

Healing Beyond the Body Through Yoga

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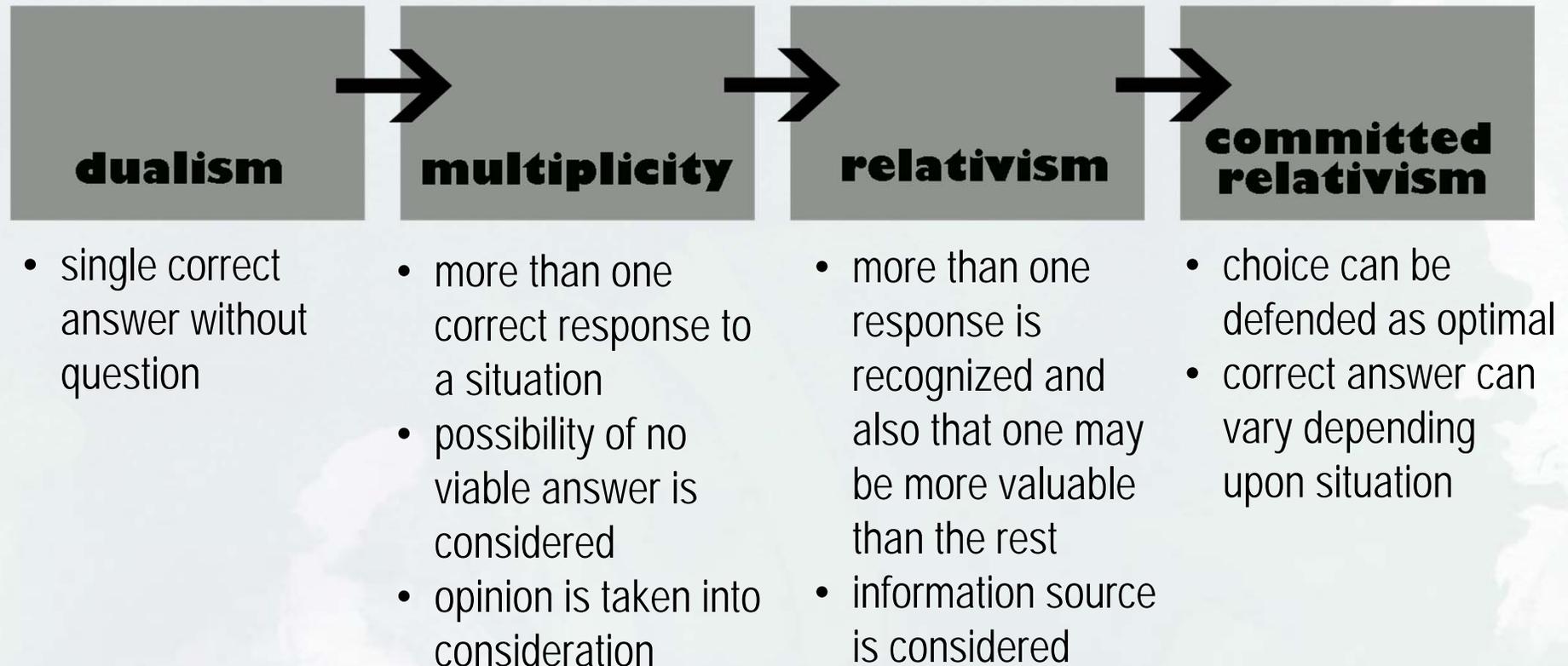
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companies to disclose.*



yoga lounge
bāl'ance
bāl'anced breath school of yoga

knowledge from several sources + personal experience + reflection = optimal outcome

