Healing Moves
For Body, Mind and Spirit

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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 *

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"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
<table>
<thead>
<tr>
<th>Conditions Positively Influenced By Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metabolic Disorders: Diabetes, Obesity, High Cholesterol</td>
</tr>
<tr>
<td>Mental Health Conditions: Depression, Stress, Anxiety, Panic Disorder</td>
</tr>
<tr>
<td>Orthopedic Ailments: Arthritis, Back Pain, Osteoporosis, RSI</td>
</tr>
<tr>
<td>Immunological Conditions: Colds, Certain Cancers, HIV/AIDS</td>
</tr>
<tr>
<td>Cardiovascular Disorders: CAD, High Blood Pressure, Stroke</td>
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<tr>
<td>Men’s Health: Erectile Dysfunction, Prostate Problems</td>
</tr>
<tr>
<td>Women’s Health: PMS, Menopausal Symptoms, Pregnancy</td>
</tr>
<tr>
<td>Respiratory Disorders: Asthma, COPD</td>
</tr>
</tbody>
</table>
“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
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?
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
- Oxygen exchange
- Circulation
- Pain modulation
- Calming effect
- Energizing
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
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*
Yoga Spark #8
Mindful Awareness of Breath
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

Are You Practicing Yoga or Yoga-Flavored Exercise?
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?
Ahimsa
Non-Harming
Avoid Physical and Emotional Violence
No name calling, insults, hate speech
Self-Compassion
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).
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
WHAT ARE YOU READING?
AN ARTICLE IN THIS HEALTHY LIVING MAGAZINE.
WHAT'S IT ABOUT?
BREATHING.
SO, ARE THEY FOR IT OR AGAINST IT?
Namaste

healing moves
The Joy of Motion for Every Body

Carol Krucoff E-RYT

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