

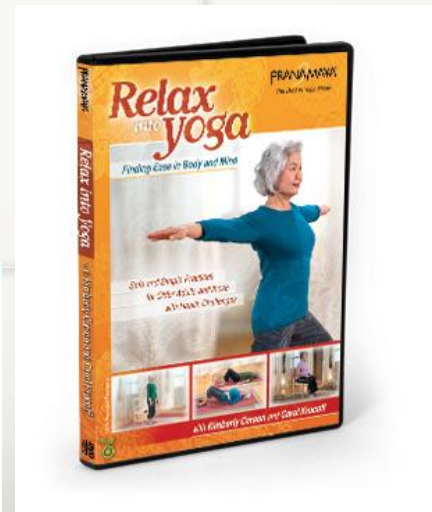
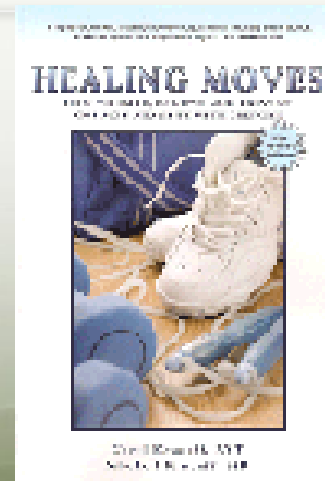
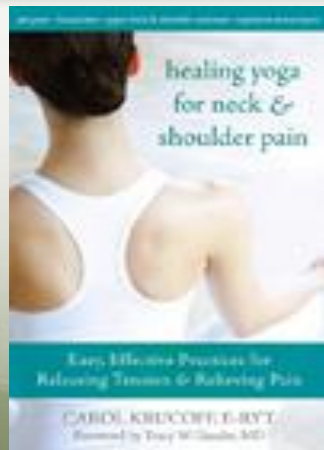
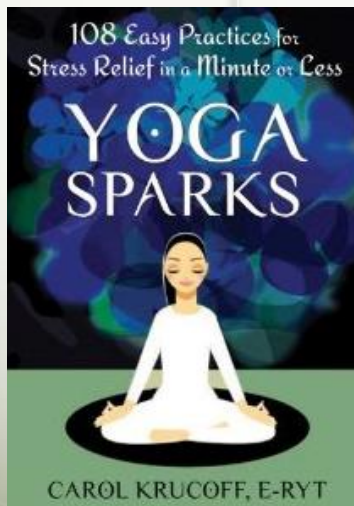
Healing Moves For Body, Mind and Spirit

Carol Krucoff, E-RYT

Yoga Therapist & Author

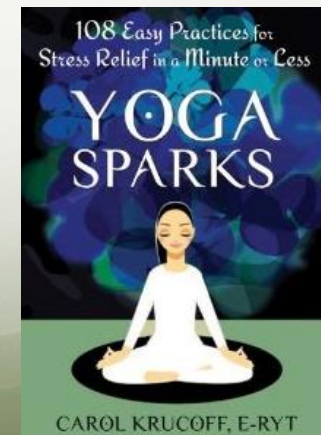
Co-director, Therapeutic Yoga for Seniors Teacher Training

www.healingmoves.com



Objectives

- To create a clear understanding of the yoga practice and how it can enhance health
- Learn some “Yoga Sparks” – simple practices that can help relieve stress in 60 seconds or less



What is Yoga?



“I’m not flexible enough to do yoga. . .”



The only requirement is the ability to breathe . . .



Yoga is Not a New Fad. . .