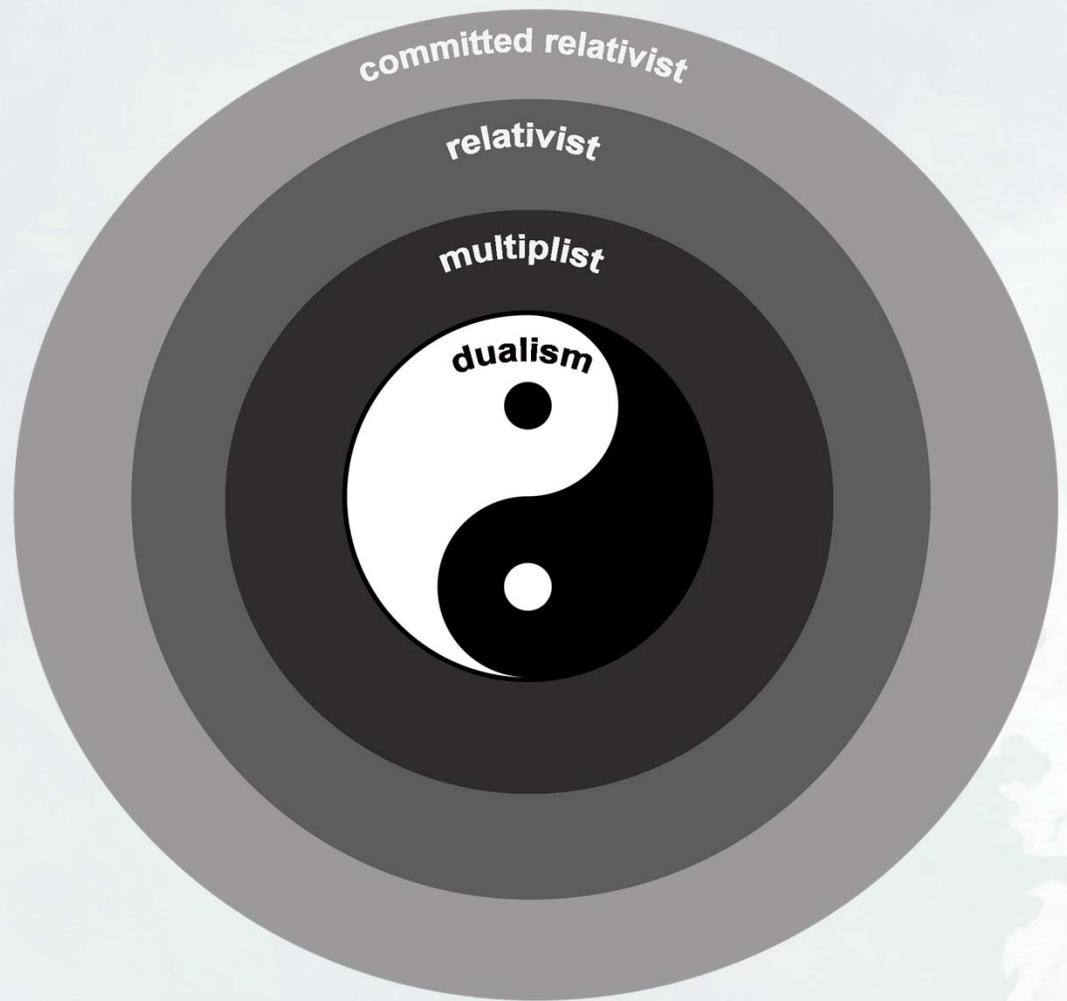
When learning new information, we tend to accept each thought as right or wrong. But as we continue to study, our view of the topic expands and we naturally make space for wider views and alternative scenarios where the lines between right/wrong and good/bad become blurred.



One level of thinking is not superior to the others.

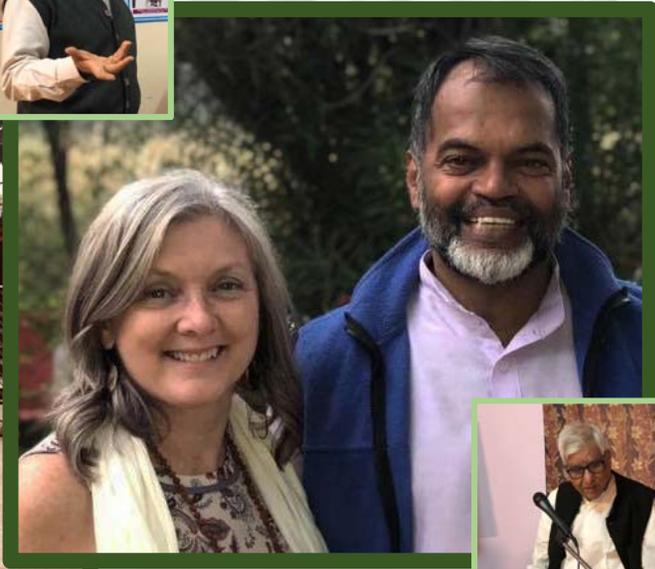
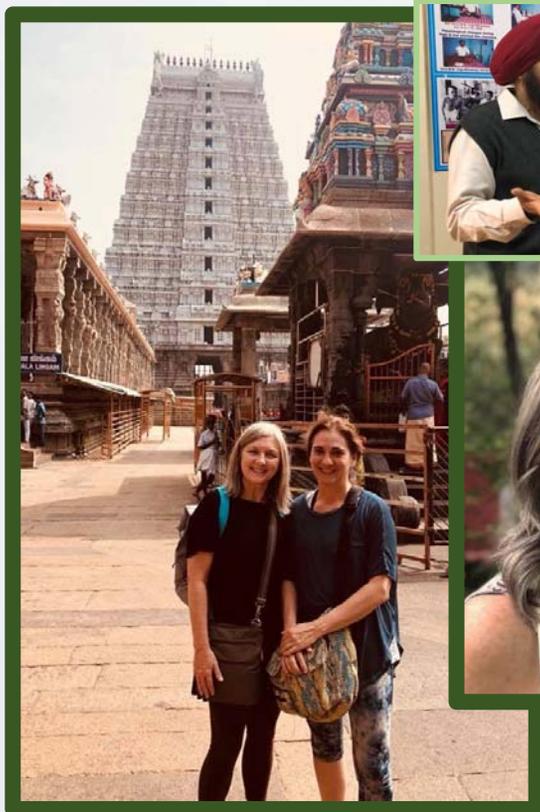
We need all four levels of thinking to efficiently navigate daily living.

