

Accepted Common Interest Community (CIC) Works

CIC #1A Asana Practice Screening Assessment

C. Kub, Physical Therapist

YogaFit@ Yoga Therapy, Torrance, CA

Objective: This Asana Practice Screen is a very useful tool to help determine modifications and possible asana recommendations for clients wishing to start a hatha yoga practice or for those who are having difficulty during their asana practice. It provides the therapist with a user-friendly grid upon which he can record results and provide direct feedback to the client as to the impact of individual limitations of flexibility or core strength on a hatha yoga practice. This can also help the practitioner target which areas may need more in-depth assessment.

Teaching Methods: Interactive demonstration and practical lab.

Description: Many times a yoga student will come to a group class or even a group therapy class with little or no idea how to adapt the postures to his or her body. The instructor can make his best guess by watching the client during the practice, but it would be more helpful for the student and instructor if there were a simple, quick screening tool to utilize that will assess core strength and overall flexibility. This screening tool allows the instructor to assess these parameters in 10 minutes and make general recommendations regarding specific props, modifications to incorporate and also possible asanas to substitute during the practice. Upon completion of this assessment, the student will have a “take home” chart that lays out the modifications and any asana recommendations to address any core strength or flexibility issues. This screening also helps the yoga therapist target which areas will need more in-depth musculo-skeletal assessment. This screening uses standard musculo-skeletal assessment techniques adapted to measure specifically the flexibility and strength required to practice foundational yoga postures.

Interest to the Community: This tool can easily be used in many settings, from the medical clinic to the group fitness center. The assessment is straightforward and easily learned and performed once one has learned the techniques. This tool provides an objective and measurable assessment that can be replicated at a later time to measure changes in strength and flexibility as a result of a student’s hatha yoga practice.

CIC #1B Experiential Anatomy Warm-Ups for Safer and More Aware Yoga

Michele Mangione, Ph.D., Somatics E-RYT 500

WiseWays Yoga, Columbus, OH

Objective: Warm-ups are often an overlooked essential for a safe yoga session. The WiseWays Basic Body Systems Warm-ups provide not only safety but deeper understanding and connection with one’s bodymind. Additionally, inner body wisdom, i.e., natural bio feedback, informs and individualizes the movement choices. In this experiential session we will explore the following systems: muscular, connective tissue, joints, and the fluid and organ systems. Participants will learn not only anatomy but also specific practices that ready these systems for yoga and increase health.

Teaching Methods: Description and function of body systems anatomy, visual aids, experiential.

Description: As part of a yoga session or on their own these Basic Body Systems Warm-ups are accessible and invaluable techniques. By stimulating and working with the basic systems in accordance with one’s nature one gains tone, flexibility, resilience, suppleness, and increases circulation. The body is cleansed and nourished at a cellular level. Balance, articulation and correct body-mapping also improves. These Warm-Ups are part of the beginning of every WiseWays Therapeutic and Integrative Yoga class, taught in private sessions, and used as the basis for learning systems anatomy. They can be and are practiced by all ages and ability. They are adaptable for those with different health conditions. They can be easily learned for at home use.

Interest to the Community: These fun warm-ups can be taught quickly and easily empowering participants to greater health. Yoga educators and therapists may find them helpful to help ensure a safer and more aware practice of postures. Trainers of teachers may find them useful when teaching anatomy.

CIC #1C Yoga Therapy with Focused Downward Release and Scapular Stabilization in Shoulder Injuries

Nicole DeAvilla Whiting, RYT, BA

Ananda, Kentfield, CA

Objective: This presentation is designed to teach the techniques described in the IAYT Journal (No. 17, 2007) article “Case Studies of Yoga Therapy with Focused Downward Release and Scapular

Stabilization in Shoulder Injuries.” These techniques can be integrated into a yoga class, practice, or yoga therapy session.

Teaching Methods: A practical class including demonstrations and in class practice of the techniques.

Description: Practicing Yoga with focused downward release of the upper shoulder muscles and downward scapular stabilization (FDRSS) can lead to improved function and the reduction or elimination of pain for a variety of shoulder injuries. Key to the effectiveness of this approach is the release/non-use of ancillary muscles. For most shoulder injuries, this will include the upper trapezius, levator scapulae, and supraspinatus in certain movements and positions. The muscles of scapular depression—the lower trapezius and the lower serratus anterior—can be recruited to stabilize the scapulae in a depressed position, concurrent with the upper shoulder release. The third component of this approach is the “centering” work of spinal awareness techniques. FDRSS techniques can be used in supine, seated, standing and restorative poses. I have successfully used these techniques for over 20 years both in group classes and with private yoga students.

Interest to the Community: The techniques of FDRSS can be used in breathing practices as well as yoga poses and easily incorporated into a yoga therapy practice or regular yoga class.

CIC #1D Legs-Up-the-Wall Pose for Shoulder Realignment

N. McCaochan, MA, E-RYT 200

Royal Oak, MI

Objective: Legs-up-the-wall, also known as *viparita karani* (reverse process), is a common restorative pose that’s touted for assisting lymph drainage and venous return. An unexplored aspect of the posture is its effect on the spine and shoulder girdle as a result of the gravitational field drawing the weight of the legs into the pelvis (pelvic loading). *Viparita karani* and pelvic loading are remarkably efficient in realigning both the spine and the shoulder girdle, especially when specific arm movements are performed daily in conjunction with the pose. This session presents anecdotal information from my yoga at the wall students of 3 years and from an informal longitudinal study that spans 18 months.

