

# YOGA

Here is an invitation to explore your identity, connect the mind & body, and practice with others.

## 01 EQUALITY

The 'elimination of dominance and elitism' (Foss & Griffin 4) is the first step to being a zen yogi. Maintaining an energy of mutual respect and no judgment is key. There is no competition for who can do it better; it is all for yourself and to feel grounded.

## 02 CONNECTION

Everyone is at a different pace and has individual intentions behind the practice. Each yogi brings their own identity, culture & perspectives into the yoga culture. Yoga classes are a safe aura, creating an open floor to vulnerability & other ideas. People can authentically express themselves in yoga. Not only learning, listening, and communicating with yourself but also with others.

## 03 COLLABORATION

Two-sided communication occurs during yoga. The mentor's approach is not to manipulate but to guide and open the practice up to interpretation. It goes way beyond persuasion or influence, and there is no one in power. Anyone can teach the practice because of the equal and positive platform yoga offers.

## 04 TRANSFORMATION

'Allow diverse positions to be compared in a process of discovery and questioning may lead to transformation for themselves and others.' (Foss & Griffin 6). Yoga can be a life-changing experience only with an open mind. If so, it will promote better physical & mental health through the power of mindfulness & breath work. It is what you make out of it with a unique intention behind its practice.

## P.S.: FIND COMFORT IN DISCOMFORT...

Yoga is not always free of pain, as Foss and Griffin similarly highlight with invitational rhetoric. It is challenging and requires mental strength when making that mind-body connection. Some movements are not easy for starters, but they get better with practice. So, let's learn how to listen to ourselves, help each other, and share this peace through the power of yoga.

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