

# Yoga and Body Image

- Principles and Foundations for creating relationships of self-respect and self-acceptance with your body
- Helping your students find their way to body neutrality, body autonomy and body respect.





# Syllabus

- Preparing for successful completion of the course
- Foundations and setting the ground work of Body Neutrality, Acceptance and Respect
- Consent
- Using props as tools for adapting asana
- Progressive Teaching
- Class Planning
- Creating innovative warm ups

# Tips for Success

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- Schedule your time. Set aside time to take this course.
- **You have one year to complete the course material.**
- Take your time.
- Listen actively and take notes.
- Listen on the go. You can download to your music player or phone.
- Join the Facebook group. Connect with other teachers.





# What is Body Image?



How do we allow ourselves to be defined by current body image trends?



How do we change the narrative around nonconforming bodies?

How do we own our self image instead of allowing it to be defined by others?



# Body Image

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind.

It encompasses:

- What you believe about your own appearance (including your memories, assumptions, and generalizations).
- How you feel about your body, including your height, shape, and weight.
- How you sense and control your body as you move. How you physically experience or feel in your body.

Many of us internalize messages starting at a young age that can lead to either positive or negative body image. Having a healthy body image is an important part of mental wellbeing.



Graphic by: crazyheadcomics



photo credit Sarit Rogers

# Body Image



- Our culture, society, family, and friends comments and attitudes influence the way we see our bodies and how we interact with the world
- We are encouraged from a young age, to believe that there is an ideal body type. The image is often an unnatural one. Body trends and social media reinforce these unrealistic ideas through filters and photo manipulation apps.
- Discrimination based on race, size, ability, gender orientation, and age also plays a role. Exposure to daily microaggressions at home, work and in society can cause people to feel that they do not measure up or that they are somehow lacking.
- Illness, skin conditions, disability and accidents can also have an impact on how we see ourselves and how we perceive the ways others value us.
- All of these factors can impact a person's mental and physical well-being.
- Having coping mechanisms helps us to create resilience and empathy for ourselves



## Developing Spaces for Body Neutrality and Acceptance

**Body snarking** is any negative, mean or vicious comments about one's own body or someone else's, whether about weight, beauty marks, facial features. ( ie Khloe Kardashian is the fat sister)

Prominent on social media platforms.

**Body shaming** is the act of humiliating someone or mocking their body shape or size it can be overt (unsolicited diet or exercise advice) or covert (sometimes veiled as a compliment)

## Example of Covert Body Shaming

- I feel fat today
- You are so brave for exercising or wearing certain clothes
- You are not fat; you are beautiful
- Do I look fat?
- Eat a burger
- Real women have curves
- Did you lose weight? You look great!
- Do you really want to eat all of that?
- You have such a pretty face
- You are so lucky you can eat whatever you want
- That makes you look so skinny



