



US Human Capital and Diversity Groups

Tampa Bay Office

accenture

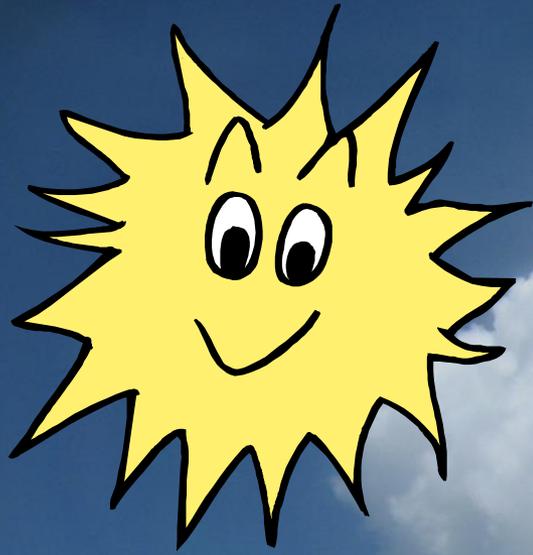
High performance. Delivered.

Shutdown and
stretch out

Mindful Eating

with Chef Emily Golden

July 14, 2010



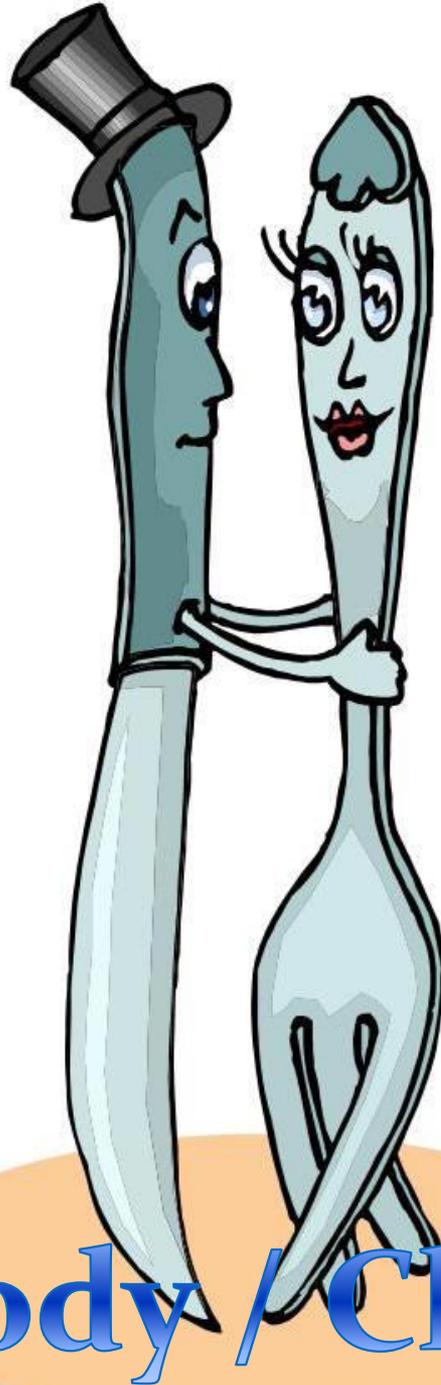
Raja Yoga

by Tara Tomerine, RYT 200+ Hours

“Don’t dig your grave with your own knife and fork.” ~English Proverb



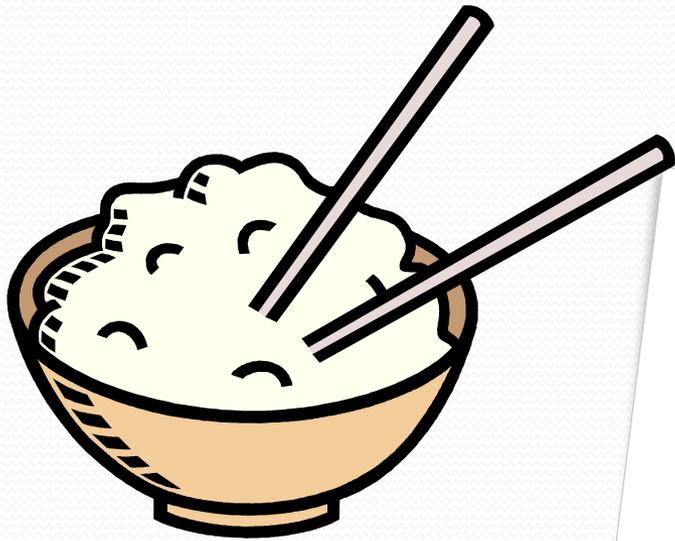
*Food and yoga fuel the
body, mind and soul.*



