

Download Your Handout



WELCOME!



Center Your Body + Mind with Movement and Breathwork

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Alisha Leytem -
Wellness Consultant



Your Webinar Today is Presented by:



Thank you for joining us today!

Want to learn more?



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Today's Presentation!



Meet Today's Presenter: Alisha Leytem



- Transformation mentor, wellness teacher and retreat facilitator
- She has been leading wellness worldwide since 2015
- Provides coaching, workshops, online courses, weekend retreats, speaking engagements and more to support personal transformation
- Certified Wellness Coach

• Certified Wellness Coach

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Center Your Body and Mind with Movement and Breathwork

with Well-Being Coach + Consultant Alisha Leytem

June 24, 2021



ABOUT ME: ALISHA LEYTEM



EDUCATION

Nonprofit Leadership Graduate Certificate

Minnesota State University, Mankato

B.A. Communication Studies & Entrepreneurship

University of Iowa



WORK EXPERIENCE

Alisha Leytem, LLC [2015 - Present]

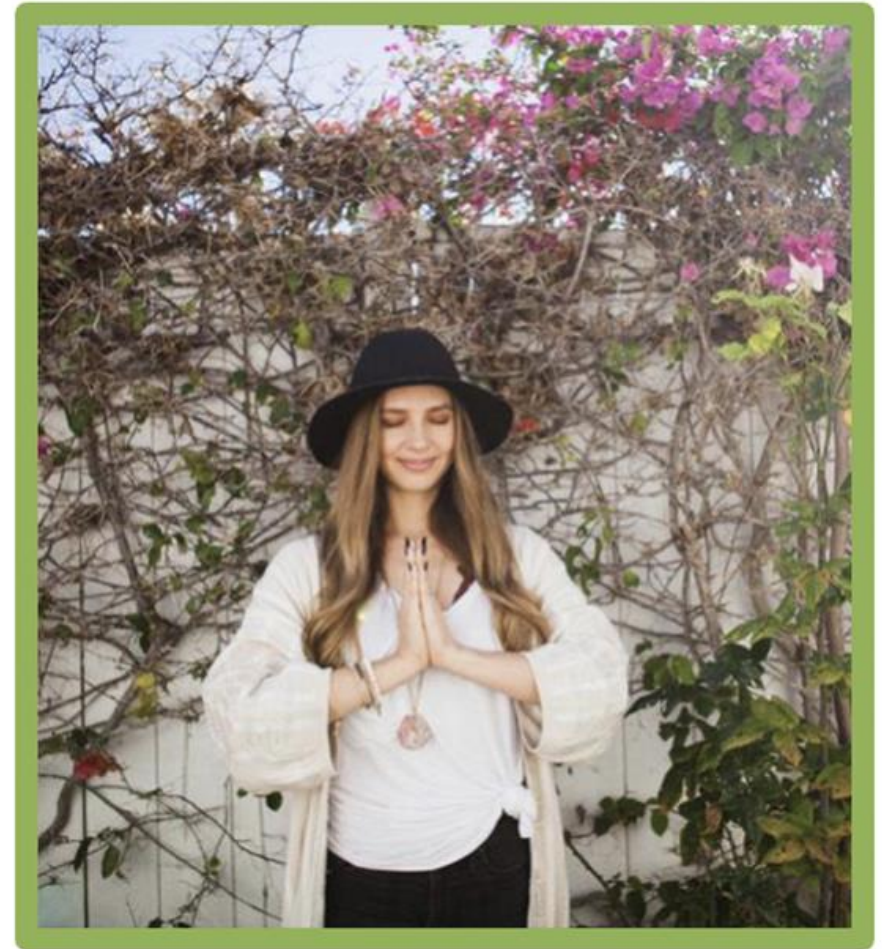
Certified Wellness Coach [Mayo Clinic, 2015]

Certified Yoga Teacher [2014 - Present]



