VIBRANT YOGA

PRACTICAL SELF-CARE TOOLS

WWW.VIBRANT.YOGA

This eBook is dedicated to providing helpful resources and tools to support a lifestyle around positive well-being.

Disclaimer: The content provided in this eBook does not suggest or replace your current medical advice from your doctor. Please apply all methods & tools at your own risk, taking full responsibility for your own well-being.

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ACTIVATING THE VAGUS NERVE

Below are practical, try-it-now options for down-regulating your nervous system by activating your vagus nerve, responsible for relax-rest-digest.

Vagal Breathing

- There are two breathing hacks for stimulating the vagus nerve and cultivating calmness: breath retention and lengthening your exhale.

Practice:

- Inhale for a count of four, hold for four, exhale for eight, hold for four. Repeat for five minutes.

Vagal Massage

- Two minutes of stimulating the nerve via points in your ears. This is best understood through a video.

SELF-MASSAGE

Loving touch is a basic human need. Self-massage is nourishing, calming, and grounding.

PRACTICE:

- Put a timer on for 10 minutes and grab **massage oil.** Slowly massage each hand, taking time to do so with focused attention. Include each finger, joint, and tendon. Alternate between noticing the sensations in the hand being massaged and the hand doing the massaging.

A foot massage is also an effective option!

Learn how and follow along **here.**

SHAKE IT OFF

Shaking the body stimulates the parasympathetic nervous system. It releases excess energy built up by stress and returns the body to a balanced state.

PRACTICE:

- Stand outside, barefoot if possible. Bend your knees gently and start to pulse lightly by pushing off the ground without lifting your feet. Allowing the movement to move up your entire body. Breathe mindfully as you shake. It helps to not take yourself too seriously while doing this.

Learn how and follow along **here.**

GOING INTO NATURE

Doctors are prescribing forest bathing as a way to get people who are feeling stressed, depressed, or anxious to go outside and commune with the natural world. Nature improves our physical, mental, and emotional wellbeing.

PRACTICE:

- A city park is not the same as an old-growth forest. Make time to go to one of your favorite wild nature spots and spend a few hours walking, noticing, and absorbing some vitamin D.
- Studies show that spending time in nature can lower cortisol levels, reduce blood pressure, and improve mood.

MEDITATION

Meditation offers a wealth of benefits that contribute to your mental and physical well-being. Countless research studies have proven the transformative effects of meditation for people struggling with stress, PTSD, anxiety, and trauma, to name a few.

Through the consistent practice of meditation, you gain tools which gradually build your resilience and inner resource. Meaning, you expand your ability to cope under stress, and navigate life with more ease.

PRACTICE:

- Find a comfortable seat with your back supported, head free, and close your eyes
- Begin to pay attention to your senses: what do you hear? what do you see (even with your eyes closed), what is the most prevalant sensation in your body? do you sense any taste? any smell?

Learn more benefits of meditation **here.**
Follow along with us **here**.

Mindfulness Exercises

Mindful Listening

Encourage attentive & non-judgmental listening during interactions, fostering better communication & understanding.

Mindful Emails

Suggest taking a moment to review messages for clarity & tone, ensuring effective & positive communication.

Mindful Conflict Resolution

Promote approaching disagreements with a calm & understanding mindset, aiming for constructive solutions.

Shift Your Mindset

When You're Feeling...		Through Meditation You Can Feel...
Reactive	→	Purposeful
Rushed	→	Paced
Insecure	→	Positive
Distracted	→	Present
Isolated	→	Supported

LAUGH OUT LOUD

Laughing is an easily accessible way to uplift your spirit, reduce mental burdens & a way to shake off excess physical energy. Laughter induces physical changes in your body.

Stimulates your organs.

Laughter enhances your intake of oxygen, stimulates your heart, lungs, and muscles while increasing the endorphins that are released by your brain.

Activates and relieves your stress response.

Laughing fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure.

Soothes tension.

Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

PRACTICE:

- Watch funny videos of cute animals.
- Conjure up funny memories from your past and re-live them in your head.(Your brain doesn't know the difference.)
- Join an **online laughter workout class**.

Guided Wellness Sessions

Chair Yoga Practice

Follow along with us with gentle stretches & poses to help relieve tension, improve flexibility, & boost circulation, perfect for a quick wellness break in the middle of your day.
Check it out here!

Uplifting & Energizing Yoga Flow

Infuse positivity & enthusiasm with this energizing mat yoga flow.
Check it out here!

Box Breathing Practice

Build stress resiliency with this simple breathing technique
Check it out here!

5-Minute Breathing Meditation

Listen to this guided meditation to find calm & focus
Check it out here!

OUR SERVICES

PRIVATE WELLNESS

Elevate your practice with personalized 1:1 private sessions, where our experienced instructors tailor guidance to help you deepen your practice and achieve your unique wellness goals.

COUPLES WELLNESS

Deepen your connection and personal growth together with Couples Yoga, where shared practice strengthens your bond and enhances mutual support.

GROUP WELLNESS

Bring your group together with Vibrant Yoga's Group Wellness sessions. Whether you're celebrating or unwinding, our yoga and meditation experiences are the perfect way to connect, relax, and recharge as a team.

KIDS WELLNESS

Kids Yoga helps kids grow stronger, more focused, and confident through fun, engaging practices. Yoga for kids teaches valuable skills like self-regulation, mindfulness, and teamwork, helping them navigate challenges with resilience and a positive mindset.

ABOUT US

We envision a world where every individual, employee, and business owner has the freedom and skills to maintain vibrant health without sacrificing work efficiency or impact.

We empower individuals and businesses to stop trading wellness for productivity and fulfillment. With Vibrant Yoga by your side, living a more holistic lifestyle is simple.

Our passion is providing you with practical tools and guidance to help you thrive. This includes online and in-person yoga classes, meditation classes, energy healing, and nutrition coaching services.

Whether you're too stressed out or burnt out to take care of yourself or you manage others and want to spark more innovation - we're here to help.

Learn more about us here!

Benefits of Yoga

- Improve core strength and balance.
- Improve mental health and positive feelings.
- Promote better breathing techniques.
- Help reduce stress and the emotional response to stress.
- Improve mobility.

PRACTICE WITH US HERE

Testimonials

click Here

Our clients mean everything!

see ALL of our over 80 ★★★★★ star reviews

★★★★★

Jen R said....

Vibrant Yoga understood my needs for certain accommodations and were happy to work with me. I was matched up with a yogi which was perfect for me and my physical condition (lower back issues), My instructor is super smart, sweet, graceful, has a calming presence and has definitely helped to ease the issues with my back by Strengthening my core. Highly recommend them!

★★★★★

Mike S Said....

I have significant back and spinal issues, so I thought yoga could be a good way to improve flexibility and core strength. However, I was concerned about finding the right instructor. Vibrant Yoga does a great job of helping me to learn good form, pay attention to my body and focus on my breathing. They also take a measured approach to help me push myself. I've been very happy with the results so far.

Follow Our Social Media!

Work with Us

At Vibrant Yoga, we bring wellness directly to you with private sessions designed to fit your unique goals and lifestyle.

Whether it's reducing stress, enhancing focus, or improving flexibility, our one-on-one approach ensures each session is tailored just for you.

Explore our Private Wellness Programs!