



# The 8th Dimension of Wellness

presented by Edi Pasalis for NYAPRS November 2022

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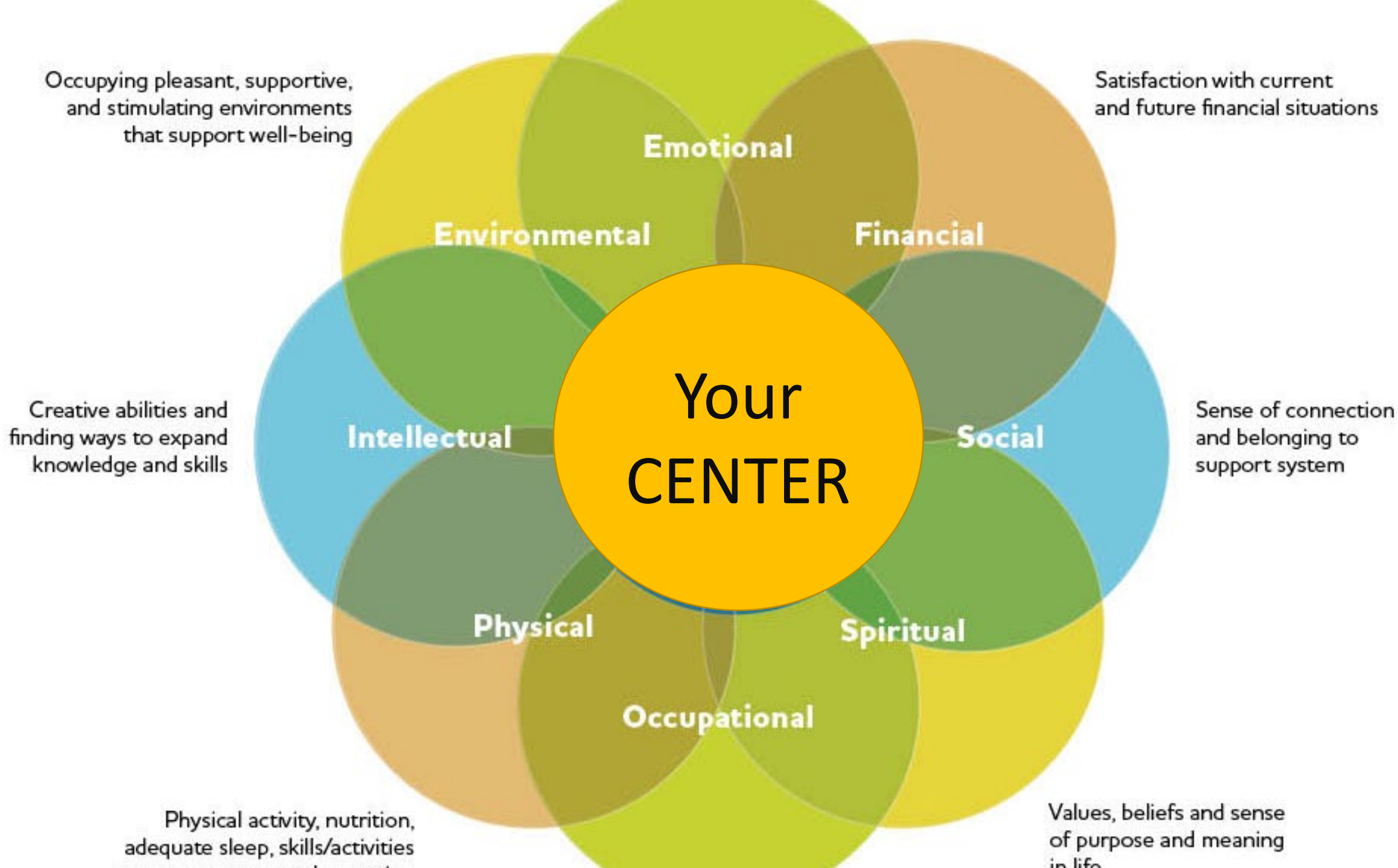
Former Director Kripalu RISE Programming



# STAYING CENTERED

## THE CORE RISE SKILL

The ability to monitor thoughts, feelings, and behaviors, and manage them to match the situation and your intentions.





How do you already center?

