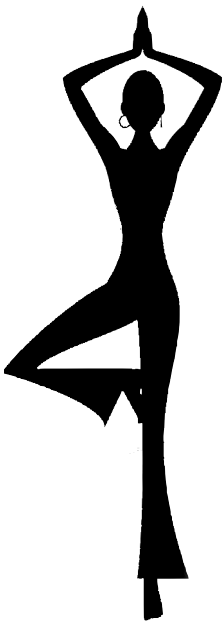


PD YOGA

(Personal Development Yoga) *Written by Claudine Ascher and Joanna Chodorowska*



The PhillyFIT Challengers are (L to R): Joanna Chodorowska, Lloyd Yancey, Claudine Ascher, Dr. Dan Lavanga, Catherine McCarthy and Michael Volpicelli



We were excited to be involved in Dr. Lavanga's PD Yoga fitness challenge. Dr. Dan Lavanga was helping us to combine positive visualization with yoga. He asked us if we had goals? Did we have intentions as to what to do with our lives? Most of us can say YES...we do have goals. But writing them down is a challenge we all face. And then actually putting that visualization into practice is another hurdle. He initially had us focus on seven areas for our goals: Spiritual, mental, vocational, financial, familial, social and physical. Some of us lean towards different aspects of these goals, meaning that some of us focus on Financial, while others on Social or Physical goals. Do we want to make bonuses in work? Do we want to compete in our first 5K or mini triathlon? Do we want to have a bigger circle of friends? Everyone is different in terms of which goals take precedence over others. Based on this PD Yoga program, Dr. Dan introduces a scenario that everyone can use to incorporate into their daily routine, to help them focus more on their singular or collective goals.

The program starts with writing down your goals in life - long term and short term. He was trying to help us create visualizations based upon our personal goals, writing them down and helping us to put PDYoga into action to accomplishing these goals. It's amazing that something so simple could have such an impact. After you write down the goals, the power of the specific order of words combined with the yoga sequences causes you to focus more on your intent. The more you focus on intent, the more the goals become realized and attainable. It is like marrying The Secret with yoga. PDyoga just created focus and clarity for us regarding our individual goals.



The visualizations practice seems based upon the notion that sometimes a person just needs to see themselves in their mind's eye, accomplishing something in order to actually enroll, and dedicate themselves to the task. Dr. Lavanga coaches people into this type of self positive thinking while participating in the opening pose techniques of yoga. Dr. Dan helps us to eliminate mind chatter by focusing on physical poses with the seven areas we mentioned before. It becomes a powerful one-word per pose integration, so when you are done with the sequence, you have connected the body and mind as one.

If you can imagine something happening, it can and it will happen. His training is a way to organize your own thoughts by directly tapping into your imagination and forcing you to ask yourself, "what do I really want?" The beauty behind it is that he addresses the seven areas of life. Having a low self-image or having a high insecurity in any one of these seven areas can cause a person an elevated stress level; therefore keeping your goals unattainable.

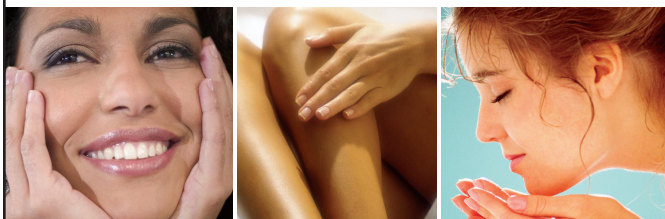
Dr. Lavanga is an inspirational speaker. We think his ideas on personal development and the concept of combining them with Yoga to be unique. The PDyoga philosophy created direction and clarity regarding goals and a new way of channeling those goals on a daily basis. What a way to stay focused!!!! It's a very exciting methodology - combining the physical with the mental aspect is a winner.

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