

# WISE..... THOUGHTS

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## Yoga & Well-Being





## **27 years of – Wise Thoughts**

A Pioneering global majority & LGBTQI+ Arts Charity based in Haringey, London.

Wise Thoughts creates dynamic local, national and international arts initiatives that help address social justice issues.

**We are delighted to announce our 2026 workshops programme supported by Community Fund - #CommunityLegacies. It is an arts-led development that offers creative opportunities to people (targeting 50+ age group).**





HEALTH COACH - YOGA THERAPIST

# FARAH FERNANDES

Highly experienced and dedicated Yoga Teacher and Therapist with 20 years of expertise in promoting holistic health and wellness through yoga, massage therapy, and energy healing practices. Possesses a strong educational background with a diploma in Health Coaching from the College of Naturopathic Medicine, a Massage Therapist and Reiki Practitioner, CYQ Level 3 certification in Teaching Fitness and Exercise, and PTTLS Level 4 qualification. Adept at integrating diverse modalities to create personalized wellness programs for clients, promoting physical, mental, and emotional well-being.

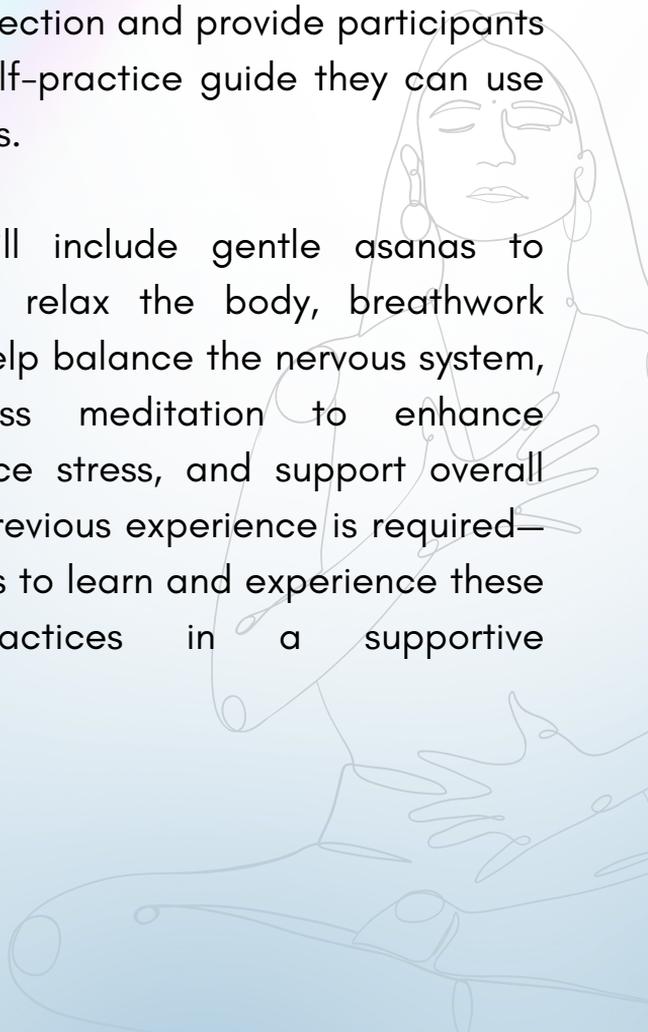


# **Yoga and Wellbeing Workshop**

## **Organised by Wise Thoughts.**

This Yoga and Wellbeing Workshop, organised by Wise Thoughts, is open to everyone who would like to explore simple and practical ways to support their health and wellbeing. The workshop aims to share knowledge about the mind-body connection and provide participants with an easy self-practice guide they can use in their daily lives.

The session will include gentle asanas to strengthen and relax the body, breathwork techniques to help balance the nervous system, and mindfulness meditation to enhance resilience, reduce stress, and support overall wellbeing. No previous experience is required—just an openness to learn and experience these accessible practices in a supportive environment.



# Yoga Therapy - A Holistic Approach

According to the World Health Organization, health involves complete physical, mental, social, and spiritual well-being, not just the absence of disease. Chronic stress, emotional suppression, and unhealthy lifestyles can disrupt the mind-body balance, contributing to conditions such as Hypertension, autoimmune disorders, digestive problems, Anxiety, and Depression.

Yoga therapy addresses the root causes of these conditions through a holistic approach that includes physical postures (asanas), breathwork (pranayama), meditation, and relaxation techniques. These practices strengthen the body, calm the nervous system, increase self-awareness, and promote mental clarity.

Regular practice helps reduce stress hormones, improve emotional resilience, and shift the body from a fight-or-flight state to a rest-and-digest state, supporting overall health and well-being.