- **Profound system of holistic healing, self-development and transformation that originated more than 5,000 years ago in India**
- **Comes from the Sanskrit word “*yuj*” meaning “to yoke” or “*unite*”**

Yoga - *Yuj* “To Yoke” or “Unite”



Yoga = Yoke, Harness, Unite

- The mind and body, through the breath
- The individual with the universal



*Yoga is designed to quiet the mind
and connect with the spirit*

Yoga Sutras of Patanjali

योगश्चित्तवृत्तिनिरोध

i.2 yogaścittavṛttinirodhaḥ

**“Yoga is the cessation of the
fluctuations of the mind”**



Stress and Health

- 60 – 90 % of doctor visits are stress related
- > 50% of US adults report high stress on a daily basis *



~~~~~

***“Yoga is a particularly effective mind-body practice that appears to enhance stress-coping mechanisms.”***

**--NIH' s NCCAM**



\*Benson -Henry Institute for Mind-Body Medicine

# Movement *is* Medicine

**Ancient Wisdom**

**Modern Science**

***Moving Regularly***

***Enhances Health***

***Inactivity Leads to  
Disease***



# Conditions Positively Influenced By Physical Activity

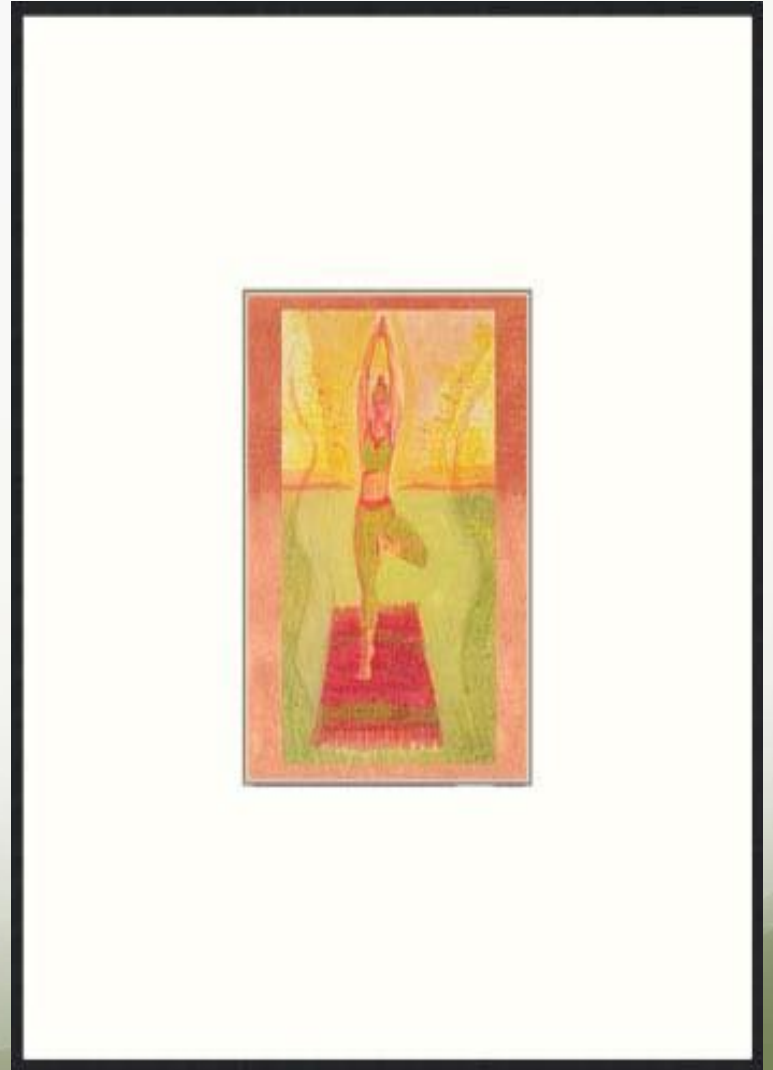
- ♥ **Metabolic Disorders:** Diabetes, Obesity, High Cholesterol
- ♥ **Mental Health Conditions:** Depression, Stress, Anxiety, Panic Disorder
- ♥ **Orthopedic Ailments:** Arthritis, Back Pain, Osteoporosis, RSI
