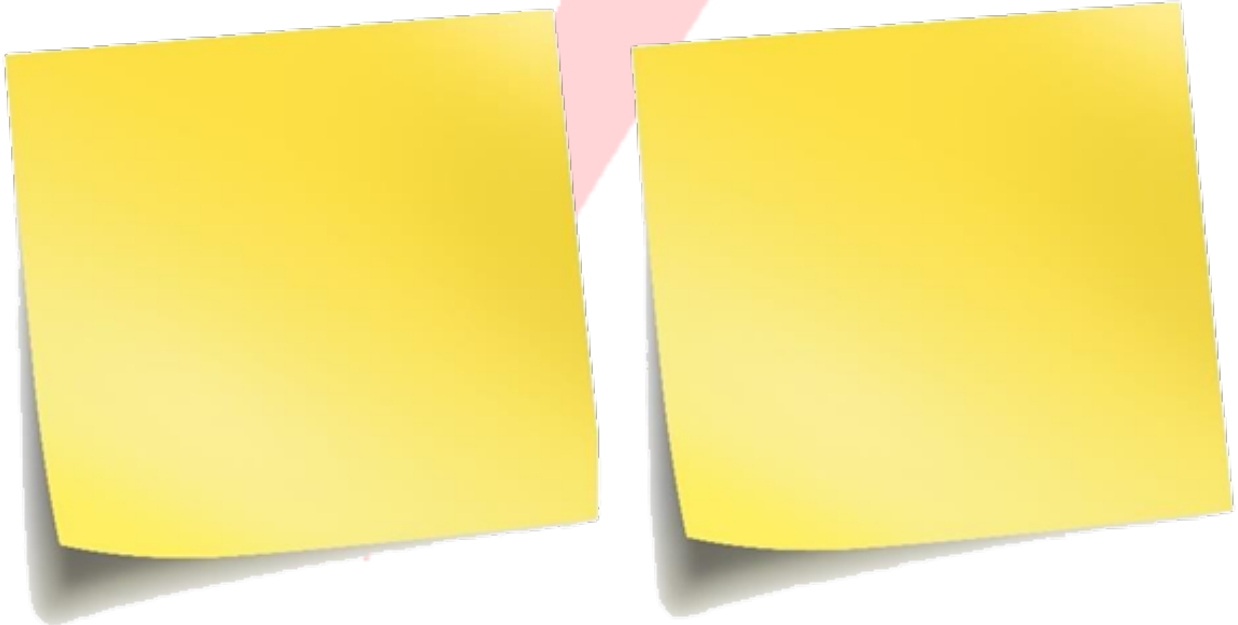
Copyright © 2018 YogaFX International Yoga Teacher Training Academy



Notes

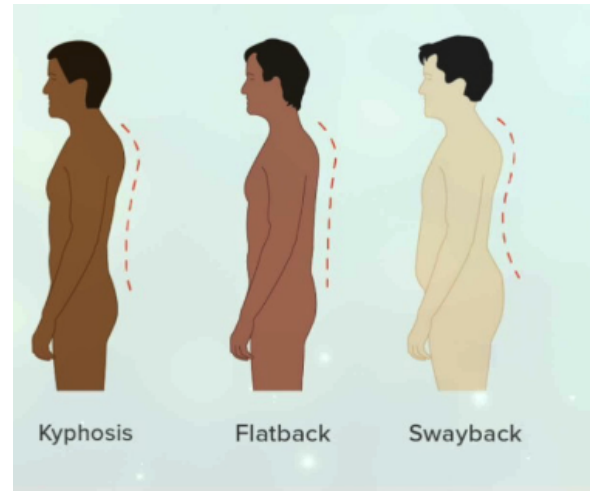
1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:



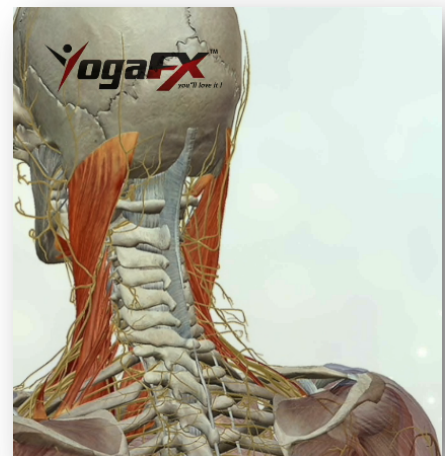


In the intricate tapestry of our growth, we encounter subtle **traumas shaping our breath**. These, **coupled with suboptimal postures** hindering diaphragmatic breathing, prompt a **reliance on thoracic breath**. This habitual pattern **fuels stress, anxiety, and depression, inefficiently taxing our cardiopulmonary system**. Unraveling these threads unveils a path to holistic well-being.



In understanding **respiratory physiology**, distinguish between Primary **Inspiratory Muscles** like the diaphragm and **external intercostals**, facilitating passive respiration. Forceful expiration engages secondary muscles like **internal intercostals, intercostals intimae, subcostal, and abdominal muscles**. Accessory inspiratory muscles include sternocleidomastoid, scalene muscles, **pectoralis major and minor, inferior serratus anterior fiber, and latissimus dorsi**.

In the intricate study of anatomy, **the serratus posterior superior plays a role in inspiration**, while **the iliocostalis impacts muscles linked to the upper limb**. The thoracic cage assumes the role of an accessory muscle in inspiration through reverse muscle action. Additionally, **expiratory functions involve the abdominal muscles**, including the rectus abdominis, external oblique, internal oblique, and **transverse abdominis**.





YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

Notes

1-----
2-----
3-----
4-----
5-----
6-----
7-----
8-----
9-----
10-----

Memo to self:





YOGAFX



BIKRAMACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

"SURRENDER"

WHATEVER PRESENT LIFE MOMENT IS NOW

ACCEPT it as if you chose it
because your person that makes
your own choices in life don't
blame others for your ignorance.

Always "work with life facts" not against
them, make your current reality
your best friend.

Don't make facts your enemy.
Truth finds all sins don't risk suffering.

When you accept your "Now" you will
transform into a more complete
humble simple Spirit.





YOGAFX



BIKRAM ACE
CERTIFIED CERTIFIED

INTERNATIONAL YOGA TEACHER TRAINING ACADEMY

"AWARENESS"

ONLY HAVE RESPECT FOR THINGS THAT

LOVE protect the deep bond that purely exists between the environment, oneself and all other earth's creatures.

People who live by desires have no consciousness.

Don't waste your time on them they will never awaken to reality.