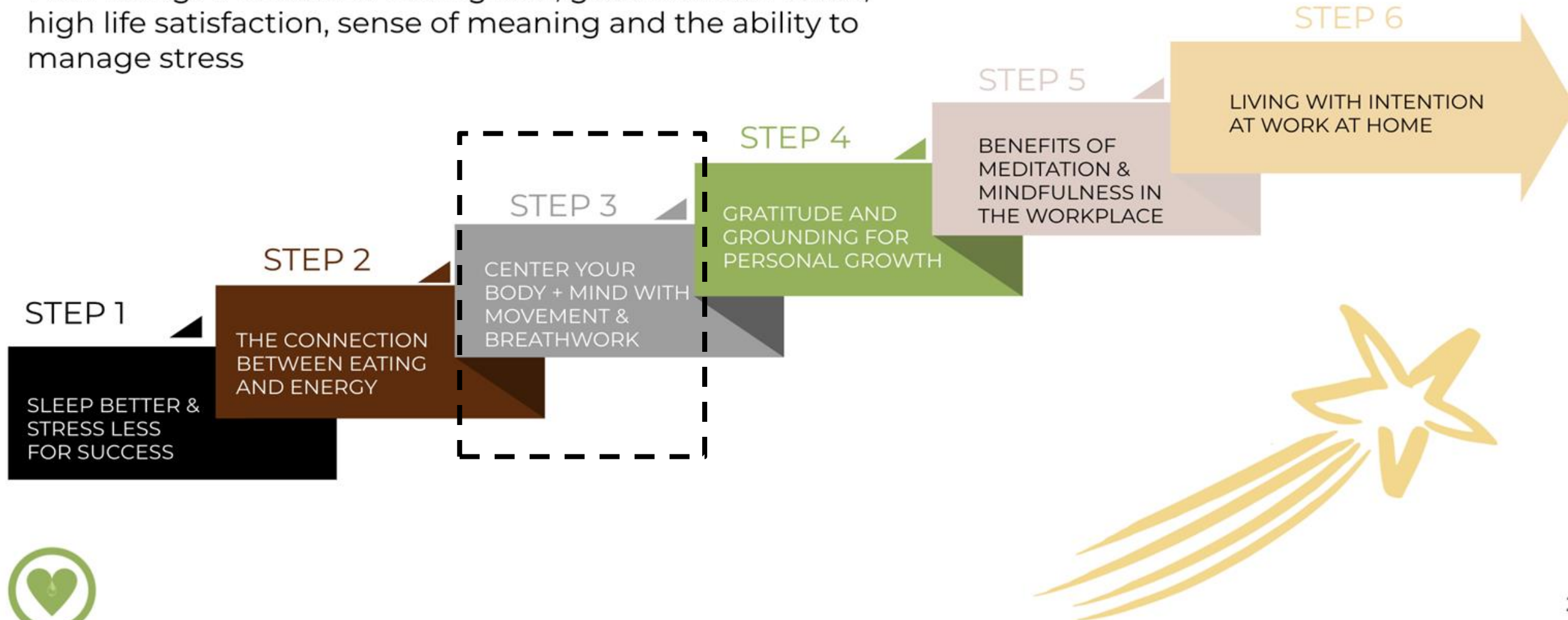
PERSONAL INTERESTS

Hiking, Cooking, Mindfulness, Traveling



“6 Shining Steps to Well-Being”

Well-Being: The state of feeling well; good mental health, high life satisfaction, sense of meaning and the ability to manage stress



**“Blessed are the flexible for they
shall not be bent out of shape”
- unknown**



A Self-Reflection Moment

- When was the last time you moved your body in some way?
- How often do you take a conscious deep breath per day?
- On a scale of 1 - 10, how stressed does your BODY feel?





Stress: Acute vs Chronic

- Acute Stress: Immediate reaction to a threatening situation
- Chronic Stress: Continuous ongoing stress that isn't triggered by danger or life-threatening event

Chronic stress can result in long-term damage in the body thus causing physical symptoms such as headaches and constipation, as well as general wear-and-tear. What makes chronic stress so damaging to our health and to our body is the presence of a third stress hormone called cortisol. Unlike adrenaline and norepinephrine, cortisol can linger throughout your body all day. Excessive levels of cortisol can lead to a number of physical health problems such as digestive problems, inflammation, weight gain, hormone imbalances, heart disease and diabetes.

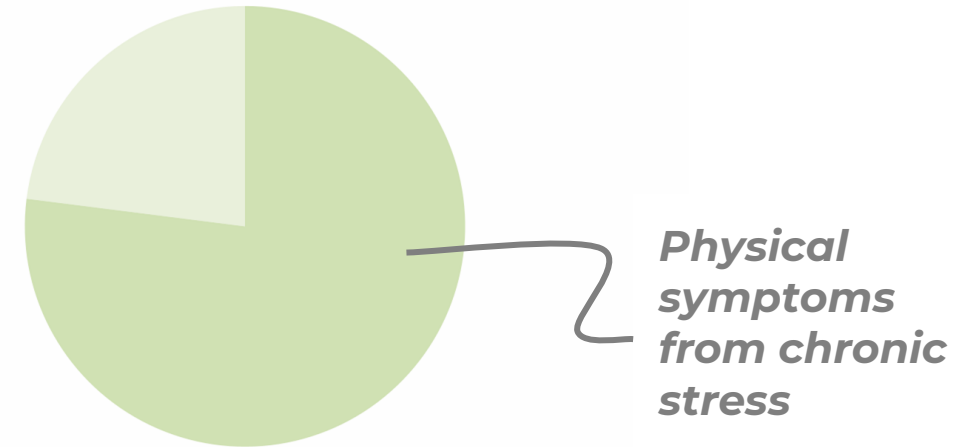


How Stress Shows Up In The Body

77% of Americans report experiencing physical symptoms from their chronic stress

- Fatigue (51%)
- Headache (44%)
- Upset Stomach (34%)
- Muscle Tension (30%)