- ♥ **Immunological Conditions:** Colds, Certain Cancers, HIV/AIDS
- ♥ **Cardiovascular Disorders:** CAD, High Blood Pressure, Stroke
- ♥ **Men's Health:** Erectile Dysfunction, Prostate Problems
- ♥ **Women's Health:** PMS, Menopausal Symptoms, Pregnancy
- ♥ **Respiratory Disorders:** Asthma, COPD

***“If exercise could be packed in a pill, it would be the single most widely-prescribed, and beneficial, medicine in the nation.”***

**-- The National Institute on Aging**



# *Does Yoga Offer Additional Benefit?*



# Yoga is More than a Workout . . .

**Integrates All**

**Layers of Being**

- Physical
- Energetic
- Emotional
- Wisdom
- Bliss

- 1 Annamaya Kosha
- 2 Pranamaya Kosha
- 3 Manomaya Kosha
- 4 Vignanamaya Kosha
- 5 Anandamaya Kosha



# The Yogic Perspective

## HOLISTIC APPROACH

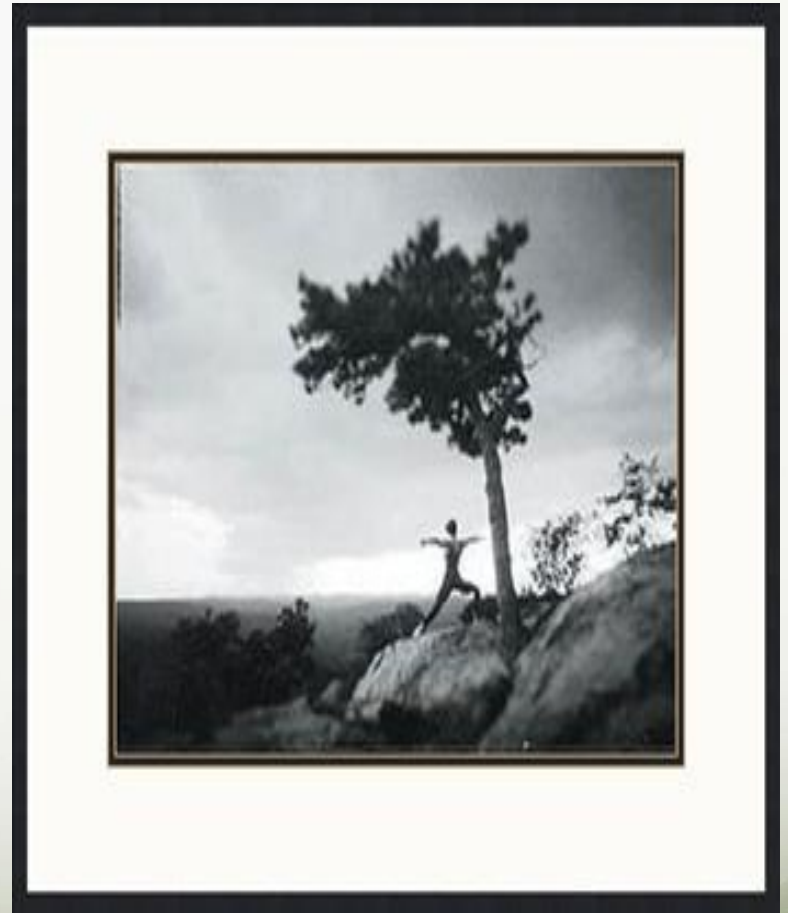
Virtually *everything* in our lives—including our thoughts, behaviors and relationships can impact our health.





# Yoga's Tool Kit

- **Postures**
- **Breathing**
- **Meditation**
- **Principles**



# Yoga = Awareness



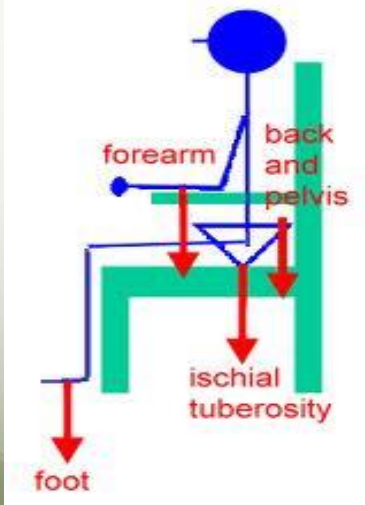
***FREEZE!***

# Notice . . .

- *Where is your head in relationship to your shoulders?*
- *What are you sitting on?*
- *What shape is your spine?*
