

## Yo-Chi-Ahhh! Exercise

**YO-Chi-Ahhh!** is a unique practice of mindful awareness which combines the use of movement, breathwork, sound, state of the art wellness tools and techniques to reduce stress while nurturing deep states of relaxation, greater clarity and overall well-being — that is, “Essential Well-BE-ing” – for your body, mind, emotions and spirit.

Yoga focuses on stretching, invigorating body patting and tapping, stress-reducing breathing practices, concentration visualization and sound to strengthen your body, quiet your mind, calm your heart and nourish your spirit.

Tai-Chi focuses on circulating “Chi,” the vital life force energy, through the body utilizing slow, easy mindful movements in conjunction with synchronized breathing to increase the flow of blood and “chi” energy throughout your system resulting in greater vitality, harmony, balance and peace.

Ah! the primal sound of exhalation is a healing sound that naturally arises in a human being experiencing relaxation, pleasure and letting go. When uttered in different ways, this sound simultaneously opens the belly, the lungs and the heart melting and releasing tensions and contributing to an overall sense of comfort and deep relaxation.

These three exercises, together, support the healthy integration of your body, mind, emotions and spirit, resulting in mental clarity, physical vitality, emotional balance and a heightened sense of overall well-being.

This unique practice of mindful awareness through the integration of simple and easy movements and relaxation techniques, can support you to experience life and living in a joy-filled, harmonious and fulfilling way.

At a time when stress is the leading challenge to the health of Americans, these three exercises for increased harmony, balance and well-being can make an on-going difference in how you are, and how you perform in your everyday life – at work, at home and at play.

Taken together as a regular practice, these three exercises can support you to:

- Increase, vitality, stamina, energy levels and strength
- Relieve stress, anxiety and depression
- Strengthen the immune system
- Increase flexibility of muscles and joints
- Improve focus, memory and concentration
- Enhance balance and coordination
- Promote normalization of weight, pulse rate and blood pressure
- Support more restful sleep
- Strengthen the circulation of blood and lymph flow
- Improve digestion and elimination functions
- Enhance muscle tone

- Balance and harmonize the mind and the emotions
- Increase inner peace
- Synchronize mind/body/spirit
- Enhance an overall sense of joy and well-being
- Cultivate mindful awareness
- Support pain management
- Improve posture
- Increase endurance
- Normalize endocrine function
- Increase respiratory effectiveness
- Normalize gastrointestinal function
- Improve autonomic nervous system
- Increases cardiovascular efficiency
- Increase EEG - alpha waves
- Increase range of motion
- Improve eye-hand coordination and dexterity
- Improve reaction time
- Enhance mental clarity
- Increase self-image and self-confidence
- Improve clarity and clearer decision-making
- Improve diet and lifestyle