

Advantage



REFRESH & RECHARGE

*Becoming your well-theist self:
An opportunity to connect with your body, mind, and spirit.*

A “give back” event from Advantage Performance Group
featuring **Anita Steele** of **TaskHuman** on **02.19.21**

Thank you for joining us!
We've prepared this takeaway resource so you can revisit this experience
and share it with family, friends, and colleagues.
Wishing you happiness, health, and peace.

Rob Grossman

Partner at Advantage Performance Group

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*"A total immersion in life
offers the best classroom for
learning to love."*

-Leo Buscaglia-

5 LAYERS OF WELL-BEING



Your guide is **Anita Steele**,
stress management,
mindfulness, and habit
change coach for
TaskHuman.

The 5 KOSHAS

This ancient concept will help you achieve a sense of wholeness and contentment regardless of your circumstances.

1. Physical body
2. Breath
3. Thoughts /Mind
4. Intuition/Wisdom
5. Bliss



We spend so much of our lives in an auto-pilot mode, completing to-do lists and tasks without a deeper sense of self. Most people seem to be chasing happiness only to find it for short moments. Why?

Because **contentment and bliss are not out there**, and no amount of material stuff and success can secure it.

Bliss is deep within us. It's part of us. You don't need to be a yogi or a monk to start reconnecting with bliss. You don't need to take a long vacation or have hours of free time.

All you need is **a few quiet minutes**, each day.

You will find simple instructions for this *mindfulness practice* at the end of the document. First, let's look over each of the layers.



1ST LAYER

Our physical body

Our physical body is built by **what we eat and drink**, it memorizes the **stress** and **trauma**, it's affected by the quality of **sleep**, the amount of movement and so on.

Most of the time we are *not* aware of our body until we **feel the pain**. That is the moment we become aware of the certain body part. *A dense and stiff physical body blocks healing and digesting.*



2ND LAYER

Our breath

Most people are completely unaware of their breathing.

In a **chronic stress** state, the breath is shallow and fast, causing the body to stiffen up even more, producing an excess amount of **cortisol** which keeps us in a continuous state of stress.



3RD LAYER

Our mind/thoughts

We think the same **60,000–70,000 thoughts each day**, letting them use up most of our energy supply that could have been used for healing.

Quieting the mind even for few minutes a day makes a *huge* difference in energy.



4TH LAYER

Our wisdom/intuition

When we are able to address the first 3 layers, we are able to reconnect with our innate ability to intuit.

Intuition is like **a navigation system** in our body that helps us find the best routes to healing, creativity, and connection to others.



5TH LAYER

Bliss

A state of “***perfect happiness and great joy***.” It can be accessed only by taking care of first 4 layers continuously.



Yoga for 5 layers (KOSHAS)

Come to a **comfortable** position, whether you are standing, sitting or lying down.

Become **aware** of your body. Feel your body from the feet upwards, slowly relaxing any muscle tension as you go. If you are a beginner, you might want to move and stretch your body to achieve more relaxation.

Once your 1st layer (body), is relaxed, become aware of your **breath**. Notice the rhythm, pace and depth. Start breathing slower and deeper, fully present for any sensation that this brings. This will relax your body even more.

As you are present to your relaxed body and every breath, you will notice your **mind** calming down, thoughts slowing, and eventually disappearing.



Spending some time in this **relaxing state** daily will boost your energy, digestion, and immune system, alleviating physical pain and stress while strengthening your intuition, the 4th layer.

Imagine having a navigation system for your life that takes you to the exact destinations and people you need to find, saving you so many missteps. We all have this navigation: It's called **intuition**.

Spending some time practicing relaxing your **body**, slowing and deepening your **breath**, calming your **mind** and activating **intuition** brings you a step closer to the 5th layer, or bliss.

After only a few weeks you will start feeling more alive, energized, and focused.

A **relaxed physical body** will be attracted to healthier food choices. A **slower mind** will start choosing more positive thoughts. **Deeper breath** will root you in a state of relaxation. As the first 4 layers start transforming, you will connect deeper and deeper to **bliss**.

Special thanks to Anita Steele

healwithanitasteele.com

and TaskHuman

taskhuman.com

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We help organizations develop great people.