# The Origins of Fatphobia



NOW THIS Sabrina Strings Explains How 'Fatphobia' is Rooted in Racism

Watch later Share

NOW

THIS

▶

**The Direct Link Between 'Fatphobia' and Racism**

Watch on YouTube





# How Have Body Image Trends Changed Over Time

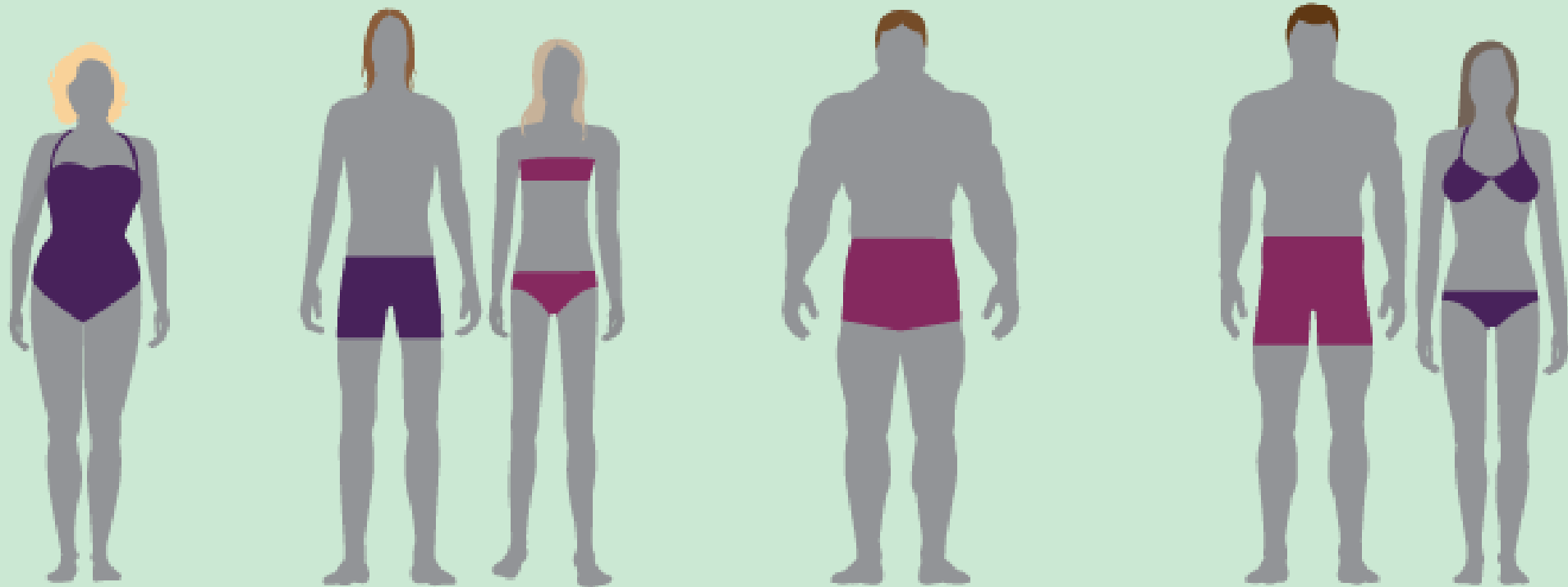
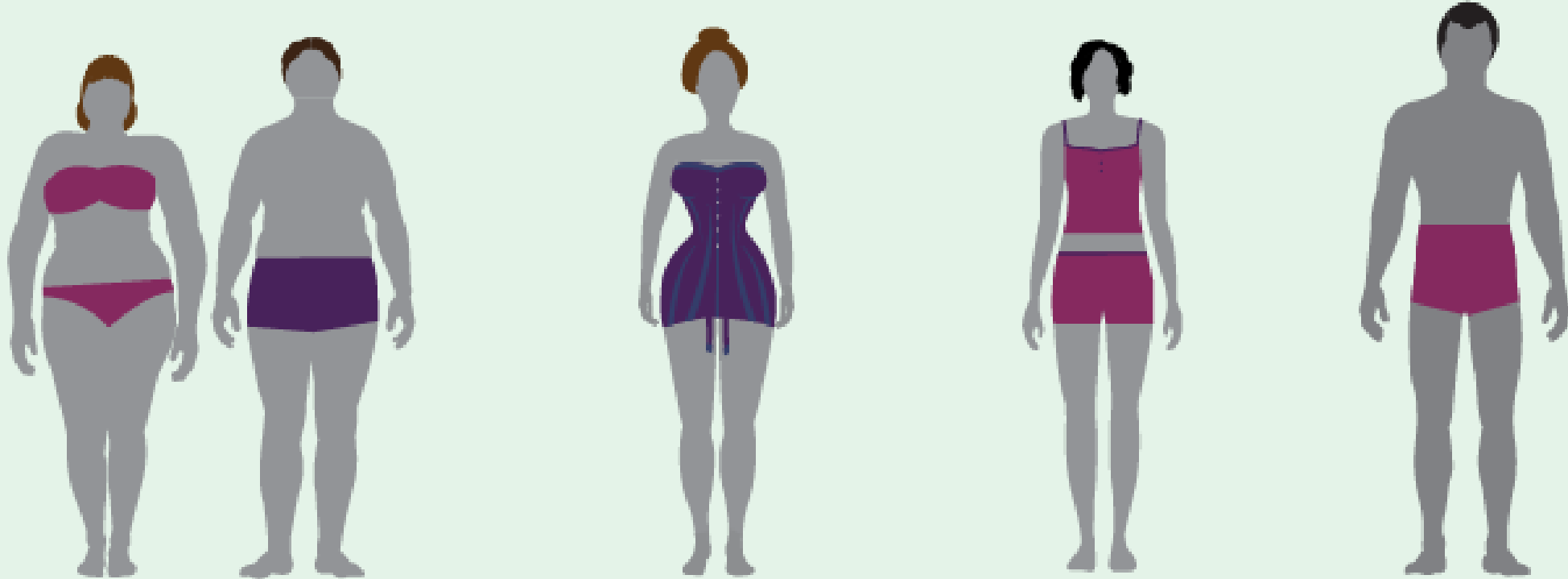
**Body Image is always trending and changing. Let's explore how the narrative continues in order to keep folk at a place of perpetual discontent.**

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# Evolving Body Image

THE "PERFECT" BODY THROUGHOUT TIME





# Evolving Body Image

TECH INSIDER How the perfect body for men has changed over the last 150 years Watch later Share

