



Holistic Yoga Program Guide



Restoring Your Inner Peace for Health & Vitality



Holistic Healing & Yoga
Uniting Mind, Body & Spirit

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Introduction

Congratulations and Welcome!

The Holistic Yoga Program is an integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques, and energy awareness training. The roots of Holistic Yoga come from "Dahn Hak," which literally means "the study of energy." In Korean, "Dahn" refers to the primal, vital energy which is essential to all life forms, and "Hak" refers to the study of a particular theory or philosophy. Thus, Holistic Yoga practitioner is one who studies the system of energy for the purpose of personal self-development.

At Holistic Healing & Yoga, we take pride in offering the best care and services to people who wish to regain health & vitality in their life. Combined with Holistic Healing Meditation Program, we offer a comprehensive training system that helps individuals realize their true potential and integrate this into their lives.

This Holistic Yoga program guide provides overview of the program and it also includes description of basic exercises performed in a typical Holistic Yoga class and what you can expect when you begin the practice of Holistic Yoga along with some of the "Korean words & sentences" that are used in the class.

We are confident that you will gain benefits from personal strength and flexibility to a calmer and peaceful mind. If for any reason you are not satisfied or have a suggestion to improve our services, please don't hesitate to talk to me. Your satisfaction takes precedence and your opinion always matters.

I look forward to seeing you in class!

Sincerely,

Kyung Sun Yi-O'Kelly

Your Partner in Our Healing Journey

"Uniting Mind Body & Spirit"



Overview

Our Beliefs:

- Each and every one of us is a divine spirit, part of the Divine Spirit and one with the Divine Spirit, source of all creation, experiencing life in a physical body manifesting our own realities as human beings living on earth.
- Our individual realities are experienced according to the thoughts, emotions and beliefs projected through our brain and through our actions, i.e. through our words and deeds.
- We have infinite capacity to change our realities and realize our dreams.

The Aims of the Program:

1. to help you create space within your body and thus your mind for healing and nurturing;
2. to help you release stress and increase strength, flexibility & balance
3. to help you recover your inner peace for health & vitality.

The Holistic Yoga Program is delivered through the three one-hour class sessions practiced at least once per week combined with 10-15min warm up exercises which are practiced prior to each class sessions. Deep stretching class and Intestine healing class includes 20-25 minutes of stretching practice and 10-15min of Brain Wave Vibration practice along with 15 minutes of Jung-Choong Breathing practice and 5min Vision meditation. See below for the description of the basic practices. Korean Taich class on the other hand includes stretching and joint opening practice prior to the Basic Form of DanMuDo practice (Korean Tai chi). Ongoing practice of these three classes on a regular basis will help you increase your flexibility, balance & strength and attain inner peace along with the following additional benefits:

Deep Stretching for a New Beginning: This program will help you let go of past pains & open up to new possibilities.

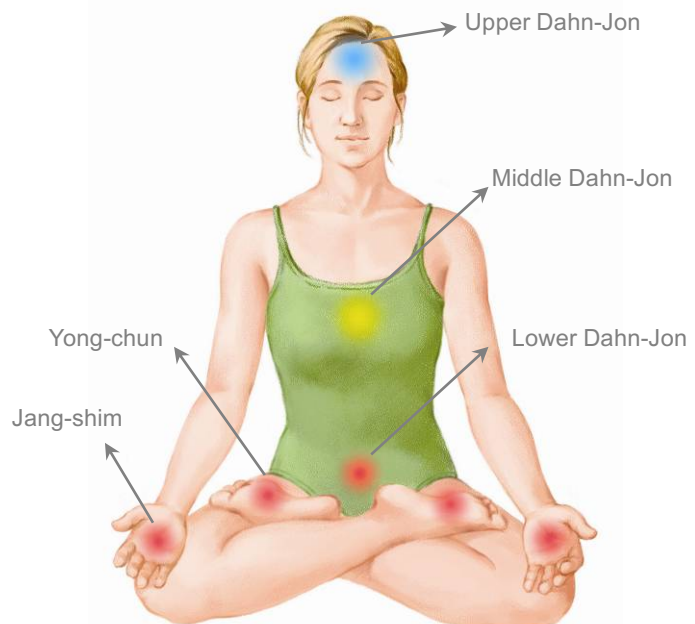
Intestine Healing for Inner Peace: This program will give you relief from digestion issues, insomnia, anxiety & depression.

