



# UNLEASH THE POWER TO OVERCOME STRESS

*Give yourself a day away from this hectic, crazy world.*

*Relax, breathe and leave your pain behind.*

*Connect and restore your positive self with nature.*

*Amanda Owen*



*Hi,*

*My name is Amanda.*

*I started my career as an acrobat and circus theatre performer.*

*When I hurt my back, I found myself going back and forth to osteopaths and chiropractors before I was introduced to yoga.*

*The daily yoga practice allowed me to be independent of the medical professionals and be more in control of my health.*

*The yoga practice not only healed me but gave me life-long support for my body, mind and became the backbone of my life.*

*At the same time as my healing happened, I was working with people with mental health illness. Part of the therapy we offered was to be out in nature.*

*These two ideas for a healthy mind and body - yoga and being in nature - formed the germ of my dream to open a retreat centre.*

*Amanda Owen*



# **CREDENTIALS**

- IAYT - C (International Association of Yoga Therapists) Certified Yoga Therapist
- AAYT Australian Association of Yoga Therapists
- Registered Senior teacher for Yoga Australia
- Advanced Accredited teaching Diploma British Wheel of Yoga
- Mental Health First Aid Australia
- Post Grad Diploma in Yoga Therapy
- Vedic Chant teacher



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# What is Stress?

Stress is your body's way of responding to any kind of demand or threat. When you sense danger—whether it's real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response."

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid a car accident.

# Signs and Symptoms of Stress Overload



The most dangerous thing about stress is how easily it can creep up on you. You get used to it. It starts to feel familiar, even normal. You don't notice how much it's affecting you, even as it takes a heavy toll. That's why it's important to be aware of the common warning signs and symptoms of stress overload.

## Cognitive symptoms:

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

## Emotional symptoms:

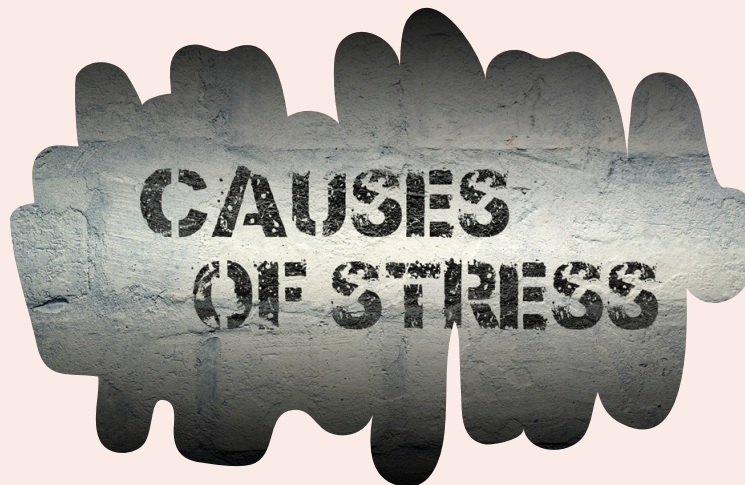
- Depression or general unhappiness
- Anxiety and agitation
- Moodiness, irritability, or anger
- Feeling overwhelmed
- Loneliness and isolation
- Other mental or emotional health problems

## Physical symptoms:

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart rate
- Loss of sex drive
- Frequent colds or flu

## Behavioral symptoms:

- Eating more or less
- Sleeping too much or too little
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)



## Common external causes of stress include:

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family

## Common internal causes of stress include:

- Pessimism
- Inability to accept uncertainty
- Rigid thinking, lack of flexibility
- Negative self-talk
- Unrealistic expectations / perfectionism
- All-or-nothing attitude

# Four Tips to Overcome Stress



## Conscious Breathing

Sit in a chair with your back upright and your feet on the floor. Close your eyes and start to consciously breathe in and breathe out through your nose. Now consciously slow your breath down. Let the breath be slow and easeful and steady. You can count 20 breaths or do about 2 minutes. Notice when you finish if you feel different to when you first sat down.



## Take a walk

As you walk, let your breath be free and notice yourself breathing. Feel the breath as it comes in and goes out of the body. Do not try to control it. Just notice if it changes and how it changes as you walk. Then look around you for beauty. Find three beautiful tiny things and let the images imprint into your mind and memory. If you like, you can ask yourself why you chose those particular objects.





## Palming

Rub your palms together for a minute or so. Bring your palms to your eyes and gently 'cup' around each eye, making a little cave in which the closed eyes rest. Feel the energy and heat from your palms transfer to your closed eyes.