Some situations require only the recall of clearly defined options, while others will challenge us to draw deeper within to arrive at an intelligent conclusion.



Conflicting perspectives between Eastern and Western styles of learning complicate the integration of YOGA into Western healing practices.

Eastern Education	Western Education
intellectual learning is an adjunct to higher forms of intuitive understanding	intellectual learning has a value in itself and represents the fully developed mind
learning is a journey toward union with the absolute	learning is a journey toward a career or profession, and a useful role in society
the body-mind-spirit are an integrated whole and all must be involved in the learning process	mind is primary in the learning process and spirit and body are secondary
we learn in order to BE	we learn in order to BECOME
the teacher communicates intuitive understanding and spiritual knowledge	the teacher communicates theories, techniques, and the application of information
the teacher embodies the subject	the teacher is an authority on the subject
students are encouraged to learn extensively from one source	students are encouraged to develop multiple sources and to contrast and compare them



**Yoga is
less
than 5%
asana.**

Dr. Ganesh Rao
<http://ganeshraoyoga.com/>



physical body
breath and energy body
emotional body *lower mind*
mental/witness body *higher mind*
bliss body

Pancha Kosha Model \approx Five Layers of Being



connecting to the five layers of being

physical body- conscious movement

energy body- mindful breathing

emotional body- withdrawal of the senses, cultivating gratitude

mental/witness body- inner listening

bliss body- devotion, service, silence

Pancha Kosha Model \approx Five Layers of Being

What is Yoga Therapy?

yoga citta vrtti nirodhah

yoga = union of body, mind & spirit

citta = the heart/mind

vritti = fluctuations of the mind

nirodhah = regulate, understand, to quiet





science = proof
of safety & efficacy

art = patterns
of habitual behavior & movement

Yoga therapy is both a science and an art
the client's point of view and perspective is always taken into consideration

FACTS

- human brain does not distinguish between imagined and real experience
- brain is hardwired to choose familiar over unfamiliar (*habit*)

Unless we consciously make the decision to develop new neural pathways and create CHANGE, we remain in the brain's hardwired pathway of duality (good/bad, right/wrong...) unconsciously assigning judgment to every experience of life.