- *What's happening with your jaw, shoulders, face?*
- *Is your chin tipped up or tucked?*
- *Legs and/or arms crossed? Which is on top?*

# Si Yoga Spark #1

## Seated Mountain Pose



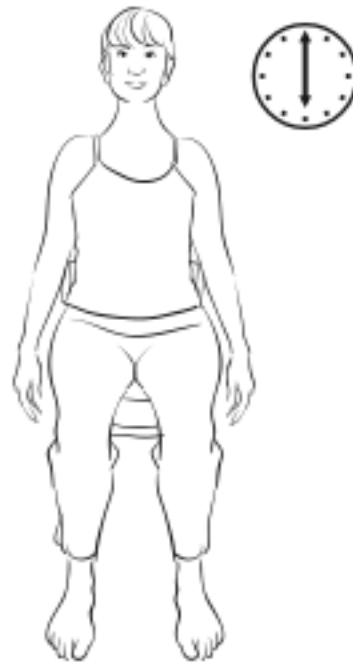
Yoga Spark #2

# Shoulder Shrugs



## Yoga Spark #3

# Shoulder Clocks

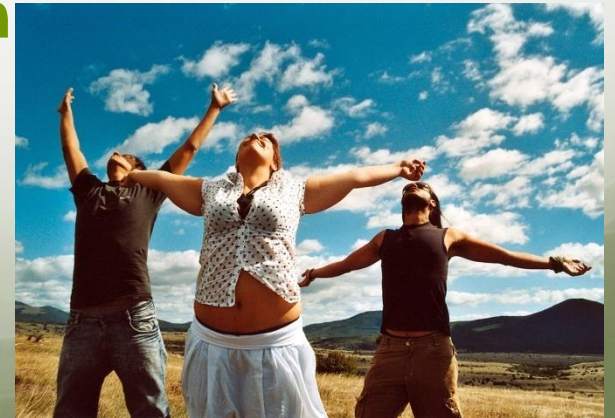
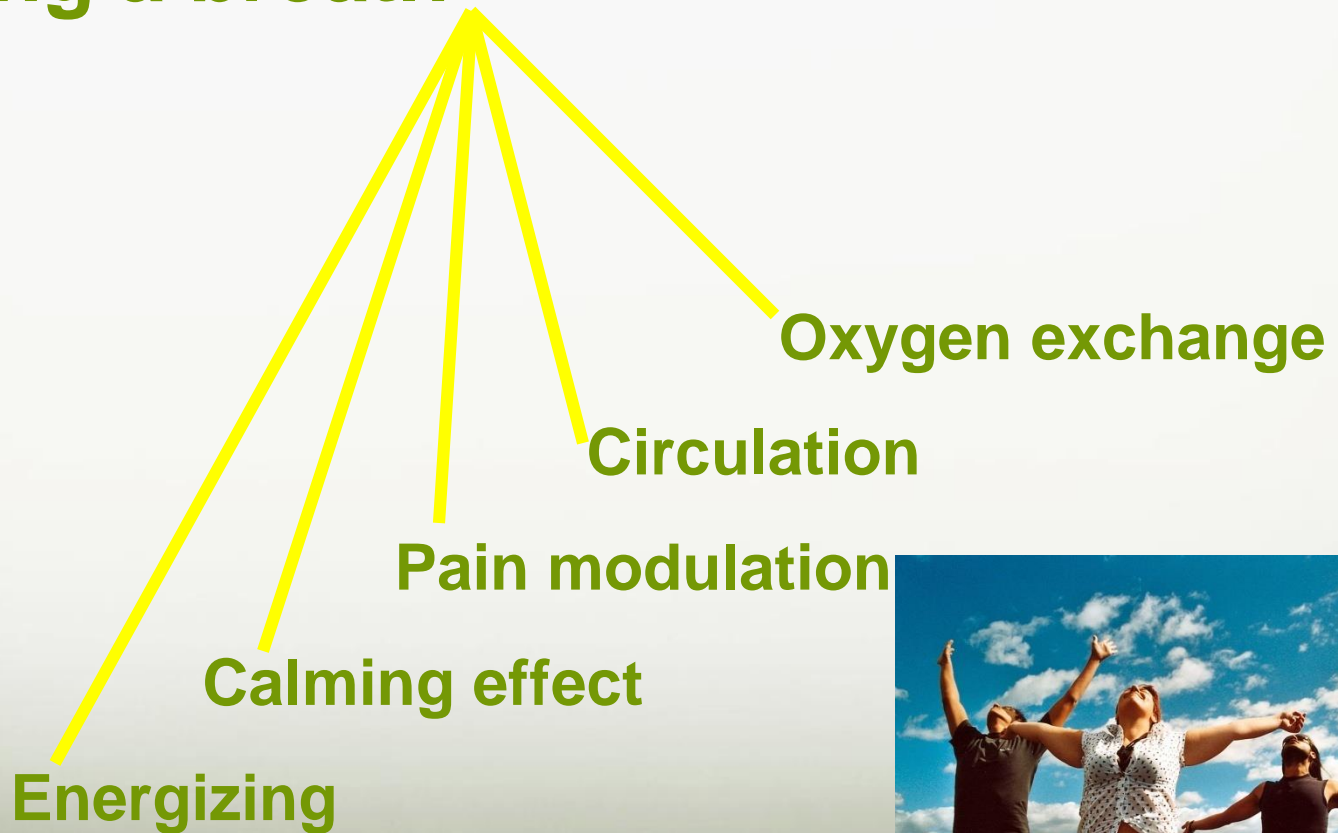


# Make a Fist!



# Breathing -- Healing Movement

## Taking a breath





# In Many Languages, Breath = Spirit

- Sanskrit – *Prana*
- Latin – *Spiritus*
- Hebrew - *Ruach*
- Greek – *Pneuma*
- English - *Respiration*



# The Tool of the Breath

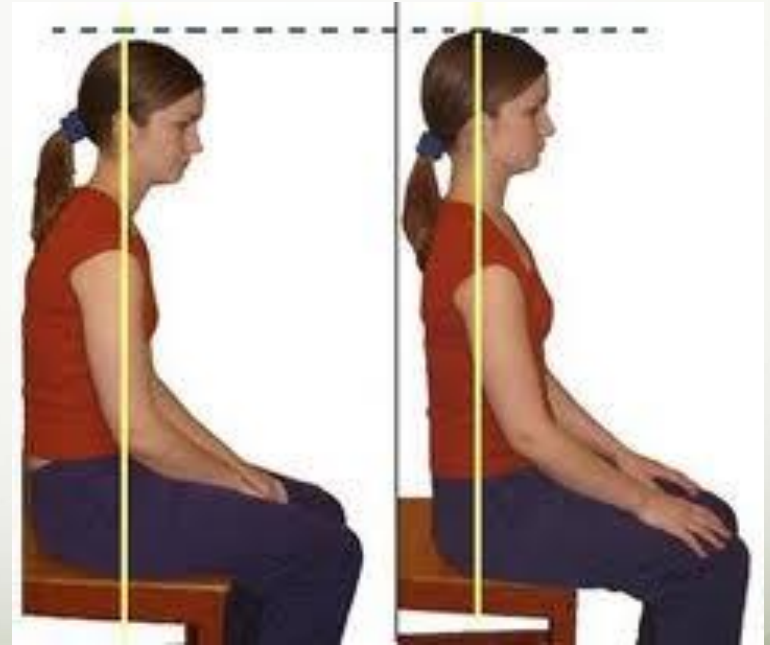
***Can be used anytime,  
anywhere to:***

- **Connect mind and body**
- **Come into the present moment – Mindfulness**
- **Influence emotional states – enhance energy when tired, calm down when agitated**



# Good Posture is Essential for Optimal Breathing

Everything is Connected

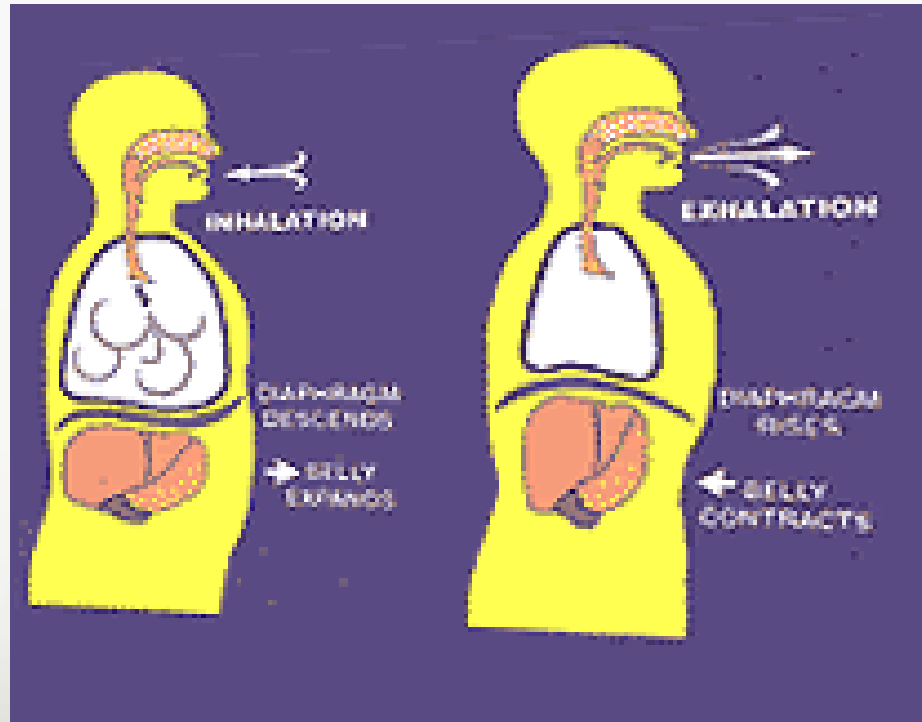


# Breathing 101

**Chest or Belly?**



# Chest vs. Belly Breathing



# Yoga Spark #4

## Relaxed Abdominal Breath

Yoga “Belly Breathing”

*Calms the Mind*

*Grounds the Body*



# Breathing is. . .

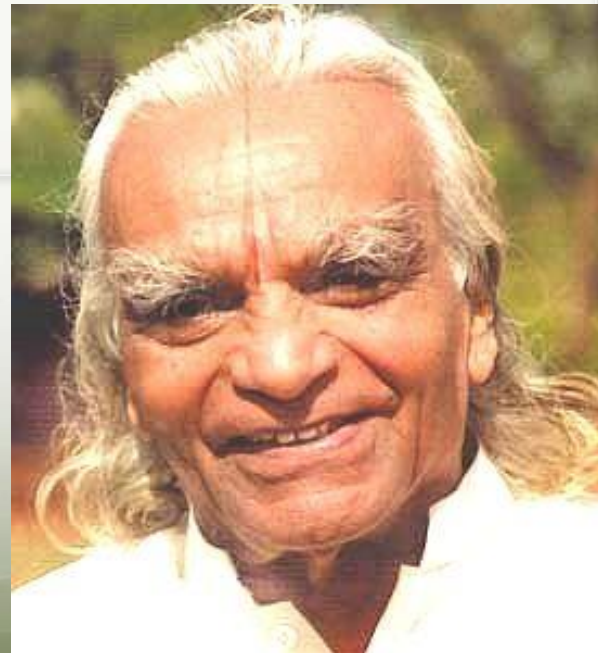
- The only physiologic function that can be done both completely consciously or unconsciously.
