

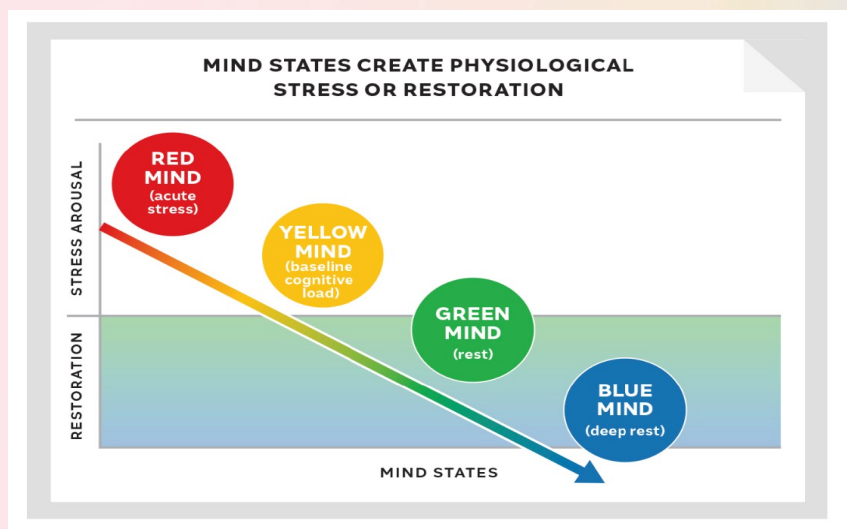
Relax, Revitalize, and Shine: Yoga for Stress Relief

With
Rev. Dr. Laurel Prema Trujillo
September 26-27, 2025



1

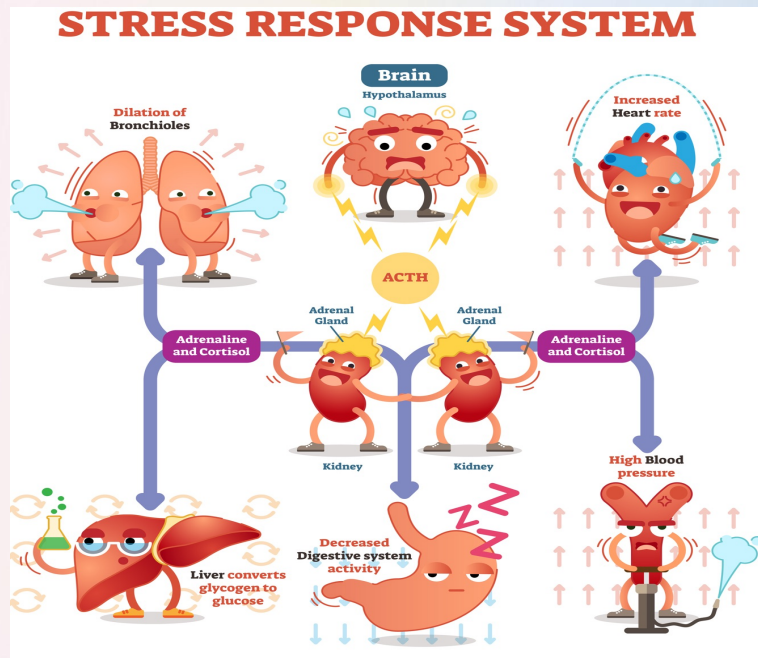
What is your stress baseline?