Cosmic Union for Vitality (Korean Taichi): This program will revitalize you and give you relief from nervousness, tension or lethargy.

In addition to the 3 weekly Holistic Yoga classes, a 30-minute walk/jog/hike 1-2 times a week along with weight/cross-fit training that includes push ups, squats and skipping practice 2-3 times a week are recommended to maintain overall health & vitality. Home exercise sheet provided can be used to monitor your own progress of the practices on a daily basis. Remember 1000-mile journey begins with one step!

Manners & Glossary

1. **Bowing** is an important part of the etiquette in a Holistic Yoga. Every class begins and ends with a bow and greeting. When you bow, it prepares your mind to focus inward and encourages you to leave worries at the door.
2. **Ban-gap-seum-ni-da** means "nice to meet you" and is said usually at the start of a class or when you walk in the door.
3. **Kam-sa-ham-ni-da** means "thank you" and is said usually at the conclusion of a class or when you are leaving the center.
4. **Ki:** Life Energy.
5. **Ah Shiwonada!** We usually say this several times in class, and it means "feels so good!"
6. **HSP** is an acronym for Health, Smile and Peace.
7. **Dahn-Jon** An energy center in the body where energy (Ki) is accumulated. The word most often refers to the lower Dahn-jon located in the lower abdomen.
8. **Baek-Hoe** An acupuncture point located on top of the head
9. **Jang-Shim** An acupuncture point located at the center of the palm on each hand
10. **Yong-Chun** An acupuncture point located on the sole of each foot. It is approximately in the center



of the foot, and just below the ball.

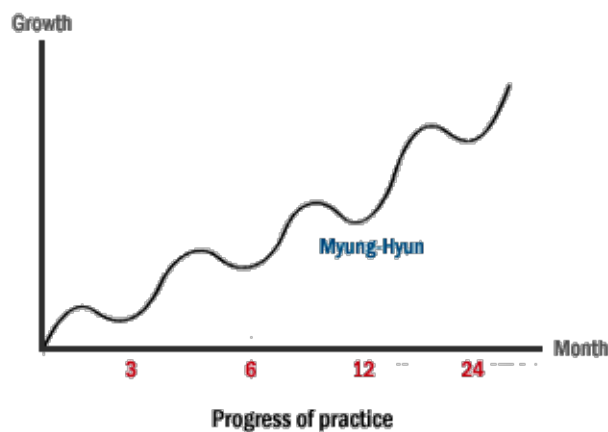


Myung Hyun (The Healing Sign)

Alternating Brightness and Darkness As you continue your holistic yoga practice, stagnant energy begins to release from your body. Numerous sensations - called Myung-hyun - may also appear. Myung-hyun literally translates as "brightness" (myung) and "darkness" (hyun). Although Myung-hyun may sometimes feel uncomfortable, its presence indicates that your body is restoring itself. Below are some of the typical symptoms.

- Deep fatigue or tiredness
- Flu-like symptoms
- Soreness
- Marks on the skin (bruises or rashes)
- Shaking or vibration in some area of the body
- Increased pain in old injury areas
- Mood swings

These are signs that your body is healing and are natural responses of the body ridding itself of stagnant energy.





Basic Exercises

Dahn-jon tapping is a simple, effective method for warming and strengthening the lower abdomen. Blood and energy is distributed throughout the whole body as excess gas and waste promptly leaves the body through repetitious patting on the lower abdomen. Start with your feet shoulder-width apart and knees bent slightly, relax your upper body, and point your toes slightly inward. Lengthen your lower back, allowing your hips to move forward and, begin striking your lower abdomen rhythmically. It is recommended to begin with at least 100 strikes. As your practice develops, your instructor can recommend for you to gradually increase the number of strikes.