A **macrobiotic** diet (or macrobiotics), from the Greek "macro" (large) and "bios" (life), **avoids the use of highly processed or refined** foods.

Macrobiotics is a way of life, which can be used to combat cancer and degenerative diseases.

Clean Body / Clean Mind



Grains are considered the staff of life.

Practitioners of the macrobiotic diet prefer **locally grown, natural foods** prepared and eaten in the traditional manner, such as baking, boiling, and steaming. **Lots of grains, vegetables, beans, fermented soy, and soups** - supplemented with small amounts of fish, nuts, seeds, and fruits -- are the basis of the macrobiotic menu.



Macrobiotics encourages food to be chewed slowly before swallowing. Making time for sit down dinners accompanied by family and friends prevents the desire to rush, while chop sticks provide support in taking smaller bites. Enjoy mangia, mangia!

“When walking, walk. When eating, eat.” ~Zen Proverb



Macrobiotics with Karin Stephan

www.yogamacro.com



Fripp Island, SC



Emily Golden, Mindful Meals
St. Petersburg, Florida
<http://mindfulmealspc.com/>

“Cooking is like love. It should be entered into with complete abandon or not at all.”

~Harriet Van Horne



“The best food you can eat is food that you have cooked for yourself. Next is food that is cooked for you by someone who loves you. After that, the quality goes rapidly downhill.”

~Warren Wepman



Environmentally-Based Diet

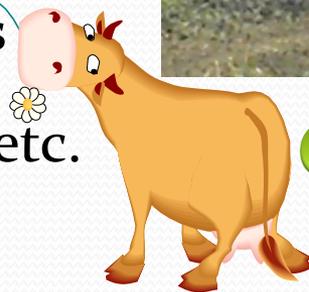


Au Natural

- Adapt cooking/eating to seasonal changes.
- Macrobiotics is being mindful of the interconnection of food from the earth to the body. It means to understand the cause and effect relationship and apply opposition for nutritional and energetic balance.
- **Benefits:** heart health, anti-aging, slimming, balances blood pressure, lowers cholesterol, radiant skin, etc.



Grains & Plants



MINDFULNESS

Present
Moment

Non-
Judgment

What are we feeding the body and the mind?
Is it toxic or will it provide a benefit?



MEDITATION

Dhyana

Meditation is mindfulness or awareness and concentration leads to meditation.

Dharana
(Concentration)



Raja Yoga (raja means king)



- **Raja yoga**, known as the **king of yogas**, aims at controlling all thought-waves or mental modifications. It is the ability to pull in from external distractions and turn the attention of the mind inward for meditation/observation.

Raja yoga
encompasses all 8-
limbs of yoga, but the
emphasis is on the
last two: the mind
(meditation) and
overall connection to
the universe.

8-Limbs (Steps) of Yoga:

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. **Dhyana**
8. **Samadhi**



Balance of mind, body, and emotions...

The **mind** is said to be the **king** among organs. No belief is required in practicing raja yoga as it suggests you believe nothing until you experience it yourself.

Benefits of Raja Yoga:

- Clear Perception
- Elevated Performance
- Peace of Mind
- Harmony/Healing
- Transforms the physical, mental, emotional, intellectual, occupational, social and spiritual being of a person
- Inner Growth



Pratyahara
(Withdrawal of Senses)

Experience

In mindfulness meditation, every aspect of experience is appreciated and welcomed.

Work, gardening, swimming, eating, fishing and cleaning can all be forms of meditation. Meditation is the capacity to attain single-pointed focus. It does not have to be separated from daily life where it is needed most.

Pranayama

(Breathing/Vital Life Energy)

“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.” ~Thich Nat Hanh



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Thoughts are force...
Emotions are energy...