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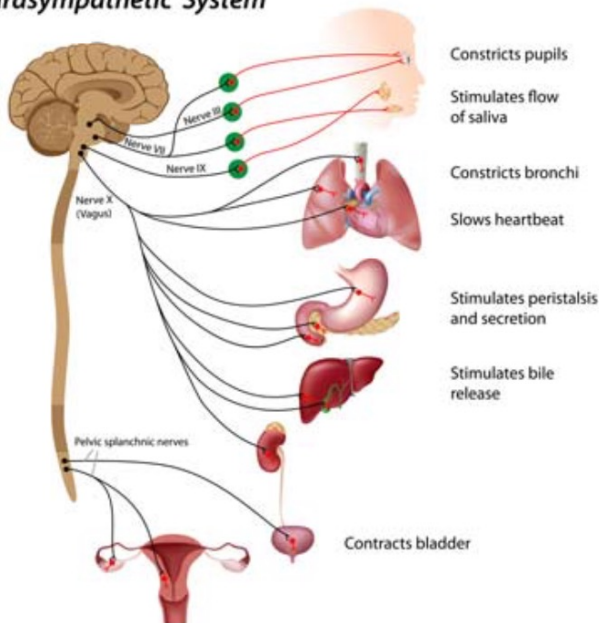
Stress Response: Fight, Flight or Freeze

- Triggered by Autonomic Nervous System
- Sympathetic Nervous System triggers Stress Response
- All actions are opposed by Relaxation Response (rest and digest response)
- Relaxation response triggered by Parasympathetic Nervous System

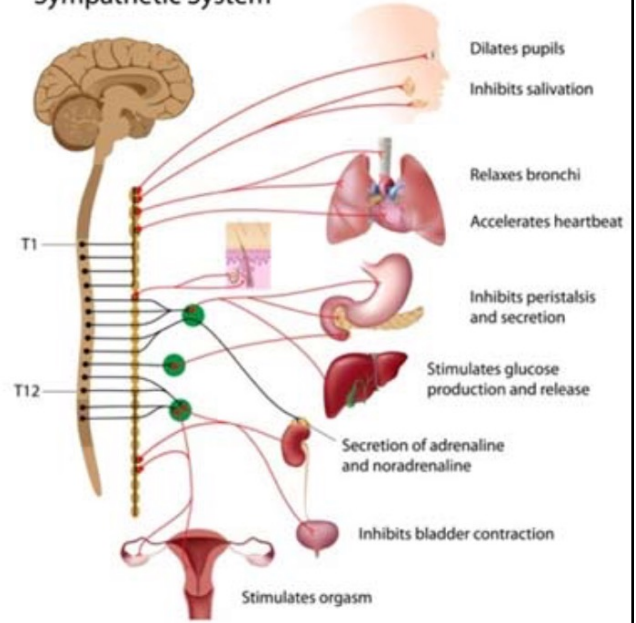


3

Parasympathetic System



Sympathetic System



4

Koshas (Sheaths)

Coverings of the Self

- Annamaya Kosha--Physical**
- Prāṇamaya Kosha--Energy**
- Manomaya Kosha--Sense Mind**
- Vijñānamaya Kosha--Wisdom**
- MindĀnandamaya Kosha--Bliss**



5

Yoga's Tools for Stress Relief Call on All Five Sheaths (Koshas)

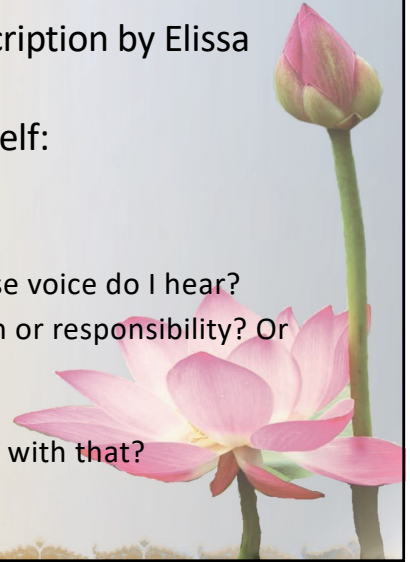
- Physical sheath: Asana, deep relaxation meditation (affects all 5)
- Energy sheath: Pranayama, mudra
- Sense Mind Sheath: Mindfulness, psychological approaches
- Wisdom Sheath: yoga philosophy, intuition, discernment
- Bliss Sheath: Experiences of superconscious meditation



6

Dealing with Stress: Simplifying

- Good book on dealing with stress: The Stress Prescription by Elissa Epel (on The Yoga Hour 11/21/24)
- When you have too many balls in the air, ask yourself:
- Can I push the delete button?
 - In the long run, how much does this activity matter?
 - Who says this is required, and is that really true? Whose voice do I hear?
 - What would actually happen if I got out of this situation or responsibility? Or delegated it?
 - Is there a way to taper off slowly?
 - What's the worst thing that might happen? Could I live with that?
 - And what benefit would there be?