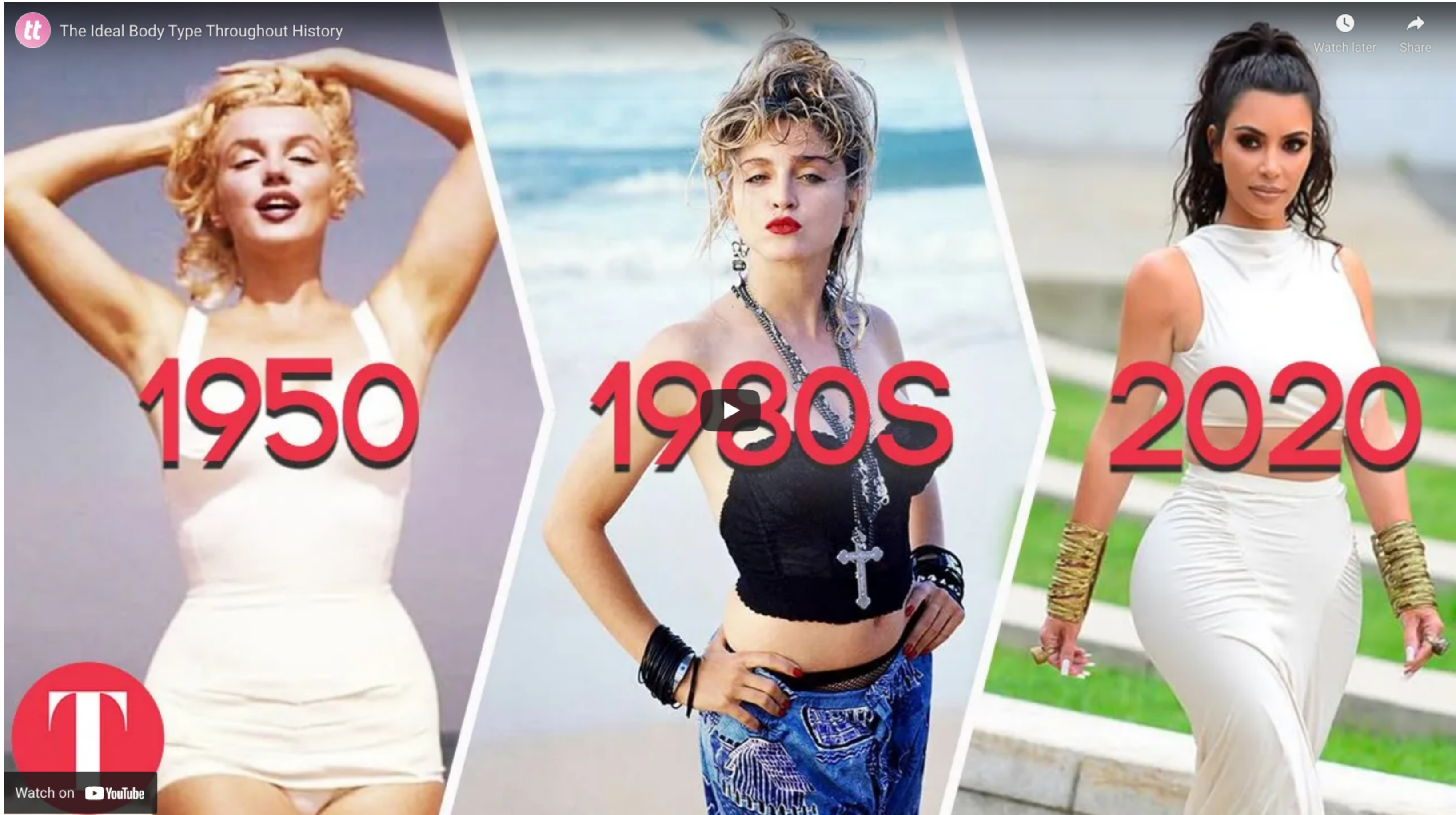


**HOW THE 'PERFECT' MALE BODY HAS CHANGED**

Watch on  YouTube



# Evolving Body Image





# Gender Identity



# Evolving Body Image







Why Gender Pronouns Matter




Watch later



Share

# TRANS STUDENTS EXPLAIN WHY PRONOUNS ARE IMPORTANT



Watch on  YouTube



# Body Dysmorphia





# Practices for Body Liberation

- Curating your social feeds
- Abandoning diet culture
- Wellness (Individual vs Systemic)
- Adopting Health at Every Size® Principles
- Weight Neutral Ideologies
- Cultivating a self-care practice
- Creating boundaries
- Connecting with nature
- Seeking Joy/Finding Your Purpose



