

LETTING GO OF TOXICITY

By Elisa Scaliotti



WORKSHOP

March 24th, 2022

T a b l e o f C o n t e n t s

1h LECTURE

- 01 What is Toxicity
- 02 Mind-Body connection
- 03 How to recognize it
- 04 Relate feelings
- 05 Why yoga helps
- 06 Anatomy
- 07 How to let go of Toxicity

1h YOGA FLOW

- Breath work & Labeling
 - Hip & Chest opening Asanas
 - Guided Meditation to let go
-

FOCUS OF THE WORKSHOP

Do you ever experience lingering feeling? Or ever feel like you are dedicating too much, energy and effort to a thought that does not belong in your life anymore? As if there were something you could not let go of despite all your effort?

Past experiences can leave traces in our bodies and mind in many forms. At times they are feelings, other thoughts, or physical aches. These traces are negative. For this reason, I consider them as *Toxic* presences.

You might think you are stuck with them, or even think “this is just how I am. I over think, I cannot let go”.

I PROMISE YOU; YOU CAN LET IT GO!

IN THIS WORKSHOP I WILL GUIDE YOU THROUGH HOW TO LET GO OF TOXICITY. THROUGH THE COMBINATION OF SIMPLE PSYCHOLOGICAL NOTIONS AND YOGA PRACTICE, WE WILL BUILD THE NECESSARY SKILLS FOR YOU TO LET GO OF TOXICITY FOR EVER.



WITH THE WORKSHOP...

YOU WILL RECEIVE LIFETIME ACCESS TO THE RECORDED LECTURE HOUR
AND YOGA FLOW.

The material will be available soon after the live session on
elisalotusflow.com.

This will allow you to go over the material whenever you want to
consolidate the skills we will have built together.



Letting go of Toxicity

YOUR INSTRUCTOR

I am Elisa Scaliotti.

I have a Bachelor of Science in Psychology and will soon graduate from a Master of Science in Psychology.

I fell in love with yoga when I realized it helped me learn how to cope with many of the daily struggles I experienced. Through breathwork and yoga flows I learned to deal with emotions and thoughts.

Helping others learn how to put their brains at ease, and take life one breath at the time, is my mission as a yoga instructor.

My background in psychology, combined with my yoga studies, allow me to help others explore their emotions in a safe manner and build skills that remain for a lifetime.

JOIN ME IN THIS BEAIFUL JOURNEY OF LEARNING TO LOVE LIFE

WHAT IS TOXICITY

“The capacity of a substance to produce poisonous effects in an organism”

Whereas this quote refers to substances affecting our bodies, our experience with negative presences in our lives is very similar. We can all related to toxic presences as something that brings negativity in our lives.

There is no universal description, and there is no right or wrong way to experience Toxic presences. But what is it really and how do we recognize it?

For the purpose of this workshop, consider Toxicity as being something that brings negativity in your life. Its presence leads to pressing thoughts, emotions that you cannot quite handle, or that you do not recognize as your own. These thoughts and emotions can feel like they are taking over and trying to repress them can only lead to depleting your energy.

We all experience Toxicity differently.

Acknowledging this difference in experience is the first step to be able to handle toxic presences and finally let go of them

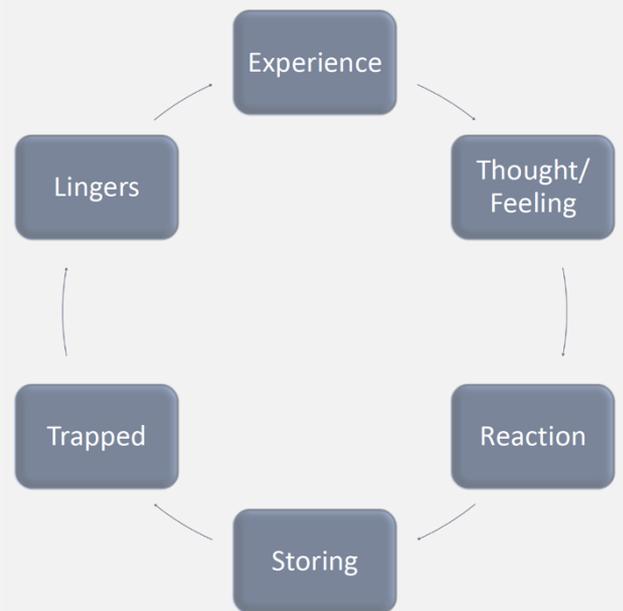
WHY EMOTIONS LINGER

“The energy of traumatic experiences gets bound up in our bodies”

Toxic presences can be the lingering presence of a person, an event occurred years ago or re-living a moment over and over again.

Because our body is made of chemicals these presences remain trapped in our body, and not only in our mind.

Experiences trigger chemical reactions in our bodies that, and these reactions can consolidate into our muscles. That’s why yoga is so helpful; it provides a physical release to trapped emotions.



HOW TO LET GO

Psyche



By acknowledging these presences, you give them emotional outlet.

Physical

By moving you, give them physical outlet, and let go of presences.

Each body part has a function and is associated to different experiences, and emotions.

In this workshop's flow we will focus on hips and chest.

BODY & EMOTIONS

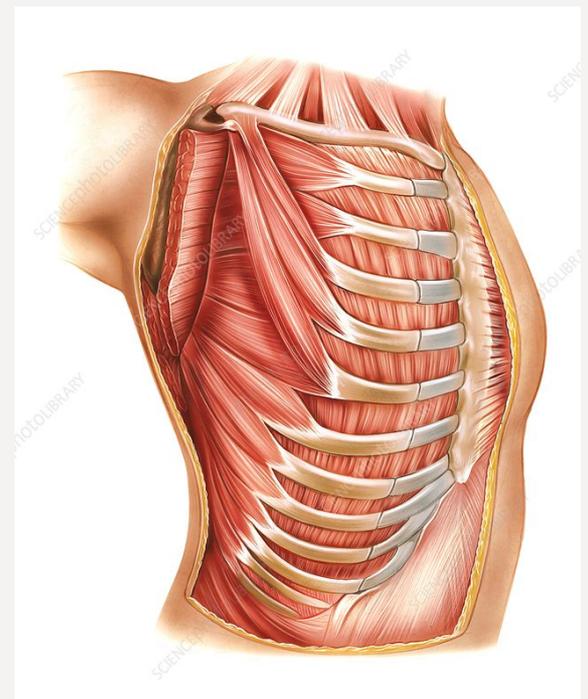
Hips

Hips are known as a storage area for emotions. Emotions get trapped here and transform into tension.



Chest

The chest is known as the area where we experience many feelings, among anger, anxiety and more. Opening the chest helps in releasing trapped emotions and tension.



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INTERESTED IN MORE:

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