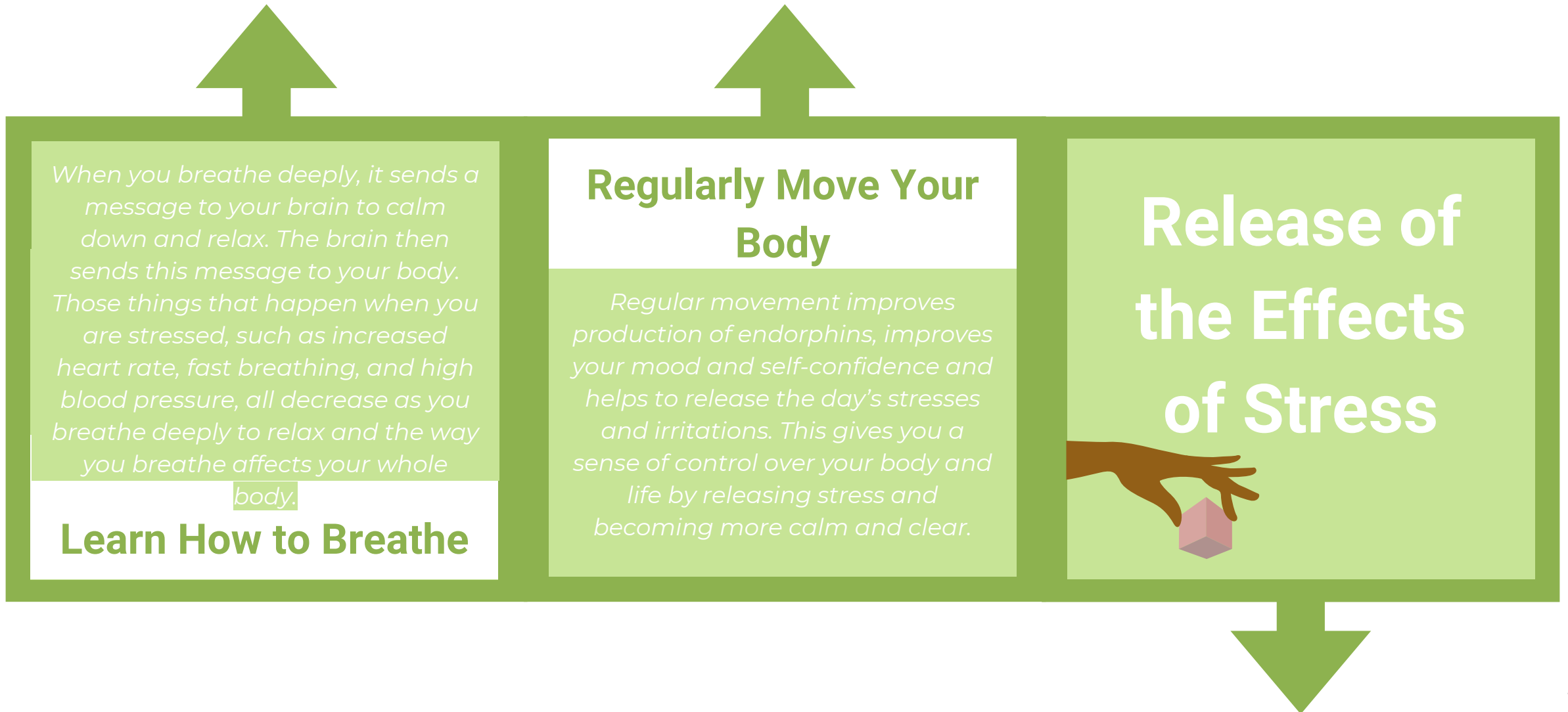
Americans tend to be chronic shallow breather
(into your stomach and full lung capacity)



Do any of these apply to you?



How To Release the Effects of Stress





3 Breathwork Techniques

- Full Belly Breath
- Alternate Nostril Breath
- Square Breath





Moving Your Body To Increase Productivity

A study from Bristol University Found that on workout days:

- 21% higher concentration at work
- 22% higher for finishing work on time
- 25% higher for working without breaks
- **41% higher for feeling motivated to work**



Good news: Research found that less time and intensity (10 - 20 mins a day) is best for greatest productivity benefits



What Movement Style is Best?

Choose a movement style that **feels** a certain way and sounds like fun!