7

Mudra to Facilitate Deep Relaxation

70

DVIMUKHAM MUDRA

Gesture of Two Faces
For Facilitating Deep Relaxation



*As waves of relaxation flow
Through my being,
I rest in complete serenity.*

From *Mudras for Healing and Transformation* by Joseph and Lilian Le Page



8

Creating and Using Affirmations

- Affirmations are positive statements that we can repeat at various times during the day
 - Good times: upon awakening; going to sleep; at end of meditation practice
- The process of manifestation begins with our thoughts
- When we vocalize affirmations we are bringing them to life (sound vibrations are all related to OM, which accompanies all creation)
- It's important to state the affirmation as though it already is true.
 - Affirmations are positive thinking along with spiritual awareness and the intention to draw upon the soul's innate power to create or bring forth whatever is needed.
- Affirmation shifts our consciousness from lack to abundance.

9

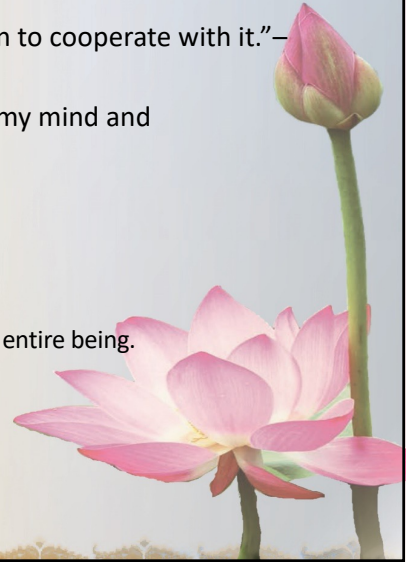
Yogacharya O'Brian's First Affirmation

- "I am now in my right place. I am happy, healthy, and prosperous in all ways. I live in the constant awareness of the presence of Spirit." (Jewel of Abundance p. 196)
- Paramahansa Yogananda: "Affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty."

10

Examples of Affirmations

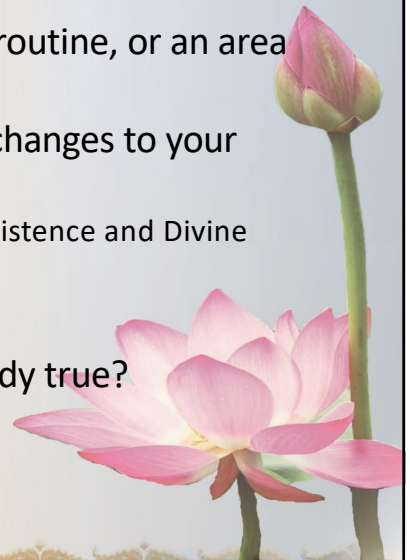
- “An enlivening power is nurturing the Universe and we (I) can learn to cooperate with it.”— Roy Davis
- “The radiant purity of my essence of being continuously illumines my mind and consciousness.”— Roy Davis
- Affirmations about health:
 - My body is strong and healthy. I have lots of energy.
 - I am whole and complete.
 - All of my body systems are working in harmony.
 - My exhaling breath allows me to to release stress and tension from my entire being.
 - My illumined mind sees unlimited possibilities in all situations.
- Affirmations about new habits:
 - On awakening: I am awake and ready!
 - For relationships: I take the time and make the effort to listen and understand.



11

What affirmation will help you now?

- Given the changes you want to make in your daily routine, or an area of focus you'd like to explore more:
- What affirmation will be helpful in bringing these changes to your life?
 - Affirmations that begin with “I am...” declare eternal existence and Divine potential
- Write down at least one affirmation.
- Is it written in a positive voice, as though it is already true?



12