**CALM**

**CLARITY**

**CONNECTION**



**THE 3C CENTERING**

# COMPLETE BREATH

- Bring attention to the feel of breathing in your body
- Deepen the inhale and exhale
- Slow the rhythm of your breath
- Adjust for **comfort** throughout



**CALM**

**CLARITY**

**CONNECTION**



**THE 3C CENTERING**

# MEDITATION MADE SIMPLE

- Choose a focus
- Give it your full attention
- Gently bring the mind back when it wanders





**CALM**

**CLARITY**

**CONNECTION**



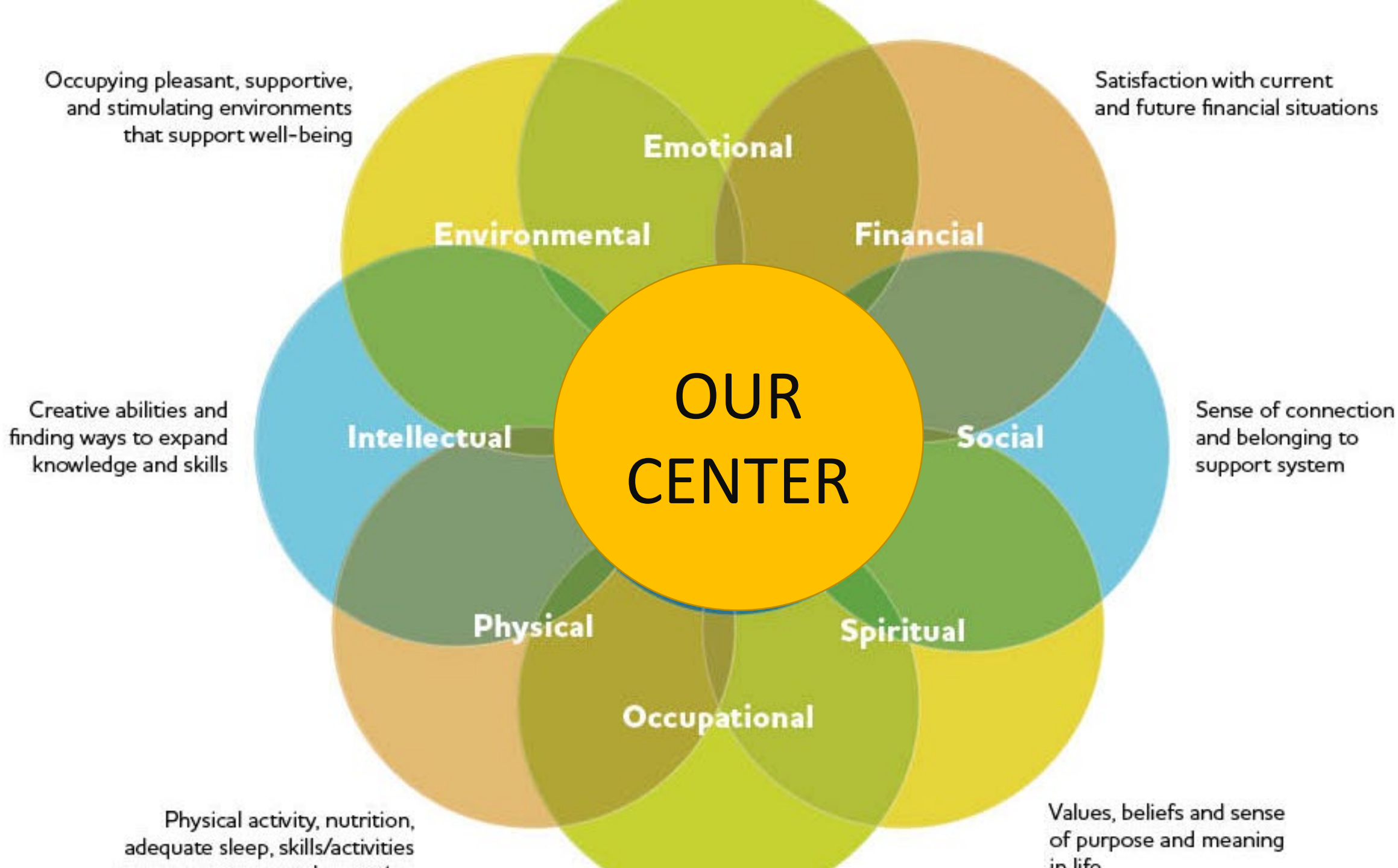
**THE 3C CENTERING**

# DEEPEN CONNECTION WITH REFLECTION

## THE POWER OF YOUR STORY

- Writing about what we value boosts success in everything from work to quitting smoking.  
— Cohen & Sherman 2014 —
- Reflecting on personal strengths, and how they are expressed in daily life can be a particular potent tool in connecting to meaning.  
— Linley et al 2010 —
- People who realize and deliberately utilize their strengths are happier, feel more energized, and are more productive at work.  
— Govindji & Linley 2007, Dubreuil et al 2014 —





A landscape photograph featuring a vibrant rainbow arching across a blue sky with scattered white clouds. Below the sky, a calm lake is visible, surrounded by a dense forest of green trees. In the foreground, a well-maintained green golf course with a path is visible. The entire scene is overlaid with a semi-transparent orange banner at the bottom, which contains the text. The background also features a faint, repeating pattern of geometric shapes like circles and squares.

**What might be possible  
when we center together?**

# RISE<sup>TM</sup>

A Kripalu<sup>®</sup> Program

For more info visit [Kripalu.org/RISE](https://Kripalu.org/RISE) or contact [RISE@kripalu.org](mailto:RISE@kripalu.org)