Teaching Methods: A didactic PowerPoint presentation interspersed with a practical demonstration and audience participation of arm movements that can be used in conjunction with the basic pose to optimize its effects.

Results: I currently teach 4 yoga at the wall classes each week at 2 different studios as well as 2 private wall sessions with senior citizens. About 20 of those who attend my group classes are “regulars.” As a result of the class in general and legs-up-the-wall in particular, they have reported greater ease when standing as well as diminished pain in their back, shoulders, neck and arms.

Interest to the Community: The pose and arm movements can easily be incorporated into classes and individual therapy sessions.

CIC #1E Yoga Therapy for Plantar Fasciitis

John Childers

Newport Beach, California

Objective: My objective is to show how the adaptive postures and holistic principles of hatha yoga can be an effective treatment for the pain of plantar fasciitis, micro-tears in the sole of the foot. The traditional medical treatment for plantar fasciitis my clients tried before they sought out yoga included ice, rest, a boot to sleep in, orthotics, ultrasound, physical therapy, massage and cortisone shots. These procedures were helpful, but offered only periodic relief of their chronic plantar fasciitis pain. Even good tradition physical therapy for plantar fasciitis ordinarily only addresses stretching and strengthening the sole of the foot without any broader connections to the rest of the body, let alone our breath, feelings, thoughts and beliefs. Typical physical therapy my clients had received included opening and closing the foot like a fist, gripping a marble with the toes, rolling a round object under the foot and atypical foot and calf stretches. However, just contracting the foot by holding a marble or stretching it out in a boot at night was not enough to stimulate the area near the heel of the foot, which is a thick callused part of the body with little blood flow to it.

Methods: Integrate the body, breath and mind and expand the contraction of the sole of the foot to include more of the whole person. The easiest way of doing this is what I call Yoga Marble Therapy. While lying down in bridge pose or *dwi pada pitham*, place a block under the sacrum. Then extend one leg straight up and while holding a marble in the toes, and pointing them away, lower the extended leg towards the floor as you exhale. Tap the big toe on the floor at the bottom of your exhalation and “eureka.” Most people will experience a sensational contraction in the sole of their foot that connects them directly to the source of their plantar fasciitis.

Results: 9 out of 10 of my clients over the last 15 years have had tremendous improvement. My clients returned to comfortably standing, playing softball and some even to running. One woman was so impressed with her results that she made copies of the practice and successfully shared it with her church choir members whose feet also hurt.

Conclusion: Reducing a person to a collection of parts and focusing on the one part that is broken does not work as well as integrating that part with the whole person.

CIC #1F Bridging Gaps Between Yoga Therapy and Conventional Rehabilitation

Bill Gallagher, Richard Sabel

East West Rehabilitation Institute, New York, NY

Objective: On the surface, rehabilitation professionals and yoga therapists seem to have different foundational assumptions and techniques. However, once we scratch the surface, there is much in common. We all serve our clients to promote engagement or

reengagement in activities that are meaningful and purposeful. We also know our clients are better served when we avoid the constraint of a mechanistic medical model and emphasize individualized treatment. By avoiding a cookie cutter approach, we better serve people, especially those suffering from pain and disability. Too often, Yoga therapists are pigeonholed into the “complementary and alternative” classification, while the rehab practitioners are lumped together with “conventional,” “traditional,” or “orthodox” medicine. This compartmentalization limits the care our clients receive and creates barriers between disciplines. When we create a bridge between disciplines, the client’s needs are always better served. Workshop participants will get a firsthand account of how we have integrated Eastern and Western approaches in our practice and also be provided with practical methods to create this bridge in their practice.

Teaching Methods: PowerPoint presentation and discussion of case studies

Description: Participants will be presented a firsthand account of how we negotiated the balance between Eastern and Western approaches in our practice. We will also share the insights gained from having presented workshops specifically tailored to weaving yoga, awareness through movement and qigong with conventional treatment for yoga therapists and other health professionals such as nurses, chiropractors, massage therapists, speech therapists, physical therapists and occupational therapists.

Interest to the Community: This workshop is designed build understanding between rehab clinicians and yoga therapists.

CIC #1G Chair Yoga, Qigong, & Awareness Through Movement to Facilitate Function and Comfort in Pregnant Women and New Moms

Bill Gallagher, Richard Sabel

East West Rehabilitation Institute, New York, NY

Objective: The pelvic floor is made up of muscles that are often elusive and seem beyond our conscious control. By bringing awareness, strength and suppleness to these muscles and the movements of the bony structure, women can birth more easily, address incontinence, alleviate or lessen pain (especially in the pelvis, hips, knees and back), breathe more efficiently, increase sexual fulfillment and facilitate functional activities like lifting an infant. Workshop participants will learn non-invasive ways that draw from Yoga, Qigong and Feldenkrais to gently mobilize the pelvic bony structure and maintain the strength and suppleness of the pelvic floor musculature to promote improved body awareness, health and function.

Teaching Methods: Brief Powerpoint presentation followed by experiential lab.

