

Yoga for Healing

Beth M. Lewis PT MS 200 Hour Certified Yoga Instructor

Beth.coyne.lewis@gmail.com

- “THERE IS NO WAY AROUND GRIEF, GOING THROUGH IT IS THE ONLY HEALTHY WAY –Antonio Sausys
- “GRIEF IS A PERSONAL JOURNEY, NEVER THE SAME FOR ANY TWO PEOPLE, AND AS UNIQUE AS YOUR LIFE AND RELATIONSHIP - Sameet M. Kumar
- “GRIEF NEVER ENDS. BUT IT CHANGES. IT’S A PASSAGE, NOT A PLACE TO STAY. GRIEF IS NOT A SIGN OF WEAKNESS, NOR A LACK OF FAITH. IT IS THE PRICE OF LOVE” – unknown
- “GRIEF DOES NOT HAPPEN IN STAGES; IT IS MESSY AND CHAOTIC AND PAINFUL AND SURPRISING” – unknown

SO..... WHY YOGA?

“GRIEF TURNS US INSIDE OUT AND UPSIDE DOWN AND SO DOES YOGA; COMPASSIONATELY, LOVINGLY, INDIVIDUALLY, IT MEETS US WHERE WE ARE IN OURSELVES. YOGA GUIDES US TO A WAY OF LIFE THAT PROMOTES HEALTHY INTENTIONAL CHANGE. IT IS A WAY OF SELF-LOVE AND LOVE FOR ALL” - Lyn Prashant, PHD

3 BASIC COMPONENTS OF A YOGA PRACTICE

- **BREATH - PRANAYAMA**
- **ASANA – POSTURES**
- **MEDITATION - MINDFULNESS**

BREATH

- “JUST AS THE ACTIVITIES OF THE MIND INFLUENCE THE BREATH, SO DOES THE BREATH INFLUENCE OUR STATE OF MIND” - T.K. V. Desikacher
- AWARENESS OF BREATH AND SYNCHRONIZING BREATH WITH MOVEMENT IS WHAT MAKES YOGA, YOGA AND NOT ANY OTHER FORM OF PHYSICAL EXERCISE
- WHEN FOCUSING ON BREATH CONTROL SHIFTS FROM AUTOMATIC TO AWARENESS; THE MIND BECOMES MORE QUIET AND CALM
- EMOTIONAL STRESS AND RANDOM THOUGHTS ARE LESS LIKELY TO OCCUR
- AWARENESS OF BREATH IS FOUNDATION FOR FLOWING IN PHYSICAL ASANA PRACTICE
- LEARNING TO BREATHE THROUGH PHYSICAL PRACTICE ALLOWS US TO TRANSFER BREATHING TO OTHER DIFFICULT SITUATIONS

ASANA – PHYSICAL PRACTICE

- “ASANA BRINGS STEADINESS, HEALTH AND LIGHTNESS OF LIMB” – B.K.S. Iyengar
- IMPROVE VITAL FUNCTIONS/DIGESTIVE SYSTEM
- ENHANCES CIRCULATION/CONTROL HYPERTENSION
- ENHANCE EMOTIONAL AWARENESS
- ADDRESS PAIN AND LACK OF ENERGY
- IMPROVES FLEXIBILITY AND BALANCE
- STRENGTHENS THE BODY
- IMPROVES POSTURE AND BREATHING
- RELAXES NERVOUS SYSTEM
- IMPROVES IMMUNE SYSTEM
- REDUCE STRESS AND ANXIETY
- REDUCE SLEEP DISTURBANCES
- REDUCES WEIGHT

MEDITATION

- INCREASES ATTENTION SPAN
- REDUCES STRESS
- IMPROVES SLEEP
- HELPS YOU FEEL MORE CONNECTED
- LESSENS ANXIETY
- ENHANCES SELF ESTEEM
- IMPROVES RESILIENCE AGAINST ADVERSITY
- INCREASES OPTIMISM
- INCREASES MENTAL STRENGTH AND FOCUS
- INCREASES MEMORY AND RECALL
- REDUCES BLOOD PRESSURE
- LESSONS INFLAMMATORY CONDITIONS AND ASTHMA
- IMPROVES IMMUNE SYSTEM