Intestine Exercises The lower abdomen is filled with the small and large intestines, which together hold about one third of the body's blood volume at any given time. Therefore, a smooth and unimpeded flow of blood through the intestines is important for efficient circulations of both energy and blood in the body.

How to do

1. Put your hands on your lower abdomen.
2. Push your abdomen out, feeling some pressure.
3. Pull your abdomen towards your back.
4. Repeat 1-3 at least 100 times and rub your abdomen clockwise.
5. Count a motion of pushing out and pulling in as one.

*Try not to accelerate this exercise with force. Practice this exercise at your own speed and intensity. If you experience pain or cramping, stop, gently rub your abdomen clockwise and massage with your palms.

Brain Wave Vibration We have a highly developed neo-cortex. It is so dominant that it sometimes leads to suppression of the limbic system and brainstem, leading to an accumulation of stress. The best way to tone down the activity of the neo-cortex and maximize the efficiency of the brainstem is with a repetitive, continuous rhythm. Brain Wave Vibration uses a repetitive rhythmic vibration to tone down the activity of the neo-cortex, activate the limbic system, and allows you to connect with the life energy that resides in your brainstem.

How to do:

1. Stand or sit comfortably and focus on your Baek-Hoe point.
2. Gently move your head and gradually move your whole body.
3. Entrust your entire body to the rhythm of the music.
4. Imagine your brainstem shining brightly.

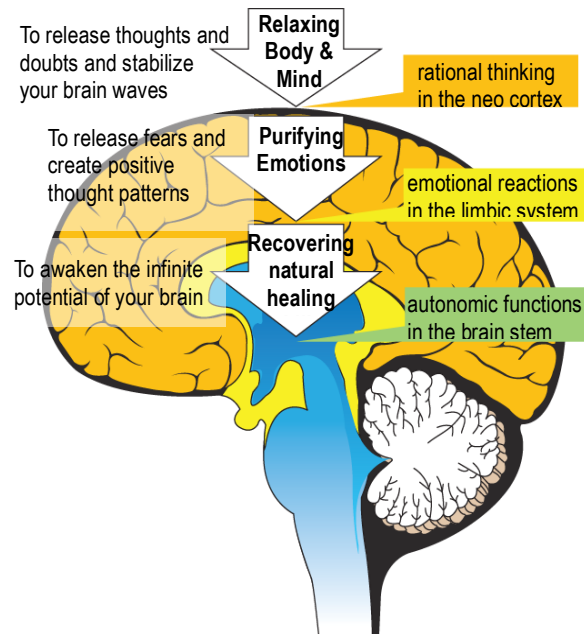
Benefits

Physical Health : Recover your body's natural healing ability and vitality.

Emotional Stability : Feel more relaxed and less emotional.

Positive Habits : Change negative emotional habits and create good habits.
Internal Tranquility : Feel genuine peace as you connect to your inner self.

✧ **Steps to recover normal brain waves:**



Chest Breathing is designed to release blocked energy from your chest and relax your body and mind. You can try this breathing whenever you feel tense.

How to do:

1. Lie down on your back or sit comfortably.
2. Breathe in deeply through your nose and expand your chest/lungs.
3. Breathe out through your mouth. Release tension in your body as you breathe out.
4. Imagine that stagnant energy is released from your body through your fingertips as you breathe out.



Ji-Gam: Feeling Energy

Relaxed concentration is an absolute prerequisite to feel the flow of energy. We usually become tense when we concentrate. Once we stop, we tend to let our thoughts wander without direction. To feel energy, we need to turn our consciousness inward. We must separate ourselves from our outer distractions, thoughts, and emotions. This is Ji-Gam, the practice of bringing our concentration to the body - here and now.

How to do:

1. Sit in a half lotus position and straighten your back
2. Raise your hands slowly to chest level, with palms facing each other (but not touching). First concentrate on any sensation you may feel between your palms.
3. Part your hands about two to four inches and concentrate on the space between them. Imagine that your shoulders, arms, wrists and hands are floating in a vacuum, weightless.
4. Pull your hands apart and push them closer in again as you maintain your concentration.
5. Feel the energy flow between your palms

12 HT Maxims for Authentic Living

There is no expert for human experience.
Each of us is the specialist of our own lives.