Description: We have presented this material in one-to-one therapeutic sessions, community group settings and for midwives to promote pelvic awareness and clarify the connections between pelvic mobility and healthy day-to-day functioning and childbirth.

Interest to the Community: Pelvic health is often not openly discussed among health professionals. Yet, significant numbers of people have pelvic-related issues such as incontinence, pelvic pain, prolapsed organs and knee and back pain. This workshop will provide participants with practical information to address the needs of this underserved population.

CIC #2A The Benefits of Breath, Posture and Visualization for Fibromyalgia

Shoosh Lettick Crotzer, MS

Mobility Limited, Morro Bay, California

Objective: The number of people being diagnosed with fibromyalgia is growing (more than 11 million in the US) and so yoga teachers should be aware of the limitations it can cause and the potential benefits adapted yoga can provide. This class will offer information on symptoms and how and why breath, posture and visualization can be used therapeutically with their fibromyalgia students.

Teaching Methods to be Utilized: Attendees will learn information about the diagnosis and symptoms of fibromyalgia and participate in a seated class that demonstrates poses and techniques focusing on breathing, posture and visualization and why they are beneficial for fibromyalgia.

Description: I have been working with students who have fibromyalgia for more than 12 years and the book I wrote for Rodmill Press called “Yoga for Fibromyalgia: Move, Breath and Relax to Improve Your Quality of Life” includes the kinds of adapted yoga that I will present here. Common symptoms of fibromyalgia include fatigue, muscular pain and stiffness, and sleep disturbances and participants will learn how to work on these symptoms with their fibromyalgia students.

Interest to the Community: Being educated about fibromyalgia is becoming increasingly more important for yoga teachers as the condition becomes more widespread. The concepts and basis for their use will help teachers adapt their own classes more appropriately for their growing number of fibromyalgia students.

CIC #2B Yoga for Chronic Pain

Megan Carroll, CSCS, IMT Therapist

The Samarya Center, Seattle, Washington

Objective: According to the National Centers for Health Statistics, roughly 30 million Americans are living with chronic pain. With such a high prevalence of chronic pain it is no wonder that many sufferers have begun to turn towards CAM practices seeking relief. Within these CAM practices, yoga therapy exists as an option that many people will consider. This presentation describes the “Yoga for Chronic Pain” class that I have been teaching at The Samarya Center for the past year. The class has evolved based on discoveries

about what works and what does not work for people in the face of chronic pain. I would like to share these discoveries and engage in discussion about the ways in which the practice of yoga can facilitate healing in a classroom setting.

Teaching Methods: A brief didactic PowerPoint presentation, experiential learning (guided movement and breath work) followed by facilitated discussion.

Description: The Samarya Center has been offering a class entitled “Yoga for Chronic Pain” for several years. Since the inception of this class, we have made many discoveries about the most effective way to offer a truly helpful class tailored to this population.

Yoga offers its practitioners many avenues of relief from chronic pain. Some of the main points of focus in the class include:

- Reconnection with the physical body
- An increased awareness of the nature of pain
- Gaining the ability to experience movement as pleasant
- Acquiring tools for managing fear and anxiety
- Decreasing reactivity
- Calming the nervous system
- Learning to hold one’s own suffering with compassion

The feedback from students about the efficacy of this class has been overwhelming. Due to the popularity of the class, we added a second class in the summer of 2008. Both classes consistently fill to maximum enrollment, with additional students waitlisted.

Interest to the Community: This class program can be easily replicated by any experienced yoga teacher or therapist. Additionally, the precepts and main ideas behind the program can easily be incorporated into a private session. Because chronic pain is so prevalent in our society, it is imperative that yoga professionals have useful tools and ideas within their reach.

CIC #2C Stress Relief from a Yogic Core for Commuters and Office Workers

Elaine Masters, RYT, BA, BFA

San Diego, CA

Objective: Increased understanding of the health benefits from targeted stretching throughout daily activity and beginning practice of stretches and breathing techniques to relieve stress, avoid Traveler’s Thrombosis, combat fatigue and long-term health problems from sustained-sitting while traveling and working.

Teaching Methods to Be Utilized: First, a brief presentation of research detailing studies and the growing concern worldwide about road rage and driving stress (using illustrations in PowerPoint, if available). Explanation of the impact that sustained sitting is having on the human physiology and emotional well being.

Lastly, interactive instruction of several Yoga-derived stretches, plus ergonomics, which drivers, airplane passengers and office workers can easily and safely do, plus breathing techniques to combat road rage and other traveling stress.

Results: Stress relief, easing of pain due to cramped muscles and stiff joints, increased energy from extending one’s Yoga practice into daily activity. Increased body awareness and health options for those not currently incorporating Yoga into their schedules.

Interest to the Community: New techniques for Yoga teachers and expansion of interest in Yoga and wellness options into new demographics.