PERCEPTION

Let go of what is not healthy!

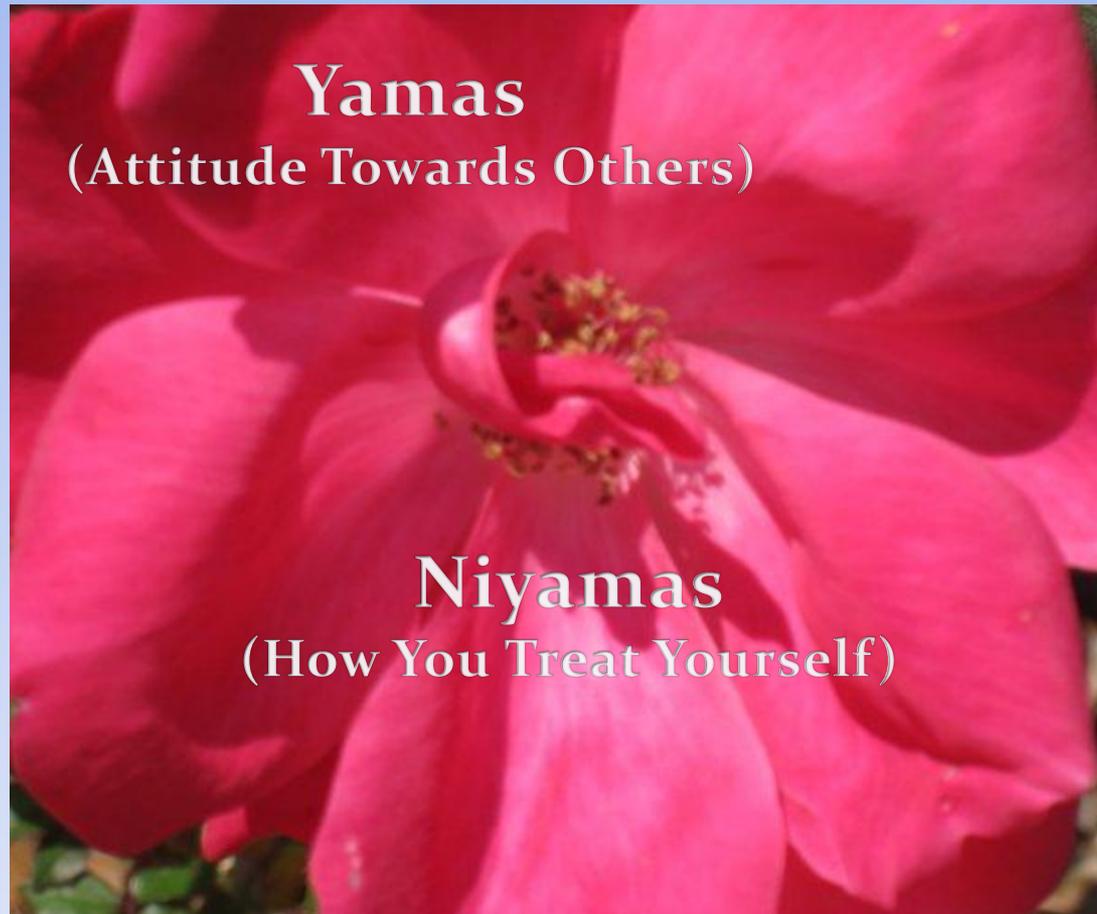
Single-Pointed Focus Presence

Bring the mind
back when it
wanders.



Get Centered — Take a moment to just notice your body, noticing any tension, and see if you can choose to let that tension go. Become aware that you are breathing.

*“The most precious gift we can offer others is our **presence**. When mindfulness embraces those we love, they will bloom like flowers.” ~Thich Nhat Hanh*



Yamas
(Attitude Towards Others)

Niyamas
(How You Treat Yourself)

Mindfulness - The ability to stay focused, wherever we are, leads to **High Performance!**