Repeat this for tired eyes.



## Internal Mantra

Close your eyes and start to breathe easily, long and slow through your nose. Notice when you are breathing in and when you are breathing out. In your head, say to yourself on your inhalation 'I am breathing in' and on the exhalation say to yourself 'I am breathing out'.

Make the mental sentence last as long as the breath. Do this for about 20 breaths or 2 minutes.

# Four Simple Meditation Positions



## Sitting on the floor: cross-legged

Sitting on the floor can be cross-legged if this feels easy for you. Remember that for meditation you do not want to be distracted by the pain in your body, if possible. There is no point in starting in a position where you are 'grinning and bearing' it because the pain will only get worse. The only stipulation for the sitting position is that it is comfortable, symmetrical and facilitates the spine being as long as possible.

Cross legged position (sukhāsana) - can you put your knees on the floor comfortably? If not, support your knees with cushions or folded blankets. You need the three points on the floor - your sitting bones and your two knees.

## Kneeling position

Your sitting bones should be between your folded legs and either easily on the floor or supported with blocks, books or blankets.

## Lotus posture (padmāsana)

Is the ultimate yogi pose that you see in all the yogi pictures and is very good for meditation IF you can do it EASILY! Only do it if you can execute it very easily otherwise you will break your knees! There are ways to train to do this posture but not by pushing your body into it against it's will because you think you will attain enlightenment!

## Sitting in a chair

Sitting in a chair is a fine option. Make sure you sit towards the front of the chair, so your sitting bones are supported and your back is long. Have your feet uncrossed and planted on the floor about hip width apart. If you are short and the chair is large, you may need a couple of books under your feet as support. The knees should be at a right angle, as should the ankle joint. Your back is unsupported by the chair and this is a good way to train the back muscles to support the structure. If you feel the back is getting tired, it is possible to sit back against the chair for support. Try to experiment with timing yourself to sit without the support for longer and longer, to strengthen the back muscles over time.

Sitting for meditation is usually better than a lying position as you are less likely to fall asleep! That said, any position that is symmetrical and neutral is a good position for meditating. If all you can do is lie down, then a lying down position is perfectly fine.

Most people who have not been brought up sitting on the floor, do not necessarily find a cross legged position easy. Some do.

To sum up, the most important thing to remember about a meditation posture is that you have to be comfortable, symmetrical and the back needs to be long. However you can facilitate that, is legitimate for meditation.



# Ways to overcome stress

Stress is powerful in depleting yourself from being you. It can take away your control over a situation.

When stress is not identified and you don't recognize the signs and symptoms, you can lose yourself. When stress is not properly addressed it can cause anxiety, depression, emotional frustrations, body tensions and physical ill health.

Don't let stress overwhelm you. Find ways to combat it.

Overcome stress with yoga - a yoga class, one to one Yoga Therapy or a Yoga Retreat.

Find time for yourself - even if only for one day at a Bush Yoga Day Retreat.