CIC #2D Yoga for Better Sleep: a Group-Based Program

Clare Collins, R.N., Ph.D., ERYT–500

Dona Robinson, BS, RYT-500

The Center for Yoga, East Lansing, Michigan

Objective: Recent epidemiological studies have found that over 40% of people in the United States experience episodic or ongoing sleep difficulties. The objective of this presentation is to describe a group-based yoga program for promoting better sleep among adults. The underlying principles of the approach will be presented and key yoga practices will be described. To date, 48 students have participated in programs of varying lengths (3-6 sessions) and group size (4-12 students) in three community settings

Teaching Method: Didactic presentation and short practice segments to illustrate yoga techniques

Description: The Yoga for Better Sleep program, taught by certified yoga therapists, includes brief presentations, group discussion, individual goal setting and yoga practices. The emphasis is on strategies to use throughout the day and at night to promote restful sleep, including: 1) daytime strategies (timing/type of exercise and yoga based techniques to reduce stress accumulation); 2) an evening yoga practice (asana, relaxation, pranayama, reflection and ritual); and 3) yoga-based strategies to induce sleep and maintain sleep. Participants are encouraged to set goals related to sleep hygiene, exercise and the use of strategies taught in class in daily life. While no systematic evaluation of the program has been completed, attendance has been consistent and participant response has been positive.

Interest to Community: Given the frequency of sleep problems among adults, a group-based yoga program that focuses on sleep issues is likely to be well-attended. This program can be modified for students with varying levels of yoga experience and offered by yoga therapists in a variety of community settings. The approach also can be used in individual work with clients with sleep issues.

CIC #2E Restorative Yoga for Chronic Pain: Proposed Psychophysiological Mechanisms

Bill Gallagher, Richard Sabel

East West Rehabilitation Institute, New York, NY

Objective: Yoga and its array of styles have become increasingly popular. However, some of the styles may be beyond the capacity of many people, especially people who seek our services due to chronic pain and discomfort. Restorative yoga, which is a very gentle style, is appropriate for all of our clients. In restorative yoga, props are used to support the body in comfort-

able postures that provide a low-load, prolonged stretch. In this supportive environment, the only challenge becomes releasing muscular and mental tension. The overall muscle tone is reduced as the nervous system quiets and the relaxation response is elicited. Central to this work is the mind–body connection. How we think about a situation often influences our experience of it. Being worried or anxious can cause increased muscle tension and hyperventilation. This breathing pattern can perpetuate or heighten arousal and muscle tension as the sympathetic nervous system becomes more engaged. With increased muscle tension, the client may experience more pain and further limit movement, which in turn can increase the level of anxiety, thereby hampering the ability to focus on critical information and learn new skills. This “pattern of disorder” can keep feeding on itself, causing more distress and dysfunction. Restorative yoga can be used to create a more harmonious pattern. The supportive environment created by the props helps reduce muscle guarding, tension and pain as gravity provides a gentle stretch. As the primary and secondary muscles of respiration release, the diaphragm begins to move more efficiently. The client can then be guided to focus on the movement of his or her breath, which helps anchor the mind in the present and minimize distracting thoughts and anxiety. This relaxed, calm state can facilitate learning other pertinent techniques or yogic philosophy because the client is better able to receive pertinent information provided by the therapist.

Teaching Methods: Didactic PowerPoint presentation with case studies and group discussion

Description: We have taught restorative yoga to people experiencing chronic pain due to spinal cord injuries, brain injuries, arthritic conditions, fibromyalgia and other conditions. We will lay out the psychophysiology that is likely to underlie the pain relief that many clients experience with restorative yoga.

Interest to the Community: This workshop will provide participants with basic knowledge needed to meet the needs of people with chronic pain.

CIC #2F Peak Performance: An Integrative Approach to Pulmonary Rehabilitation

Bill Gallagher, Richard Sabel

East West Rehabilitation Institute, New York, NY

Objective: Inefficient breathing patterns can limit anyone’s ability to fully engage in day-to-day activities. People with pulmonary disease will feel these limitations more acutely. Therefore, helping clients learn efficient breathing habits is an important component of any intervention strategy to serve this population. The Peak Performance curriculum outlined in this presentation provides therapists with strategies that can help their clients discover “useful habits” for breathing, thereby helping them to manage pain and anxiety, conserve energy, improve coordination and engage more fully in meaningful activities.

Teaching Methods: Practical breath work instruction woven together with a didactic PowerPoint presentation

Description: We have developed and implemented a program (Peak Performance) designed to facilitate the rehabilitation of clients recovering from diverse conditions, especially pulmonary issues. The format is experiential and explorative, and includes seven lessons. Each session starts with an explanation of pertinent anatomy and a logical, psychophysiology-based rationale for the lesson. This didactic portion prepares the group for the experiential component. The lessons can be taught as part of an individual treatment session or in a group format and arranged in any sequence, as each lesson stands by itself. Helping participants develop an awareness of their current habit for breathing, and the physiological ramifications of those habits, lays the foundation for change. The average class size is 8 participants.

Interest to the Community: This workshop will provide participants with the basic knowledge needed to meet the needs of people facing breathing disorders. Since we have taught this program at two New York City Hospitals (Mount Sinai & Beth Israel), we can also offer guidance for practitioners interested in teaching in similar institutions.

CIC #2G Facilitation of Yoga Learning and Yoga Therapy with Novel Biofeedback Device-Controlled Methodology

E.L. Mikhailenok MD, PhD, O. Potapova PhD,
A.V. Belyaev MA CYT

Advanced Yoga Therapy, Inc., San Diego, CA

Objective: Optimization of well-being and health improvement with yoga is increasingly prominent; however, there are difficulties associated with learning the unusual breathing style in conjunction with specific muscle contraction. Correct performance of the asanas and pranayama requires years of practice under close supervision. Instructional audio/video recordings are currently used to facilitate yoga learning, nevertheless locating a certain muscle group and synchronizing its contraction with a specific phase of the breathing cycle is a difficult task. Standardized yoga teaching techniques will allow effective realization of the yoga potential for the expanding Western practitioner/patient population.