# Asanas for the Body

## 1. Mountain Pose (Tadasana)

Purpose: Improves posture and body awareness.

Steps:

- 1 Stand upright with feet hip-width apart.
- 2 Keep arms relaxed at your sides.
- 3 Distribute weight evenly on both feet.
- 4 Lengthen your spine and relax shoulders.
- 5 Take slow breaths for 5-10 breaths.

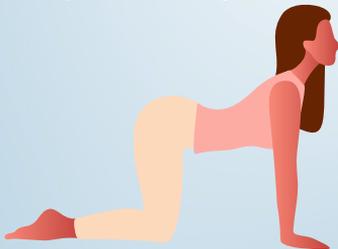


## 2. Cat-Cow Pose (Marjaryasana-Bitilasana)

Purpose: Mobilizes the spine and warms up the back.

Steps:

- 1 Start on hands and knees.
- 2 Inhale: Drop the belly, lift chest and tailbone (Cow).
- 3 Exhale: Round the spine and tuck the chin (Cat).
- 4 Move slowly with the breath.
- 5 Repeat 8-10 cycles.



### 3. Child's Pose (Balasana)

Purpose: Stretches the back and hips.

Steps:

- 1 Kneel on the floor.
- 2 Sit hips back toward heels.
- 3 Stretch arms forward on the floor.
- 4 Rest forehead down.
- 5 Stay for 5-10 breaths.



### 4. Downward-Facing Dog (Adho Mukha Svanasana)

Purpose: Stretches hamstrings, shoulders, and spine.

Steps:

- 1 From hands and knees, tuck toes under.
- 2 Lift hips upward.
- 3 Form an inverted "V".
- 4 Press hands firmly into the floor.
- 5 Hold for 5 breaths.



## 5. Bridge Pose (Setu Bandhasana)

Purpose: Strengthens glutes and opens the chest.

Steps:

- 1 Lie on your back, knees bent.
- 2 Feet flat on the floor hip-width apart.
- 3 Press feet into the floor and lift hips.
- 4 Keep shoulders grounded.
- 5 Hold for 5 breaths, then slowly lower.



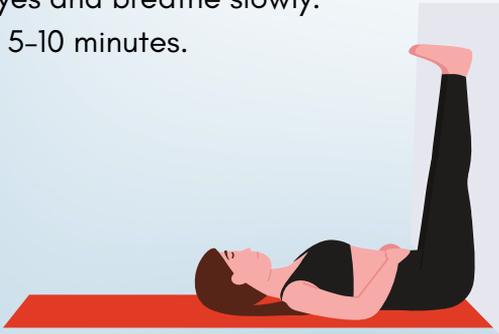
## Asanas for Relaxation

### 1. Legs Up the Wall Pose (Viparita Karani)

Purpose: Reduces fatigue and calms the nervous system.

Steps:

- 1 Lie on your back near a wall.
- 2 Extend legs upward against the wall.
- 3 Arms rest at sides.
- 4 Close eyes and breathe slowly.
- 5 Stay for 5-10 minutes.

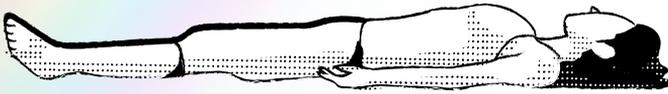


## 2. Corpse Pose (Savasana)

Purpose: Deep relaxation.

Steps:

- 1 Lie flat on your back.
- 2 Let feet fall open naturally.
- 3 Arms relaxed with palms facing up.
- 4 Close eyes and breathe naturally.
- 5 Stay for 5-10 minutes.

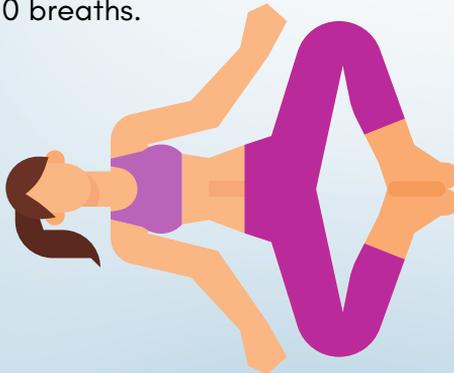


## 3. Reclining Bound Angle Pose (Supta Baddha Konasana)

Purpose: Opens hips and promotes relaxation.

Steps:

- 1 Lie on your back.
- 2 Bring soles of feet together.
- 3 Let knees fall out to the sides.
- 4 Rest hands on belly or sides.
- 5 Stay for 5-10 breaths.



#### 4. Supine Spinal Twist

Purpose: Releases tension in the spine.

Steps:

- 1 Lie on your back.
- 2 Bring knees toward chest.
- 3 Drop both knees to one side.
- 4 Turn head opposite direction.
- 5 Hold 5 breaths, then switch sides.



#### 5. Seated Forward Bend (Paschimottanasana)

Purpose: Calms the mind and stretches the back.

Steps:

- 1 Sit with legs extended forward.
- 2 Inhale and lengthen spine.
- 3 Exhale and fold forward from hips.
- 4 Rest hands on legs or feet.
- 5 Hold for 5-10 breaths.



## Diaphragmatic Breathing (Belly Breathing)

### Purpose:

- Calms the nervous system
- Improves oxygen flow
- Reduces stress and anxiety

### Steps:

- 1 Sit comfortably or lie on your back.
- 2 Place one hand on your chest and one on your belly.
- 3 Inhale slowly through the nose.
- 4 Let the belly rise while the chest stays mostly still.
- 5 Exhale slowly through the nose.
- 6 Feel the belly gently fall.

### Practice:

- Continue for 5–10 minutes.
- Keep breathing slow and smooth.

### Tip:

*Imagine inflating and deflating a balloon in your belly.*



## Alternate Nostril Breathing (Nadi Shodhana)

### Purpose:

- Balances the nervous system
- Improves focus and calmness
- Traditionally believed to balance energy channels

### Steps:

1 Sit comfortably with a straight spine.

2 Place left hand on your knee.

3 Use the right hand:

- Thumb closes the right nostril.
- Ring finger closes the left nostril.

4 Close the right nostril and inhale through the left.

5 Close the left nostril, open the right, and exhale through the right.

6 Inhale through the right nostril.

7 Close the right, open the left, exhale through the left.

This completes one round.

### Practice:

- Do 5-10 rounds.

## ALTERNATE NOSTRIL BREATHING



## Bee Breath (Bhramari)

### Purpose:

- Reduces mental tension
- Helps calm the mind quickly
- Good before sleep or meditation

### Steps:

- 1 Sit comfortably with eyes closed.
- 2 Take a slow deep inhale through the nose.
- 3 As you exhale, make a soft humming sound like a bee: "mmmm".
- 4 Feel the vibration in your head and chest.
- 5 Keep the exhale long and smooth.

### Practice:

- Repeat 5-8 rounds.

### Optional variation:

Gently close the ears with the fingertips to deepen the vibration.



## Body Scan Meditation (Step-by-Step)

Body scan meditation helps develop awareness and deep relaxation.

### 1. Get Comfortable

- Lie down or sit comfortably.
- Close your eyes.
- Take 3 slow deep breaths.

### 2. Focus on the Breath

- Notice the natural rhythm of breathing.
- Let the body settle.

### 3. Start at the Feet

- Bring attention to your toes and feet.
- Notice sensations: warmth, pressure, tingling.
- Relax the muscles.

### 4. Move Slowly Up the Body

Shift awareness gradually:

1 Feet

2 Ankles and calves

3 Knees

4 Thighs

5 Hips and pelvis

6 Abdomen

7 Chest and back

8 Hands and arms

9 Shoulders

10 Neck

11 Face and scalp

Pause 5–10 seconds at each area.

### 5. Release Tension

At each body part:

- Inhale gently.
- Exhale and imagine tension melting away.

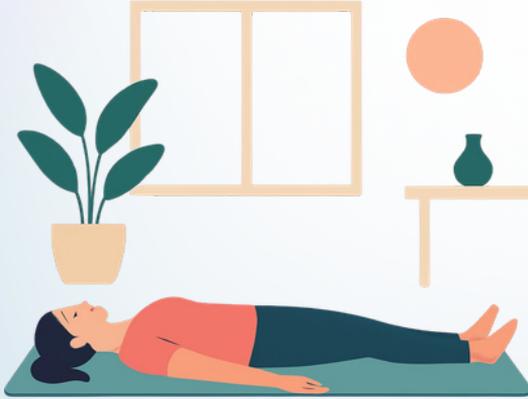
### 6. Whole-Body Awareness

- Feel the entire body together.
- Notice the body breathing.

### 7. Finish Slowly

- Deepen the breath.
- Wiggle fingers and toes.
- Open your eyes slowly.

🕒 Recommended time: 10–20 minutes.



*Breathing Sequence (5–10 minutes)*

*1 Diaphragmatic Breathing – 3 minutes*

*2 Alternate Nostril Breathing – 3 minutes*

*3 Bee Breath – 2 minutes*

*Finish with quiet sitting or body scan meditation.*

**Thank you for joining the Yoga & Wellbeing Workshop, and well done for completing it! It was great to share the session with you.**

**Stay in touch to hear about upcoming community activities and future workshops organised by Wise Thoughts—we'd love to see you again soon.**