# Introduction of Yoga Retreat

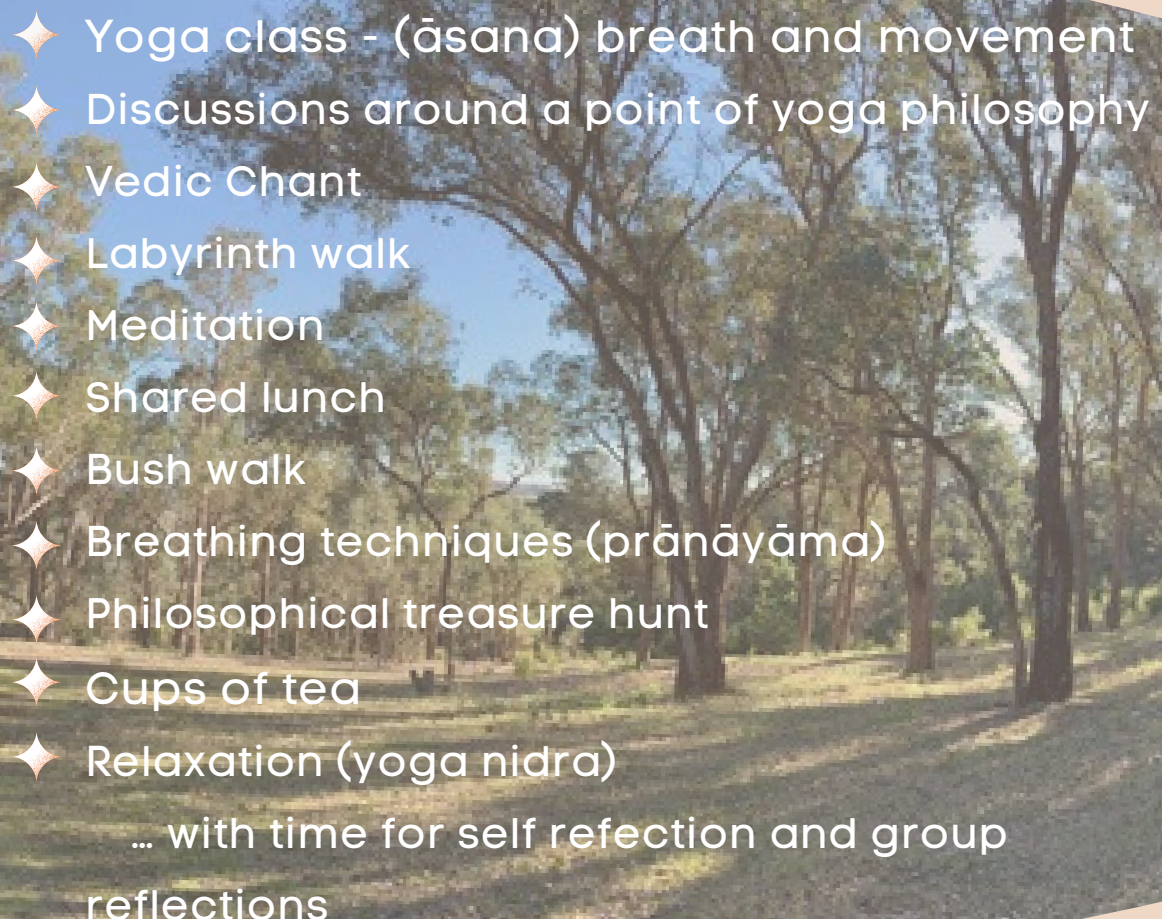
The retreat is a wonderful opportunity for you to relax away from the busy-ness of your life - to take some space for yourself and have time to ponder your Big Questions or maybe just not to think about anything much at all!

Every retreat is different and they usually have a theme. Past themes have been Holistic Life, New Beginnings, Celebrate Life, Letting Go, Our Connection with Nature, Here Comes the Sun.

The theme is inspired by zeitgeist (for example, dealing with Covid-fuelled isolation), by request from students or by what is currently

happening around us and but it is always informed by yoga philosophy, the wisdom of which is passed down through texts like the Yoga Sūtra of Patañjali which, despite being thousands of years old, are absolutely relevant to us now. The problems humans experience are perennial.

The retreat is made up of some if not all of the following elements :

- 
- ◆ Yoga class - (āsana) breath and movement
  - ◆ Discussions around a point of yoga philosophy
  - ◆ Vedic Chant
  - ◆ Labyrinth walk
  - ◆ Meditation
  - ◆ Shared lunch
  - ◆ Bush walk
  - ◆ Breathing techniques (prānāyāma)
  - ◆ Philosophical treasure hunt
  - ◆ Cups of tea
  - ◆ Relaxation (yoga nidra)
- ... with time for self reflection and group reflections



# Yoga Retreat Benefits



Retreat is a real retreat from your busy world . It will help you

- ✔ gain some perspective on your life
- ✔ feel more relaxed
- ✔ give you energy with which to start again
- ✔ explore a spaciousness that is difficult to carve out in your normal routine
- ✔ connect with like-minded individuals
- ✔ spend time with yourself



# Happy Clients Says:



*Mrs A. Hare said....*

*Thank you for your yoga teaching over the past few years, it was a big support whilst I was ill and recovering, and for deepening my understanding of yoga practice through the course and our one to one sessions. I know it is something that will always be part of my life now.*



*Tim Dalton Said....*

*As a long term sufferer of panic and anxiety I have learnt that through yoga I can become much more at ease with my body and breath. The pace of development of my practice and breathing exercise were perfectly judged to allow me to build up confidence.*



## Bush Yoga Retreat 2022

Do your heart and body need a break from a difficult situation which has made you anxious, depressed, frustrated, stressed and tense?  
Do you need a break from your busy, tiring daily routine?  
Have you had a hard time over a long period or just recently?

There are many things that can contribute to you not feeling your best. Give yourself a day break from all that. Treat yourself to a retreat.

**JOIN BUSH RETREAT**