- Controlled by two different sets of nerves and muscles: voluntary and involuntary.

*Breathwork offers a unique doorway  
into the nervous system*



“Regulate the breathing, and  
thereby control the mind.”

--BKS Iyengar





Yoga Spark #5

# Three-Part Breath



# Learn from a Master



Yoga Spark #6  
**Even Breath**

**Equal Breath – *Sama Vritti Pranayama***

**Inhale and Exhale are same length**



# Yoga Spark #7

## Extended Exhalation



**Ahhhh. . . . .**

Exhalation is the primary vehicle for release or letting go

Exhale up to 2x as long as inhale

# Meditation

Harnessing the  
Mind/Body Connection

*We Are What We Think*

**One-Pointed Focus**

*Meditation calms the mind  
and channels its power into  
physical, emotional, and  
spiritual healing*



MEDITATE

1 AWAY FROM ALL DESIRE

Yoga Spark #8

# Mindful Awareness of Breath



Yoga Spark #9

# Conscious Breathing with a Smile

*“Breathing In,  
I Calm Myself,  
Breathing Out,  
I Smile”*

**--Thich Nhat Hanh**

“Peace is Every Step: The Path  
of Mindfulness in Everyday Life”



# Yogic Principles

It's not just WHAT you do, it's HOW you do it

- **Compassionate**
- **Non-competitive**
- **Non-judgmental**
- **Welcome whatever arises**

