

COACHING IN BALANCE

Yoga as a practice to control body and mind

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COMPLEXITY OF COACHING

COACHES HAVE TO BE ABLE TO:

- * CONTROL IMPULSES**
- * COPE WITH STRESS**
- * CREATE A POSITIVE ATTITUDE**
- * ...**



COACHES ARE ALSO HUMANS



- * Have to deal with federations/parents/sponsors/personal life/ press/social media/mobile/internet/...
- * past-future (Rio-Tokyo)

This can create:

- Stress
- Negative thoughts
- Anxiety
- Lost contact with who you really are



- Meditation can help to look in the mirror deep within and can teach to live in the “here and now”





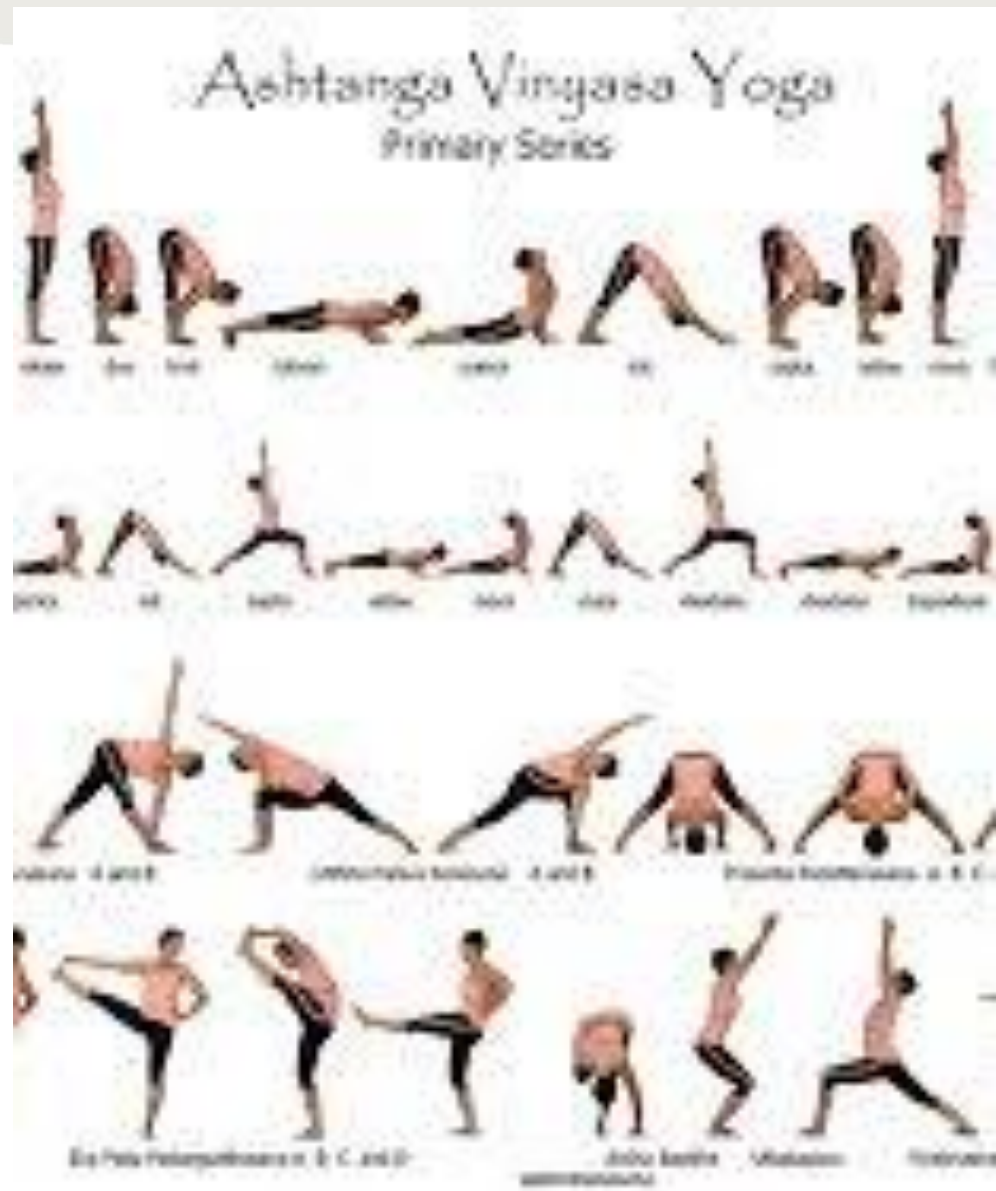
- Yoga gaat via een reeks houdingen en bewegingen “het lichaam en de geest” optimaal voorbereiden voor deze meditatie.
- **a set of physical and mental exercises, originally from India (5000years), intended to give control over the body and mind**

HOW? CONCENTRATE ON THE MOST ESSENTIAL



- *The breath is a reflection of your attitude*





BENEFITS OF YOGA



- * Core stability and flexibility
- * Relaxation and energy
- * Stress-resistant
- * Self-knowledge/empathy/impulse control
- * Happy / live and act in “here and now”
- * ***body and mind control***

LET 'S PRACTICE

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