



Visualization

Visualization is the practice of imagining what you want to achieve in the future. It involves using all five senses of sight, smell, touch, taste, and hearing. The process of visualizing directs your subconscious to be aware of the end goal you have in mind.

In Yoga this means that a teacher is creating an Experience for you. In most cases that experience is something that brings you an enhanced feeling.

Simply stated is a mental rehearsal. You create images in your mind of having or doing whatever it is that you want. You then repeat these images over and over again, daily for about five minutes a day. In your five-minute practice, use your imagination to see yourself being successful in whatever goal you may have.

Visualization is the process of creating a mental image or intention of what you want to manifest, achieve or experience. Engaging the mind's eye to form a picture of your desired outcomes with as much clarity and detail as possible.

Thinking about our body doing something—raising an arm or walking forward or sitting on a beach—activates the motor cortex directly. Imagining allows us to remember and mentally rehearse our intended movements or a specific experience. In fact, visualizing movement changes how our brain networks are organized, creating more connections among different regions.

- Gain confidence
- Decrease anxiety
- Boost your motivation
- Adopt healthier behaviors
- Relieve Stress
- Reduce pain
- Speed up healing
- Improve prospective memory, or remembering to do something in the future
- Spark inspiration
- Improve mood
- Declutter your mind

Thank you for your time. For Further Inquiries about private lessons or general information contact

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