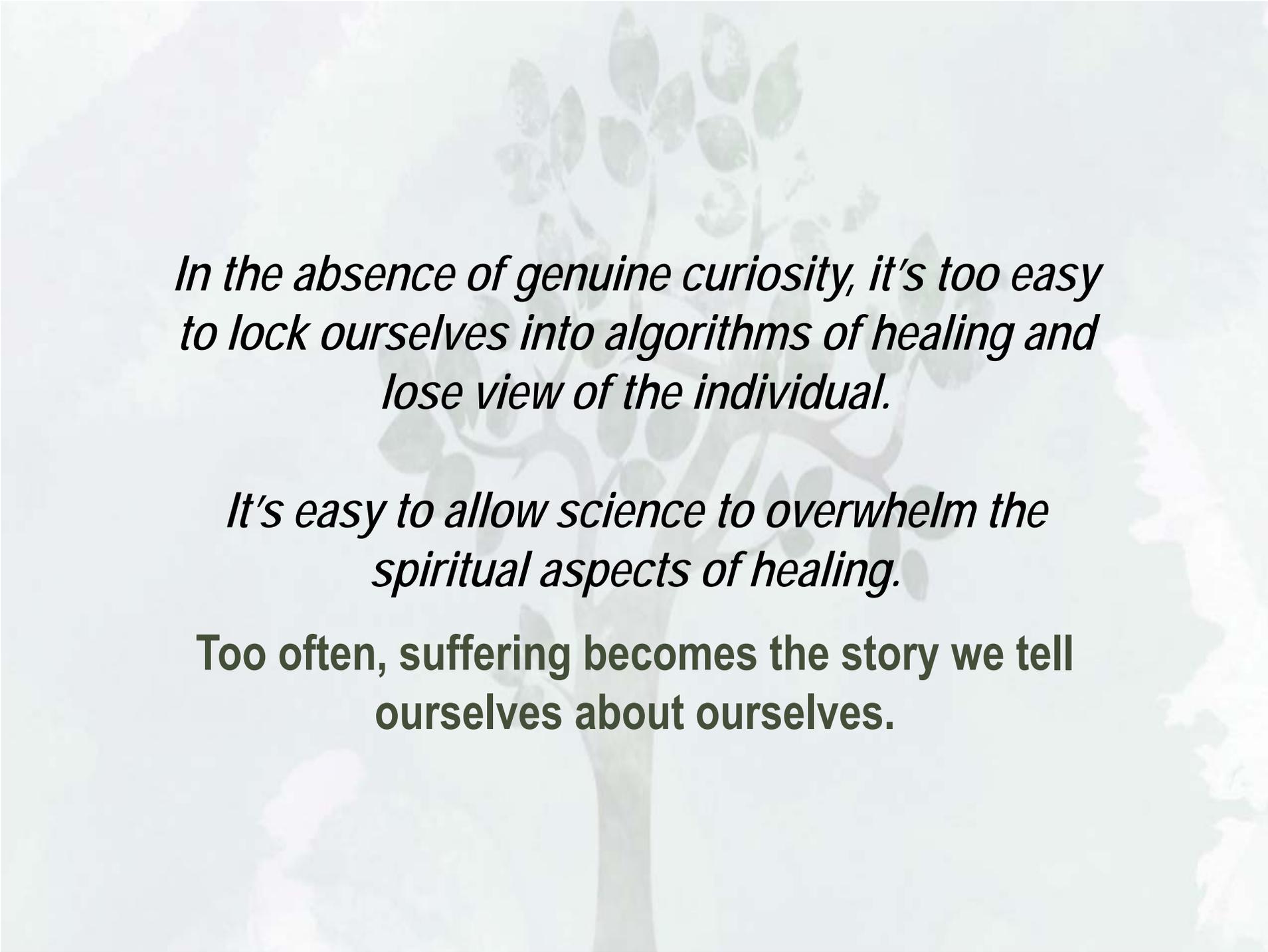
repetitive thoughts create our reality

acknowledge the power of intention to change your story

Knowledge is passed down through stories. The factual aspects of story are the '*bones*,' while the '*flesh*' of the story is written from individual experience of life.

The world is made up of stories, not facts.

Stories remind us of who we are and what is possible for us. They also remind us we are not alone... *and that we have the power to write the ending to our own story.*



In the absence of genuine curiosity, it's too easy to lock ourselves into algorithms of healing and lose view of the individual.

It's easy to allow science to overwhelm the spiritual aspects of healing.

Too often, suffering becomes the story we tell ourselves about ourselves.



the Kleshas

navigating emotions

Pain is Inevitable, Suffering is Optional

**The five kleshas are the obstructions to inner knowledge.
If we are not our story... who are we?**



the Kleshas

navigating emotions

five sources of human suffering:

- 1. not knowing who we truly are** *"I wish I'd known..."*
you can't know what you don't know
- 2. limited self-concept** *"I've always been this way..."*
creating a story we tell ourselves about who we are
- 3. attachment to things that are pleasant** *"I want..."*
perfectionism, addiction, control
- 4. attachment to things that are unpleasant** *"I don't want..."* aversion from a person, activity, object or idea
- 5. fear of extinction** *uncertainty makes us hold tightly to our story*

Intelligence is the ability to adapt to change.

Stephen Hawking

Whole health includes the ability to **ADAPT...**

- sensing the rhythms of life as change
- shifting with change instead of resisting it

The *art* of yoga therapy
is based in awareness
of **SELF**



compassionate
AWARENESS = CHANGE

shifting the mindset from,
something outside me controls my health,
toward power within

*cultivating awareness
through all layers
of being*

learn with clients vs fix them

action
breath
awareness



SELF-EFFICACY

- **belief in yourself**
- **belief in your own abilities**
- **belief that you can meet challenges**
- **belief that you can complete tasks**



building
SELF-EFFICACY

- 1. physiological cues**
- 2. learning from role models**
- 3. past experiences**
- 4. support from others**
- 5. imagined success**

