

Mindful Yoga



Mindful Yoga Online With Natalia Fister

Mindful Movement/Yoga

The focus of mindful movement/yoga instruction is bringing awareness to the sensations in the body and noticing when the mind has wandered and then gently bringing the attention back to sensations in the body, intentionally cultivating greater awareness of and groundedness in the body while becoming aware of what is happening in the mind and emotions.

Description

The 1.25 hour class features a “peak pose” as a focus, which allows the participants to practice through a series of preparatory poses. The classes incorporate mindful cueing that invites inquiry and curiosity, as well as other mindful attitudes into the practice. The 8-week series is scaffolded to both focus on particular areas in the body, as well as provide an overall gentle stretch and tone experience.

Working with The Foundational Attitudes of Mindfulness

Curiosity / Beginner’s Mind

- In this pose... exploring... noticing...playing with... being aware of... being curious,
- You might notice— maybe this feels...perhaps you are feeling... what happens when/if...
- Staying curious, as if we are doing this posture for the first time.
- Being curious about our bodies every time we practice; our bodies are constantly changing, moment by moment.
- Asking yourself, “What wants my attention?”
- Being curious about our response to the posture each and every time; our practice, our bodies, and our response to the practice is always evolving. Staying curious!
- Thinking of yourself as a scientist in the laboratory of your own body, experimenting and investigating with curiosity.
- Can you try this pose without expectation of how it should be?
- Exploring what it means to “meet my edge and softening”.



Foundational Attitudes of Mindfulness

Meet Your Teacher

Natalia Fister is a yoga and mindfulness teacher. She has been teaching Hath Yoga since 2002 and Mindfulness since 2012. She was formerly a high school English teacher.

Natalia pioneered a CREDITED yoga and mindfulness course in high school for the York Region District School Board. She taught a Grade 11 “Mindful Yoga and the Art of Happiness” course 6 years in a row and Grade 12 “Mindful Yoga and the Philosophy of Wellness” course for 4 years.

Natalia currently teaches a 200 hour Mindful Yoga Teacher Training, uniquely applying the attitudes of Mindfulness to the teaching of hatha yoga.

She relentlessly pursues ongoing education in yoga and mindfulness, studying at home and abroad:

- India (Rishikesh, Varanasi, Goa)
- Kripalu (Massachusetts)
- Nosara (Costa Rica)
- San Marco, Lake Atitlan (Guatemala)
- Vallecitos (New Mexico) 5-day silent retreat for educators.

Natalia is committed to sharing the benefits of mindfulness and yoga with students and teachers alike in the conviction that it will transform their lives as much as it has hers.



Mindful Yoga 75 min online / 8-week Sessions

To inquire, please contact

natalia.fister@mindfulnesseveryday.org

This style of yoga encourages mindful conscious movement according to the needs and abilities of each individual body. Appropriate for beginners and experienced alike.

PRACTICE with Natalia on YouTube

In this 75-minute all-level yoga class, we will be applying the philosophy of mindfulness to the practice of yoga, embedding conscious movement with the attitude of mindfulness.

[Watch on YouTube here!](#)

We will be inviting you to engage in the postures with a spirit of self-compassion and curiosity, bringing awareness to the unifying mind, body, breath connection.

Mindful Yoga Teacher Training Certification

If you are interested in becoming a Certified Mindful Yoga Teacher Training, learn more here:

