Title: Yoga & Meditation - The Innate Power Behind Deep Process & Prayer.

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Abstract:

Even as an advocate and close follower of Yoga & Meditation since 1995, I had an experience almost 20 years later that changed my way of moving - forever. Yoga is essentially a spiritual discipline based on an extremely subtle science and has always been about creating strength, awareness and harmony throughout body and mind. It is one of the earliest known personal disciplines, recognised as an art and scince of optimal healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. Yogic scriptures describe the practice of Yoga as leading to "the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature". Modern science believe everything in the universe is just a manifestation of the same quantum field and to whom that is able to experience this subtle oneness of existence is said to be in yoga. It is said that the true experience of Yoga is 'self realisation' moving beyond limitations of the indoctrinated mind or shadow self and into a state of self mastery, liberation and freedom. The goal then, if there is one - is to realise this union and achieve mastery over our own destiny. Yet in my own state of extreme stress, very late one winter night about ten years ago - without an impulse inside me to anything, not even "my practice"; I decided I needed to relax. This yoga nidra was extreme asking of it's students that they should not so much as blink, move a muscle or utter a sounded breath. This level of control from an outside source was a breakthrough point for me and my body went into a natural state of spontaneous shaking. Since then I have realised the truest essence of yoga is to "find your flow" through first "finding your centre". This led me to developing a new form of movement as medicine: Awakening Medicne. Awakening Medicine invites the practitioner into a deep relationship with self - through self love and self care practices, towards self mastery - listening to your OWN innate wisdom, rather than follow any practice - ancient or otherwise. Radical Health is about starting where you are, owning your shadow and working it out - through deep guided relaxation, movement medicine and self massage. Learn the secret to unlocking your own innate wisdom and trusting your impulse. This is yO:gO.

References:

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Biography:

Holly E. Mullin is a detox expert, lifestyle coach and health care director. She has been studying holisitc health and complimentary medicine since 1995 and has worked as an alternative therapist for 25 years, specialsing in the detox industry for 16 years. She ran her own successful detox retreat and most recently as a health farm, Breathe Detox, for 12 years until it was shut down as a result of the pandemic in 2019. She has a wide range of therapies and has continued her studies since 1996 which include: MTI 1997, Ayuervedic Massage 2003, Rebirthing Breathwork 2005, Spinal Touch 2006, Bio-Stress Release 2007, Cranio-Sacral Therapy 2009, Touch for Health 2010, Creative Kinesiology 2012, Body De-Armouring 2013. As well as an array of CPD courses in everything from Shiatsu & Hypnotherapy to Natural Nutrtion & Body Harmony. She most recently developed her own 3 week Radical Health training programme: Awakening Medicine - 21 days to be a Naked Guru. She is a Radical Health advocate and inspirational speaker encouraging people back to optimal health, innate wisdom, radiant beauty and untapped potential as a natural man and/or woman.

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