Teaching Methods to be Utilized: We have developed a novel device-controlled biofeedback (BFB)-based methodology that could be successfully implemented for teaching yoga and facilitating the work of a yoga therapist. For yoga learning, signals from specific muscle groups are detected by a miniature sensor-based device and analyzed by proprietary software that is installed on a PC/laptop. Whether performance of the asanas/pranayama was done correctly is determined during this analysis and a video/audio feedback signal is delivered to a student. For yoga therapy, we developed several effective applications where portable computerized devices have been used for: (1) fortification of the pelvic floor muscles; (2) synchronization of breathing phases with abdominal and pelvic muscles contractions; (3) relaxation and stress reduction; (4) accelerated achievement of meditation; (5) effective training for correct asanas/pranayama performance.

Benefits to the Community: A novel methodology allowing facilitation of yoga teaching and therapy has been developed and could be utilized following a standard training by any yoga professional. Suggested methodology could also be utilized individually at home (especially useful in the remote areas with limited access to other means of yoga training), in yoga studios for demonstration/teaching of the correct yoga techniques, and by yoga therapists for facilitation of currently available yoga therapy methods. Moreover, a network of BFB devices could be installed in a yoga therapy office and allow a yoga therapist to correct simultaneously the individual performance of each student during a group yoga therapy session.

CIC #2H Yoga for Seasonal Affective Disorder (SAD)

Jill Dunkley, CYT

Yoga Connection, Lanark County, Ontario, Canada

Objective: Seasonal affective disorder (SAD) is a type of depression prevalent in northern climates in the fall and winter, when temperature drops and days grow shorter. In Canada, SAD affects between 3 and 5 percent of adults, while another 10 to 15 percent have a milder form of the disorder. This presentation describes a 10 week yoga program delivered at a community health center for individuals experiencing the signs and symptoms of SAD. The intention of the program was to help participants gain a sense of empowerment through changing their relationship to their condition. The techniques included: yoga postures, breath practices, guided visualizations, relaxation, inspirational poetry and meditation techniques.

Teaching Methods: A brief description of the program followed by a practical demonstration of some of the tools utilized in the 10-week course.

Description: Yoga for SAD was offered at the North Lanark Community Health Centre (NLCHC). Participants were screened to determine eligibility and asked to fill out pain, depression and anxiety inventories before and after the program. Participants chose one of two classes: one with a primary emphasis on chair yoga; one with a focus on mat yoga. Each week addressed a particular symptom of SAD: depression, anxiety, loss of energy, social withdrawal, sleep changes, appetite changes, difficulty concentrating, and negative thought patterns. The classes were structured to include an educational component related to the week's theme, centering, asana, pranayama, relaxation, reflection, and discussion.

Response to the program was positive. One hundred percent of individuals in the chair class and 86% in the mat class who responded to the evaluation questionnaire found their signs and symptoms of SAD improved.

Interest to the Community: Given the prevalence of SAD in northern climates, this program would be of interest in many health care contexts and community settings in those climates.

CIC #2I Therapeutic Interventions for Special Needs Individuals

C. Grossman

YogaReach, Cleveland, OH

Objective: Individuals with special needs display an array of challenging difficulties in all areas of daily living. Parents and caregivers search for interventional modalities that will improve their condition and quality of life. This presentation describes a therapeutic and educational program that provides an integrated system of yoga poses designed to promote the individual's unification of mind and body. Specifically, it teaches individuals identified with special needs how to support their personal intrinsic drive.

Teaching Methods: An hour class of adapting yoga poses, projection of mind/body energy, partner poses, visualizations and meditation. Music is played throughout.

Description: The number of individuals with disabilities in the United States is staggering. Five thousand children with Down's Syndrome are born each year. Over 4 million families are affected by ADD/ADHD. Autism affects nearly 1 in 150 children. Teenagers with special needs often feel overwhelmed by academic studies and social interactions. Research has shown that participation in extracurricular activities can have a positive impact on cognitive, physical and social development.

For the past 5 years YogaReach has offered a comprehensive therapeutic educational yoga program that inspires individuals of all ages and abilities to develop educational, physical, mental and social competencies. Students identified with Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder, Anxiety Disorder, Autism Spectrum Disorder, Cerebral Palsy, Depression, Deafness/Hard of Hearing, Down's Syndrome, Epilepsy, Fragile X Syndrome, School Phobia, Stroke and many other developmental disabilities currently participate. The program consists of a teen class, ages 14–25, and an adult class of 30, ages ranges 30–76.

The class provides a unique opportunity for special needs individuals to develop an awareness of community and increase mental and physical abilities, while doing asanas and the final savasanas in a noncompetitive environment.

Interest to the Community: As a professional School Psychologist and certified Special Education teacher, I counsel, assess and provide therapeutic strategies to children, adolescents and adults and recognize the accountability of those results. It is our responsibility to provide students with lifelong foundations that breed success. That was my goal and is why I developed a yoga program for individuals with special needs.