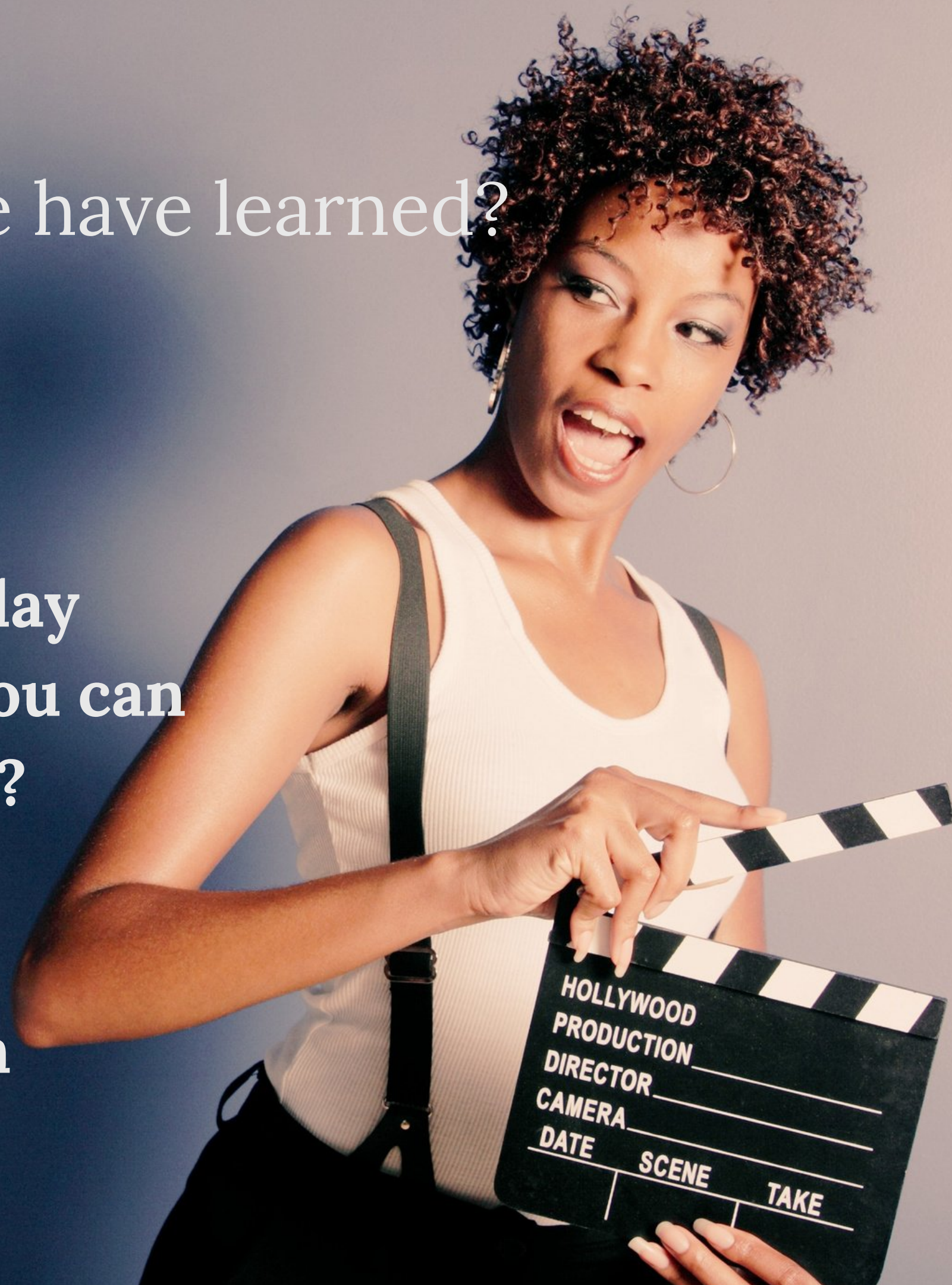
Embodying Practice

How do we apply what we have learned?

Call to Action

Based on our discussions today  
what are some of the ways you can  
start to embody the practice?

List 4 concrete steps you can  
implement today







**Schedule  
Self-care.**



**Make time for  
Joyful mindful  
movement.**



**Be mindful of what  
influences you and  
change the inputs that  
keep you from  
appreciating your body.**



# Reflections / Journal Prompt

- **What is your current relationship with your body?**
- **Think of factors that have had an impact on the relationship you have with your body**
- **When and how have you experienced body shaming?**
- **When and how have you participated in body-shaming?**