

Yoga

When: Offline Video Sessions

When: 5th, 6th & 7th October 2020, 7:00 AM UTC

How much: Free

Join us for morning yoga and start a long conference day full of energy! Customized yoga sessions will be provided at 7:00 AM CET on Monday, Tuesday, and Wednesday. Videos will be available throughout the duration of the conference and can be done at any time.

The tutorial will be conducted by [Meghan Woodard](#), who is a professional yoga instructor. She will be guiding the yoga session and offering options for different expertise levels, so do come along!

Day 1: Be Here Now

Meditation helps increase the strength and endurance of your attention. That's all we need to learn and gain valuable knowledge during the first day of the MICCAI conference. Throughout our first yoga class together, we will practice mindfulness, focusing on the present by listening to the breath,

noticing sensations in the body, and accepting our practice as it is today! The goal of our practice is not to force the mind to remain present- the mind wanders, and that is ok! We will learn to gently guide our focus to the here and now, forgiving ourselves if our thoughts drift, and simply ask the mind to return to the mat.

Duration: 35'

Take-away: Meditation

Requirement: Space to move! If you do not have a yoga mat, a blanket or something soft like a sweatshirt for under your knees can be helpful!





Day 2: Practice and All is Coming

Today's practice will center around taking all things as they come. This practice will be a bit more challenging-building on what we learned in the first practice and adding pace and intensity. As we move through the postures, remember that a meal isn't all sweet; sometimes there are individual flavors, bitterness, sourness, that we don't enjoy on their own. Just the same, our muscles may burn and we may feel tired, but all of the flavors come together to make one delicious meal. As we move, notice the 'flavors' we are experiencing without judging them, so that when we find savasana we can allow our body to integrate all sensations for the most fulfilling practice possible.

Duration: 35'

Take-away: Cardio

Requirement: Space to move, a yoga mat or something soft for under the knees

Day 3: Acceptance instead of Expectation

Today we will focus on understanding the difference in mentality of acceptance and expectation- understanding that both are useful, but that having control and being mindful of how we approach our thoughts and emotions can give us the power to gain control of those thoughts and emotions. Finding the peace within yourself in times of discomfort will allow us to let go of expectations, find gratitude by looking for the things that are good instead of focusing on those things that are 'bad', and change our mindset so that things aren't always good or bad, but instead things can simply 'be'. We will begin with a bit of gentle movement, ending with a focus on more restorative postures.

Duration: 35'

Take-away: Breath

Requirement: Space to move, a yoga mat or something soft for under the knees