

Yoga Week 26: Yoga for Acceptance

Created by Lia D'Angelo, RN, BSN, RYT 200 hr

What is Acceptance:

Acceptance is recognizing the reality of a situation without attempting to change it or protest it.

Being accepting is a receptive, nonjudgmental attitude & approach to life.

Living a life filled with unkind words to yourself, will likely cause you to approach the realm of mental and physical health in the same way.

What if you don't need fixing? What if you are perfect as you are, sitting here reading these words? Just be with this for a moment, the idea that you are exactly as you should be in this moment.

Ways to gain self-acceptance:

Reflection Method: If you had a friend, twin, or sibling tell you they were struggling with something, what would you tell them? How would you want to make them feel? Sometimes it's easier to want to help someone else more than you want to help yourself. If this is the case for you, look in the mirror and ask yourself for help and guidance as if you were your own best friend.

Fill In the Blank:

How can I accept this _____?

Write this phrase down in a journal, in your phone, on a sticky note, whatever fits you best. If you have trouble identifying your emotions, use this tool to fill in the blank and learn how to accept what you're feeling in the moment.

...loneliness?

...trauma?

...pain?

...my body?

...my voice?

The Acceptance Metaphor:

The grass isn't always greener:

We think that somebody else out there always has it better than us... but when we have this mentality, we truly miss out on the grass that has been underneath our feet the entire time.

Radical Acceptance is Truly a Gift

Gift yourself and accept negative and positive emotions without judgment.

Yoga Week 26: Yoga for Acceptance

YOGA POSES FOR ACCEPTANCE:

Cat & Cow into Hero Pose

These poses energize the legs, spine, and back

These poses bring your mind into a calm state and prepares you for more challenging poses as you warm up your joints, and activate your nervous system

Cat & Cow:

- Begin on all fours
- As you inhale, bring your belly down to the floor.
- As you exhale, round your spine, creating a c-shape bringing the top of the C (the middle part of your spine) as high as you can .
- Repeat cat and cow slowly 4-5 times before bringing yourself into Hero .

Hero:

- Bring the knees closer together, separating the feet slightly wider than hip width distance apart.
- Press down on the top of your feet.
- Sit hips back.
- Place hands on the top of your thigh.
- Extend the crown of the hand to correct posture.
- Remain in this pose for 30 seconds – 1 minute.

Tree Pose:

- Be accepting of where you are today in this pose, remember, it is okay to fall!
- Decide which leg to start with, then stand on one leg, lifting the other foot off the ground.
- Decide where you want to place your foot (on the other foot, shin, or upper thigh) (anywhere but the knee).
- Decide where you want your arms (palms together in front of heart, out to the side, overhead).
- Switch legs and repeat on the other side .

Crescent Lunge with Spinal Twist & Goddess Pose

Crescent Lunge:

- Step one leg back and bring yourself into a high lunge.
- Point toes forward on both feet.
- Lift your back heel off the ground, balancing on your back toes.
- Your front foot is grounded and evenly distributed.
- Bring your palms together in front of your heart.

Yoga Week 26: Yoga for Acceptance

- Place the opposite elbow on the outside of your forward knee, twisting your spine, keeping palms together and looking diagonal and outwards.
- Use your core to keep upper body lifted.
- Bring yourself back to the center to crescent lunge, then bring yourself to a wide legged stance.

Goddess Pose:

- Keep your feet wide apart.
- Turn toes outward.
- Bend knees and come into a wide squat.
- Lift arms up over the head.
- Transition and repeat crescent on the other side.

Cobra Poses to Stretching on Your Abdomen

These poses strengthen and stretch the leg and back muscles and removes tension.

Invigorates the whole body and relieves fatigue.

Soothes anger and a violent temper.

Benefits the kidney and liver.

Recommended if you sit for long periods of time.

Cobra:

- Lying on your belly, bring the hands directly under the shoulder and palms grounded on the ground.
- Bend your elbows straight back along your sides.
- Look straight ahead and push off the ground to lift your chest up in front of you.

Abdomen Stretch:

- Lie on the abdomen with the arms stretched out to the front.
- Place the chin or forehead on the floor and tuck the toes under.
- Inhale through your nose and stretch your body so the hands and heels stretch in opposite directions.
- During the stretch, let the knees rise slightly from the floor and exhale.

“Acceptance is not rolling over and becoming a victim. It’s about loving yourself, treating yourself with care and getting yourself into a peaceful state so you can then think clearly about what is going to be the most nurturing thing for you to do next.”

-Louise Gillespie-Smith