**AWARENESS**

**Are You Practicing Yoga or Yoga-Flavored Exercise?**

[http://www.huffingtonpost.com/new-harbinger-publications-inc/yoga\\_b\\_839297.html](http://www.huffingtonpost.com/new-harbinger-publications-inc/yoga_b_839297.html)



Yoga Spark #10

# Body Scan

*Svadyaya = Self Study*

**On & Off the Mat: Yoga is a Practice of Awareness**

*Notice What is Here*

*Recognize Habitual Patterns*



**Body** - Do you clench teeth,

purse lips, furrow brow, raise shoulders?

**Mind** – Do you worry about future, dwell in the past,  
catastrophize?

Yoga Spark #11

# Self Talk

## Ahimsa

### Non-Harming

Avoid Physical and  
Emotional Violence

No name calling,  
insults, hate speech

Self-Compassion



Yoga Spark #12

# Acceptance

**“It Is What It Is”**

**Acceptance:** *Being willing to have the experience you are already having*

**Resistance:** *Wishing things were different from the way they are*

*“Pain is inevitable, but suffering is optional”*

**Suffering = Pain + Resistance**

Yoga Spark #13

# Contentment & Gratitude

## Santosha

View world through lens of what's right



**The best way to have what you want  
is to want what you have.**

# Emerging Evidence Supports Yoga's Therapeutic Benefits

- **The National Library of Medicine**: Medline search for “yoga” cites more than 2,500 studies.
