A. Learning Objectives
1. Describe 3 benefits of mind body medicine
2. Perform and teach the relaxation response
3. Discuss 4 benefits of yoga
4. Demonstrate 4 yoga techniques

DISCLOSURES: I practice and teach yoga and the relaxation response nearly every day, but have no specific financial relationships related to these practices

General reference materials:


MIND BODY MEDICINE

Statistics

Overall Health

SELF CARE

Diet Exercise Habits Stress Management

GOALS OF MIND BODY MEDICINE
Decrease stress, build resiliency, promote health, prevent illness
Stress evokes or exacerbates a number of illnesses

The stress response

Mind Body medicine hypotheses: Psychosocial stress leads to cellular oxidative stress which leads to disease vulnerability

Allostasis-adaptive plasticity

Allostatic loading—wear and tear the body experiences due to repeated cycles of allostasis maintenance increased energy expenditure with increased allostatic load

Allostatic load diseases

Brain - Amygdala engages the stress response system Goal is to reduce tone of the amygdala

Stress leads to sympathetic overdrive and the Relaxation Response offsets this

THE RELAXATION RESPONSE ——-Described by Dr. Herbert Benson The Father of Modern Mind Body Medicine Opposite of the Stress response

History

TWO STEPS

1. Repetition of word, sound, prayer, thought, phrase, or muscular activity (examples: stretch breathing, one repetition, inhale peace, exhale smile)
2. Passive return to repetition when other thoughts intrude

Practice and Teach

What happens in the brain and body during the relaxation response

Contraindications/Cautions

Resiliency

Stress Buffering and Health Strengthening
LIVE LONG AND PROSPER: EVOLVED ANCIENT PRACTICES FOR MODERN HEALERS

Studies

Brain activity changes

Inflammation

Telomeres length, telomerase

Rats and healing

Epigenitics

Therapists in training and outcomes

Yoga

What is Yoga?

General Benefits of Yoga

Psychosomatic and somatopsychic

How Yoga Works

Mindfulness, Cognitive restructuring

Optimal biomechanics, Core stabilization techniques, joint mobility, balance, strengthening and flexibility

Releasing muscular tension

Ethical dilemmas in CAM

Controversies

Emerging Areas

Yoga Techniques

Intention, Values, Focus, Breathing, Movement It is how it feels, not how it looks

Centering (Focus, Mindfulness)

Yoga Breathing Diaphragmatic, Nasal
LIVE LONG AND PROSPER:  EVOLVED ANCIENT PRACTICES FOR MODERN HEALERS

Joint Warmups  Preserve ROM, Counter RSI

Large Body Warmups

Forward Bending
Core stabilization techniques
Optimal biomechanics
Calming,cooling introspective

Backbending
Strengthen back muscles
Preserve/improve flexibility
Expressive, energizing, heating

Twists
Opening of chest and ribcage to improve breathing efficiency
stimulates digestion

Side Bends
Strengthens and stretches shoulders and arms
Stretch flank and back muscles

Balancing
Increase stability and decrease likelihood of falls

Inversions
Increase blood flow from lower extremities, decrease heart rate and blood pressure

Breathing
Normal diaphragmatic breathing stimulate parasympathetic nervous system

Ujayii
Calming

Lion Pose
Releases anger,stress
Strengthens neck and facial muscles

Humming
Neti Pot
Increased nitric oxide

Relaxation
Stimulates the Parasympathetic Nervous System
Bringing awareness to a body part increases blood flow to it
LIVE LONG AND PROSPER: EVOLVED ANCIENT PRACTICES FOR MODERN HEALERS

Practice

Challenges
Start a yoga practice (or daily relation exercise)
Learn local resources

PEACE LOVE AND YOGA LIVE LONG AND PROSPER