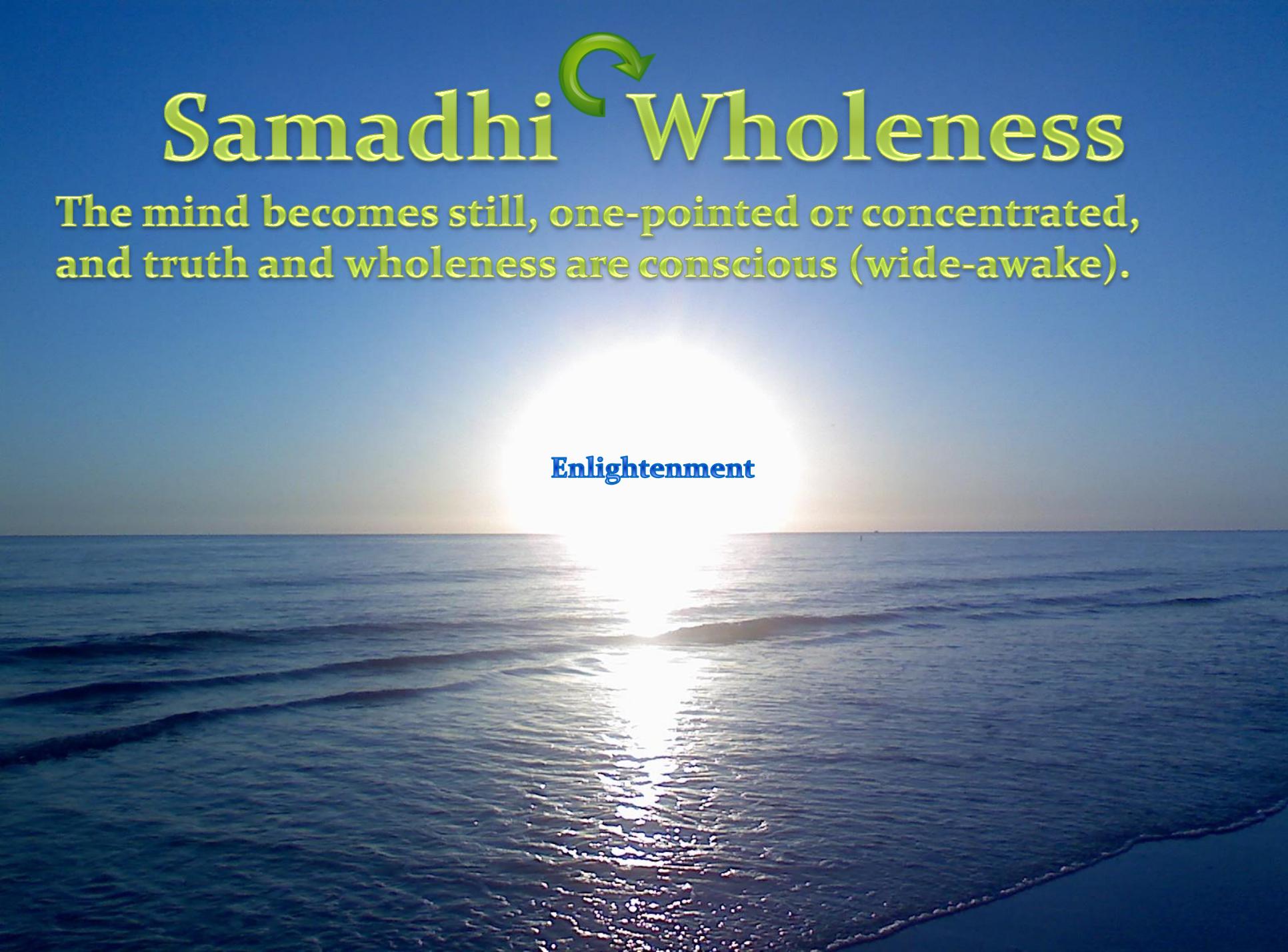
Asana

(Pose) – Develop the body and posture.

Samadhi Wholeness

The mind becomes still, one-pointed or concentrated, and truth and wholeness are conscious (wide-awake).

Enlightenment



Inhale the miracle of Now.



Conclusion:

Mindfulness is to fully experience, with absolute awareness, the gift of the present moment.

When eating, chew mindfully. Stay present to the sensations of taste, touch, and texture while savoring every flavor. Think about the connection of food, thoughts, emotions, and actions to both the body and the mind.

Embrace challenges.

When you get off track, aim for balance and find your way back... Press onward!



Namaste'