- **Clinical Trials**: Currently there are more than 240 publicly and privately-supported studies of Yoga for varied conditions including Heart Failure, Cystic Fibrosis, Inflammatory Arthritis, Cancer Fatigue, Depression, Insomnia, Immune Function, PTSD, Sleep Disturbance, MS, Diabetes, Smoking Cessation, Fibromyalgia and Parkinson's Disease. ([www.ClinicalTrials.gov](http://www.ClinicalTrials.gov)).

# Natural Standard “Evidence Grade” Ratings of Yoga

**A:** Asthma, Hypertension

**B:** Altitude Sickness, Anxiety, Arthritis, Cardiovascular Disease, Carpal Tunnel Syndrome, Depression, Epilepsy, Lung Diseases, Psychiatric Disorders, Quality of Life, Substance Abuse

**C:** ADHD, Diabetes, Eating Disorders, Fatigue, Headache, Insomnia, IBS, Memory, Menopausal Symptoms, MS, Pain, Pregnancy, Stroke

<http://naturalstandard.com/databases/hw/yoga.asp#>

# Yoga Spark #14

# Relaxation

The “Undoing” Is As Important as the Doing



# PICKLES

WHAT ARE YOU READING?

AN ARTICLE IN THIS HEALTHY LIVING MAGAZINE.



WHAT IS IT ABOUT?



BREATHING.

11/12



SO, ARE THEY FOR IT OR AGAINST IT?



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*Namaste*

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healingmoves  
The Joy of Motion for Every Body

Carol Krucoff E-RYT

[www.healingmoves.com](http://www.healingmoves.com)