The **art** of yogic healing includes

1. **unlearning**
2. **learning**
3. **releasing unbalanced patterns of movement/thought**
4. **listening to understand** (*versus listening to "fix"*)

} *knowing when to take away and when to add*



Yoga cultivates awareness of habitual patterns of thought, movement and interaction with self and others.



healing-centered mindful movement

relaxation through diaphragmatic breath

education, self-inquiry, collaboration

tools of yoga therapy

somatic movement

pranayama (*conscious breathing*)

prana vayu energy

yoga nidra (*yogic sleep*)

yoga philosophy

props (*blankets, blocks, bolsters*)

community building

Ayurveda (*dosha balancing*)

imagery (*building self-efficacy*)

Karma (*service*)

meditation (*mandala, sound, movement*)

drishti (*focus/gaze*)

Bandha practice

mudra (*hand gestures*)

mantra & affirmation

various styles of yoga therapy prioritize the tools differently and may employ tools unique to their heritage and history

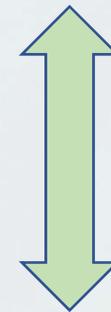
Yoga for Mental Health
less talk and more action

motion IS medicine

**We live in an attention deficit society...
Yoga is the practice of becoming more
connected to our physical experience.**

Michael Stone

tALK tHERAPY



yOGA tHERAPY



recognizing that the nervous system often clings to unresolved issues

- create a trauma informed and healing centered practice space
- utilize breath and movement practices that down-regulate the nervous system

Yoga for Trauma Survivors

anxiety stress PTSD depression panic disorder GAD

four common responses to trauma

- **fight** use anger to protect yourself
- **flight** avoid conflict/emotional situations, get busy/productive... *"you don't have time to deal with this right now"*
- **freeze/fold** denial makes the pain go away- living in a emotionless, detached state... isolation feels safe, but won't resolve the trauma.
- **fawn** (*behavioral vs neurological response*) please others, do what they want, be helpful so you remain safe... take on emotions of others and feel responsible to "save" others

It is normal to experience all four responses in different circumstances.

hyper-arousal zone

fight/flight



increased sensation- overeating, addictive behavior
emotional reactivity- anxious, overwhelmed, outbursts
hypervigilance- rigid body
intrusive imagery- obsessive behavior or thoughts
disorganized cognitive processing- chaotic responses

window of tolerance

emotionally regulated

socially engaged

ability to self-soothe

calm, cool, connected

hypo-arousal zone

fold/freeze



relative absence of sensation- auto pilot
numbing of emotions- dissociation, separation from self
disabled cognitive processing- memory loss
reduced physical movement- feign death

How to Create a Safe Space for Those Healing from Trauma

- provide ample information
- stay aware of the orientation of the client in regard to others & entrance/exit doors
- sounds- sudden loud noises, music with recognizable lyrics can trigger
- be predictable and consistent- avoid sudden movements
- respectfully normalize the client's response to the practice
- stay aware of language, voice (use non-directive cues for movement)
- ALWAYS ask permission to touch or assist

People with trauma often don't enjoy being in public spaces. When the nervous system escapes the window of tolerance social engagement and learning are no longer possible.



science = experiment
art = experience
yoga therapy = salutogenesis

salutogenesis- emphasis on care that identifies and addresses the causes of health/well-being with interventions focused on health promotion and optimal well-being.

While science looks outward for answers, the yogi searches the depths of Self.

Yoga Therapists:

- are skilled at and assist in discovering what is keeping someone in a state of imbalance and can teach specific techniques to bring the person back to balance on any given layer
- join clients on their personal journeys– not our ideas of what their journeys should be. Yoga therapy is a co-facilitative process between providers and clients.
- create a safe container for clients to do their own work in and around their challenges.

Yoga therapy is adjunctive/complementary to other kinds of client care, not a stand-alone solution.

Yoga therapy is seeing ourselves and the world with greater clarity.



Bridgebuilders to Awareness in Healthcare

private **FaceBook group** dedicated to rehabilitation professionals interested in sharing ideas on how to deliver holistic healthcare and how to foster awareness of creating relationship and healing with patients and clients through yoga.



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HAPPINESS

IS THE NEW RICH

INNER PEACE

IS THE NEW SUCCESS

HEALTH

IS THE NEW WEALTH

KINDNESS

IS THE NEW COOL

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Sandy Eimers

registered pharmacist

certified yoga therapist (1000 hours of training)

registered yoga instructor (+5000 hours of teaching)

certified trauma informed yoga therapist (60 hours of training)

traveling senior faculty TIYT™ (Austin, TX)

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bāl·anced *breath* school of yoga