1. Return to your breath and body as tools for your health.
2. Breathe slowly, deeply and lightly, especially when you are upset.
3. Keep a fire in the belly and a cool head.
4. Celebrate your sexuality with purpose and responsibility.
5. Listen for the voice of your soul until you find your passionate life purpose.
6. Embrace suffering and emptiness as the foundation of enlightenment.
7. Live as your soul directs with honesty, integrity, and diligence.
8. Train your body so that change feels better than habit.
9. Smile and be at peace for no reason.
10. Recognize you are what you choose and what you act.
11. When you need an answer, ask your brain.
12. Remember to exhale at the moment of death.

- From *Human Technology* by Ilchi Lee

Jung-Choong Breathing

Hang-Gong No. 1: Basic Jung-Choong Breathing



Put your middle fingers on your Dahn-Jon (2nd Chakra).
Curl up your tail bone slightly.
Relax the muscles in your lower back so that there is no space between your back and the floor, relax your whole body.
Exhale through the mouth, releasing tension from your body.

Hang-Gong No. 2: Ki accumulating posture



Lift your legs up to the sky, bend your knees 90 degrees and push out your heels (flex the feet).
Keep your legs and feet parallel to each other. Keep your legs open with about one fist distance between your knees.
Keep your lower back touching the floor.
Exhale through the mouth, releasing tension from your body. When the position becomes comfortable, start breathing naturally with the mouth closed.

Hang-Gong No. 3: Ki circulating posture No 1.



Stretch and straighten both knees, push out your heels and hold your toes.
Try to either bend your ankles or straighten your knees if it is too hard to do both at the same time. If you can not touch your toes, hold your ankles, knees or thighs. Do not lift your head.
Relax your shoulders and chest. Keep breathing out through your mouth.

Hang-Gong No. 4: Ki circulating posture No 2.



Put your toes over your head and touch the floor.
Push out your heels and hold your toes.
When you feel comfortable, change your posture back to No. 2.
If this posture is too hard, just do posture No. 3.
Keep breathing out through your mouth.

Hang-Gong No. 5: Conclusive Jung-Choong Breathing



Slowly place both feet on the floor with your knees bent on each side. One of your ankle may be on top of the other. Curl up your tailbone and straighten your lower back. Put your middle fingers on your Dahn-Jon. Breathe in and out through your nose, while focusing on your Dahn-Jon. Breath into the abdomen making a big balloon with the belly and pause as long as you can before you exhale completely, and pause again as long as you can before you inhale again. Notice the empty space between the breaths.

Jangsaeng Walking

Walking for a youthful and healthy life

"I call it the Jangsaeng miracle! With the Jangsaeng Walking Method, at last I have found a way to increase my energy and decrease my weight. With a few adjustments in how I walk, I have felt rejuvenated every time I have practiced it."

"Jangsaeng" is the Korean word for Longevity. Jangsaeng Walking is a simple, yet powerful technique that is designed to improve your health and well-being. It is walking to promote a long and healthy life. Through it, you can discover the health benefits and mechanics of Longevity Walking, and how it may even revitalize your brain!

Benefits of the Jangsaeng walking method:

- Weight Loss
- Decreased blood pressure and cholesterol
- Increased bone density
- Helps prevent, or reduce symptoms of diabetes
- Increased energy, strength and confidence
- Makes flexible joints
- Improves balance and posture



Jangsaeng Walking differs from regular walking in that it puts gentle pressure on the yong-chon energy/acupressure points. In Oriental Home Exercise health theory, these points are the start of the kidney meridian (energy channel), and directly related to kidney health. Furthermore, the Jangsaeng Walking Method activates the power of your mind's awareness, which has an enormous influence on the body and brain.

※ **5 Easy Steps for a youthful & healthy life**

- 1) Tilt you pelvis and tuck your tail bone.
- 2) Touch your heel down, press down on the ball of your foot (Yong chon) and then your toes.
- 3) Lean forward slightly
- 4) B-R-E-A-T-H-E into your lower abdomen
- 5) SMILE