Lean into what is unfamiliar to you (opposite style of movement to your daily routine)

Try to do what will balance your current energy

- Are you feeling stressed and overworked? Try yoga.
- Want to feel stronger and confident? Try strength training.
- Need to have clarity + simplicity? Walk





"I had an idea on
my walk"

"The solution I
needed came to me
during my workout"

"My yoga mat is
my ideas station"

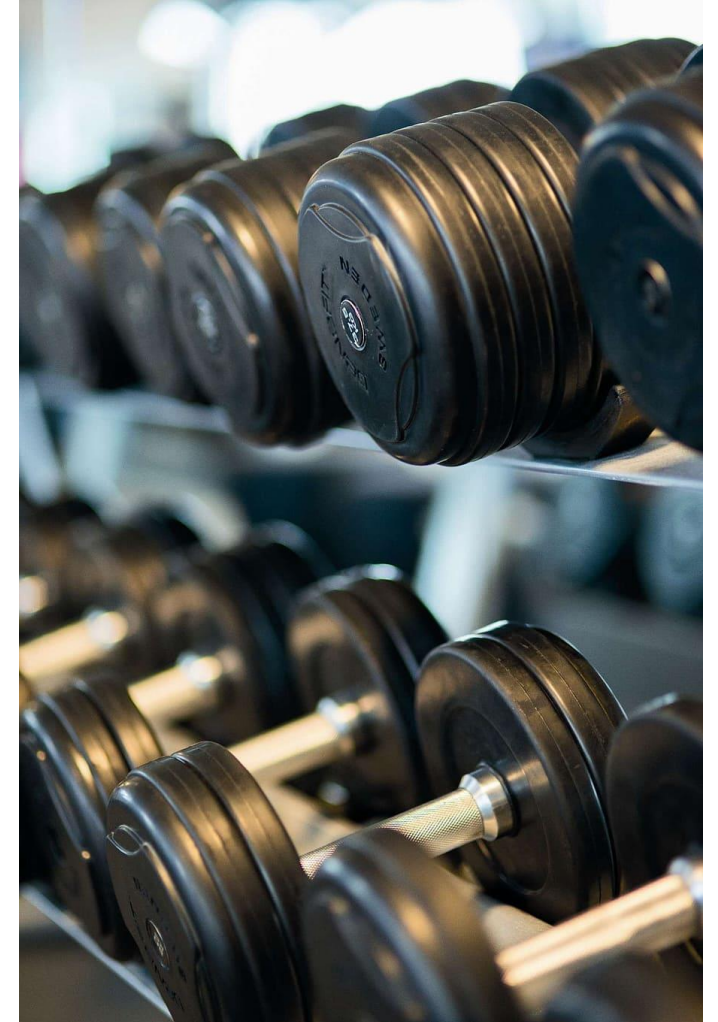


Movement to Feel Strong + Confident

1. Lift Weights / Strength Train

If you'd like to feel stronger and more confident at work and with yourself, lifting weight will help to achieve this! This can be as little as 20 mins a day, 3x a week (even over lunch!)

Try this: Challenge yourself to strength train! Find a program online to do at home (we like Tone It Up or Fitnessista), or attend a weight lifting group workout class.



Movement to Feel Open and Able To Go With The Flow



2. Practice Yoga

Sun Sal Practicing yoga supports you in feeling more open, flexible and “laid back”. If you’re struggling with being too structured and a lot on your plate, try yoga to create some space in your life.

Try it: Simply doing Sun Salutations everyday can improve your flexibility. Restorative yoga is perfect to tap into the parasympathetic nervous system and to balance overworking.





Movement to Feel Uplifted and Energized

3. Walk or Hike

Walking has more benefits than it gets credit for. Ever heard someone say “I had an idea on my walk”? The more you walk, the more energized and clear headed you’ll feel.

Try it: Add in a 10 minute walk into your day. This can be a family walk outside after dinner or a walk outside after lunch before getting back to work.





Think Differently About Moving Your Body

- Move to experience a moving meditation
- Ask yourself: How do I *want* to feel?
- Move to tap into a creative state
- Move your body to allow a solution to a problem to come through
- Move your body to feel good. Nothing more.
- Move your body to improve your mental well-being
- Move your body to be centered and grateful
- Move your body to access calm energy and authenticity





Practical Ways To Fit Movement + Breathwork Into Your Busy Days

- Start small with regular movement
- Have fun with how you to choose move
- Release the need for a perfect workout routine
- Schedule your movements in a calendar

- Breathwork before opening email or presenting
- Breathwork after a stressful call or unexpected event
- Breathwork to close the end of a workday



Committing To Growth Journal Prompt

How would my life look differently if I committed to regularly moving my body and breath?





Contact Information



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7/15/21

1:00 PM CST

Upcoming Webinar 2021

*Are We Burning
Out Too Quickly?*

Pam Pederson



Questions?

thank you!

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