CIC #3A Giving the Mind a Bone: Yogic Meditation Appropriate for Depression & Anxiety

Amy Weintraub, MFA, ERYT-500

LifeForce Yoga® Healing Institute, Tucson, AZ

Objective: Given the negative self-talk associated with both anxiety and depression, Mindfulness Meditation may not be the most efficacious technique for a beginning meditator who has not yet established the “observing mind” or the ability to dis-identify with negative mood states, cultivated through meditative practices. This presentation will offer several meditation techniques that “give the mind a bone,” so that the beginning meditator may more easily calm the agitation associated with both anxiety and depression and focus the mind, cultivating a more relaxed state. These strategies can become a portal into a Mindful Meditation practice, or may be used independently to cut through obsessive and/or negative thought patterns.

Teaching Methods: We will begin with a didactic overview of ancient meditation practices that may be effective in helping the agitated practitioner and/or beginning meditator calm and focus the busy mind. This will be followed by demonstration and practice of several short (3 – 5 minutes) and one longer meditation technique (20 minutes to learn and practice).

Description: This presentation is a much-abbreviated portion of the LifeForce Yoga® Practitioner Training, a professional training offered to mental health professionals and yoga teachers for CEU credit. We will focus on short interventions that can break through the negative spiral of thought associated with anxiety, depression, and obsessive compulsive disorder. We will practice the LifeForce Yoga® Chakra Clearing Meditation, which incorporates pranayama, mantra, and mudra. This technique is part of the LifeForce Yoga® protocol, which demonstrated a positive outcome in a mood study published in the current issue of the *International Journal of Yoga Therapy*.

Interest to the Community: These strategies are not only appropriate for use with students/clients in a yoga therapy practice but have clinical relevance as well. Many LifeForce Yoga® Practitioners use these interventions in their clinical psychotherapy practice to help their clients relax, focus and have greater access to feelings.

CIC #3B At-Risk Youth Yoga/Meditation for Positive Choices

Gina Tricamo

Yoga 4 U, San Diego, CA

Objective: Yoga/meditation is an intervention tool for at-risk youth dealing with high levels of stress and crisis. This presentation describes the *Positive Choices through Yoga/Meditation* (PCYM) Program. PCYM works with at-risk youth attending alternative schools, court ordered counseling, and detention facilities. This

innovative approach introduces kinapathic yoga/meditation as a safe and mindful method for self-management. Students participate in a 10-week journey of personal and emotional freedom. The program addresses concerns regarding self-esteem, physical, emotional and/or sexual abuse, addiction and violence.

Teaching Methods: There will be a brief informative PowerPoint presentation followed by a practical demonstration of kinapathic yoga, self-compassion meditation and alpha brainwave art therapy for the group.

Description: PCYM has been presented at the City Heights Community Court School for at-risk youth, detention facilities and alcohol and drug rehabilitation centers. The group sizes are approximately 20 students. The program is funded by non-profit agencies or gratuitous services by the facilitator(s). Through instructions in yoga/meditation, as well as psychotherapeutic cognition, the PCYM students become fully present in body and spirit, think positive, and act positive. The kinapathic yoga methodology and kinesthetic psychotherapy assist at-risk youth to dismiss fears, open their hearts to receive self-healing and evolve to a level of internal locus-of-control. The findings indicate that youths experience the ability to have better impulse control, positive self-efficacy, anger management, and detoxification in body, mind and spirit. The classes allow spatial movement, self-compassionate asana, art expression and a sense of being fully present. As a result, at-risk youth develop a unique and individual level of success and a “plan of action” for a healthy lifestyle within the community. Kim Kong, editorial writer for *DivaVillage* magazine stated that “positive thoughts have the ability to change the way at-risk youths view themselves and the world around them. As a society which is just beginning to realize the impact of spirituality in the mainstream, the PCYM Program takes a bold step in the right direction.”

Interest to the Community: This program can be easily adapted for all at-risk population, an academic training enhancement for yoga therapist students and provide a model for community outreach.

CIC #3C The Use of iRest/Yoga Nidra as an Intervention for Treatment of PTSD

Karen Soltes, LCSW, RYT,

Veterans Affairs Medical Center, Washington, DC

Robin Carnes, MBA, RYT;

Walter Reed Army Medical Center, Washington DC

Molly Asebey-Birkholm, BS,

Miami VA Medical Center; Director of Research, Center of Timeless Being, Miami, FL

Objective: According to published reports, an estimated 300,000 US service members have returned from the wars in Afghanistan and Iraq with PTSD. Furthermore, there are approximately 500,000 Vietnam Veterans that suffer from PTSD, and Vietnam Vets have alarmingly high rates of substance abuse, homelessness, and other trauma-related challenges. iRest/Yoga Nidra is being

used with both active duty soldiers and veterans to lessen the impact of PTSD. Currently, military health care systems are having difficulty providing effective care to meet the growing demands of this population. Recently, the military has been opening its doors to non-traditional therapies to help cope with these issues.

This presentation describes current iRest/Yoga Nidra programs at Walter Reed Army Medical Center (WRAMC) and two VA hospitals that are helping to reduce the PTSD symptoms. In addition, we will address some of the special considerations in implementing iRest/Yoga Nidra in military and military-related settings.

Teaching Method: A didactic PowerPoint presentation

Description: iRest/Yoga Nidra was the subject of a 9-week study at WRAMC to determine its feasibility as an adjunctive treatment for PTSD. It is currently being studied in a 15-month Department of Defense funded clinical trial at the Miami VA. Since the 9-week study was completed, the use of iRest/Yoga Nidra is spreading and is currently being used in treatment programs at WRAMC and several VA hospitals across the country. We will describe the protocol used for military personnel and the different settings in which it is being used. In addition, we will outline key special considerations when working with a population suffering from PTSD.

Interest to the Community: With the increasing demand for services to treat PTSD, iRest/Yoga Nidra is a low cost intervention, which participants can easily practice on their own after they have been initially trained in the protocol. iRest can be successfully taught in group settings, so that several soldiers and/or veterans can be trained in a group class format.

CIC #3D Utilizing Yoga as a Holistic Approach in Addiction Recovery

Phyllis Moses, BA, RYT, C.Ht.

Residence XII - Alcohol and Chemical Dependency Treatment for Women, Kirkland, WA.

Objective: This presentation describes our work at a women's addiction recovery center. We want to share our experience of how this program has been an integral part of our curriculum and can be implemented into all addiction recovery centers.

These intra-personal tools seek to maximize one's ability to replace old habits with positive life affirming habits; giving each person resources to build self-esteem, self-efficacy, and self-soothing. By having a deeper sense of connection to internal body cues, this awareness continues to grow and thus enhance inner understanding so each woman can live a clean and sober lifestyle.

Teaching Methods: A brief didactic PowerPoint presentation followed by a short demonstration of how the class is conducted.

Description: The class is offered 3 mornings a week to about 24 women in a 3–5 week residential addiction recovery facility, for one hour each time. A Viniyoga-based approach is used to accommodate varying levels of ability. Cognitive information is given to engage both sides of the brain, integrating understanding with experiential practice. Linking thoughts with breath and movement, learning how to focus their mind, and listening within to internal cues will instigate stimulation of their own natural

endorphins for a sense of well-being. By learning kinesthetically and cognitively, healthier patterns are restructuring the nervous system for more functional behavior. Class ends with a guided relaxation to integrate the essence of the 12-step program in a felt body understanding.

Interest to the Community: Addiction affects over 12 million women (and many more who are connected to them) and is a major problem in our culture, especially since there is such a high rate of relapse. Yoga, along with mindfulness, helps aid recovery and can prevent relapse, as its effectiveness increases over time. In the past nine months (Jan–Sept 2008), 96.7% of returned surveys reported that they were sober at the time of the survey. The evident success of the women at Residence XII is in part due to this unique yoga component of the program.

CIC #3E Yoga Therapy for Adolescents with Mental Disorders

Ronit Aizenberg

Reidman College, Yoga Department, Tel-Aviv, Israel

Objective: Presentation of an experimental project which is operating for the fourth year in Tzurim School, Israel. The research was done to test the improvement in the quality of the life of adolescents who suffer from mental disorders through yoga therapy. The presentation includes a lecture and practice. The research program is sponsored by the Experiment and Projects Division of the Ministry of Education of Israel, in collaboration with Reidman complementary Medicine College.

Teaching Methods: PowerPoint Presentation, in addition to a short video showing interviews with students and teachers at Tzurim School after 4 years of operating the yoga project in school.

Description: Presentation of preliminary findings of the study as well as the unique teaching methods applied in the project. The study group was composed of students from Tzurim School, a special school for adolescents who suffer from mental disorders. The group, called "Limon," includes 6 boys ages 15–16. Since the project ran for 4 years, the kids were older at the end of the program, having reached the ages of 20–21. Yoga therapy brings about a unique and innovative therapy method for mental disorders: yoga practice gives the students the opportunity to think of the body and listen to it in a different manner; a healthy body is a resource that aids the "injured" mind. Through yoga practice the student learns to use the existing resources, breathing, movement and relaxation, in stressful and distressful daily situations. The student learns to recognize the connections between body, mind and consciousness. In the 4-year experiment project, unique changes were observed in the students. As well, the students reported on changes that took place in their lives, regarding the yoga practice as a way of living.

Interest to the Community: this is one of the only research projects that have been done with adolescents who have suffered from mental disorders for such a long time. Yoga teachers and therapists can learn a lot from our experience and use this knowledge as a base for future programs and research.

CIC #3F Yoga Nidra iRest Trauma Treatment Protocol for the Resolution of PTSD

Treeya. Scholten, Ph.D., R. Psych.

Private Practices, Calgary, Alberta, Canada

Objective: We want to introduce a recent adaptation of the iRest Yoga Nidra protocol that can be used to treat individuals experiencing Post-Traumatic Stress Disorder.

Teaching Methods: A brief didactic PowerPoint description of the Trauma Treatment Protocol (TTP) will be followed by data and videotaped footage from case examples illustrating the effectiveness of this technique.

Description: The Yoga Nidra iRest Trauma Treatment Protocol (TTP) was developed by psychologists Dr. Richard Miller and Dr. Teeya Scholten. Application of the Yoga Nidra iRest TTP helps to resolve distress surrounding past traumatic events and thereby facilitates the restoration of the body, mind and senses to their natural functioning of mental and emotional health. The iRest-TTP is a recent innovation that has already proven to be an efficient and effective way to assist people in resolving physical or emotional traumas. Additional advantages of this approach are ease of applicability by individuals with little formal training, as well as the ability of people to treat themselves.

Interest to the Community: This is a simple, straightforward protocol that can be easily applied by members of communities. It can be used to help each other; and it can also be applied to oneself in order to achieve emotional relief from disturbing memories.

CIC #4A Kundalini Rising and Spiritual Emergence

Maetreyii Nolan, Ph.D., Acharya, ERYT-500, PSY11513

Ananda Seva Guru Kula Institute, Santa Rosa, CA.

Objective: To bring participants an understanding of the anatomy of the subtle body, kundalini rising, spiritual emergence and the difficulties that can arise in this transformational process, as well as relevant yogic tools to use as a yoga therapist.

Teaching Methods: A didactic presentation and guided meditation with questions and answers.

Description: In this presentation we will explore kundalini opening, spiritual emergence and spiritual crisis. We will briefly review what kundalini energy is, chakras, nadis, granthi, the yogic/tantric understanding of the subtle body and how the kundalini may awaken. We will then discuss some of the more common experiences that may occur as kundalini arises and the significance of these experiences. We will delve into how therapeutic yogic tools can be applied to ground, balance and facilitate the emergence process. We will then experientially explore the chakras and sleeping serpentine energies through guided meditation.

Interest to the Community: Understanding kundalini rising is important for yoga therapists, who may find themselves working with people with active kundalini and the transformational

processes it engenders as well as supporting their own process of opening. Knowledge of some of the difficulties that may arise and how to assist can be of great value to therapists and those they are assisting.

CIC #4B Tools of the Trade: Japa and Mala for Yoga Therapists

Amy Kline Gage, BA, CYT, YA500e

Life Style Heart Trial Research, Sausalito, CA

Objective: Meditation is the heart, soul, and purpose of Yoga practice. Japa counted on a mala is a ubiquitous time-tested and proven technique to expand one's personal meditation practice, the experience of which allows deeper connection in the student/teacher relationship.

Methods: Exposure to the principles and rationales of mantra, japa, and use of the mala will be accomplished through brief descriptions of the philosophy and etiquette of these basic tools. This session includes instruction in the use of mantra japa and mala, which will be applied in a group meditation experience. The methods are inspired by the age-old Himalayan meditation lineage of Swami Rama and Swami Veda Bharati.

Description: Participants will learn a simple, generic mantra (So hum), and how to handle the mala properly. These techniques form a fundamental approach for teaching meditation in all communities, including studio, academic, health and general education, as well as in cross-cultural religious contexts.

Malas will be provided for attendees' use during the session.

Interest to the Community: These meditation techniques benefit not only the teacher's personal practice; they provide students with simple tools to deepen their Yoga experience, enriching teachers, their students, and ultimately, the greater society.

CIC #4C Purnam: There is Nothing to Fix

S. Sisson, LICSW, ERYT

The Samarya Center, Seattle, WA

Objectives: 1) To discuss the concept of *purnam* (wholeness) as it relates to yoga therapy and how this differs from conventional types of therapy. 2) To illuminate how this yogic perspective changes the ways in which the therapist works. 3) To provide tools for cultivating our awareness and experience of *purnam* with our students and with ourselves.

Teaching Methods: Interactive discussion and brainstorm regarding what yoga therapy is and what it means to look at people as whole, including examples from my own eight years of experience providing Yoga therapy to a wide range of people. Will include work in small groups.

Description: Most of us have learned over the course of our lives to look at what is wrong, what is not working, and what needs to change. Yoga offers an entirely new perspective that everything

is whole and complete as it is. Even when we feel that we have embraced the yogic ideals of acceptance and compassion, we still may find it difficult to work with someone who has had a stroke, a child born with a disability, or someone in deep depression without thinking we are supposed to fix or change something. A willingness to look at our own beliefs and preconceived ideas will allow us to notice when we are working from the foundation of *purnam* and when we are not. As Yoga therapists, we have a responsibility to plumb the depths of our own feelings of inadequacy to find a real sense of wholeness in ourselves, so that we can truly see those we work with as whole as well. This non-pathologizing stance enables us to better help people grow and reach their potentials.

Interest to the Community: What makes Yoga therapy different from other kinds of therapy is the Yoga, which is more about how we look at and work with people than what we do. By challenging ourselves to question our own socialized perspectives, we can offer our students the most powerful healing aspect of yoga—the idea that we are perfect and whole as we are.

CIC #4D Awakening the Individual Wellness Voice from the Inside Out: Moola Bandha, Muladhara, and You

J. William Hedrick, M.D., R.Y.T.

b.well Yoga, Alexandria, LA

Objective: As a physician, yogi, and yoga therapist, I view “wellness” as a pervasive sense of spirit, mind, body stillness, and easiness, being quietly present within the extremes of human experience—spanning the joyful to the excruciating, and everything in between. In my personal and professional experience, it really only arises from “the inside-out.”

My objective for this offering is to share with the yoga therapy community yogic techniques utilized in my individual and group sessions to awaken the individual wellness voice—specifically, how engaging moola bandha through core principles can stimulate muladhara chakra, creating the stable sense of groundedness and silence within which individuals may more and more effectively hear their own inner guidance—that utterly unique pull toward an integrated spirit, mind, and body lifestyle of authentic wellness.

Teaching Methods to be Utilized: The presentation will center around a single PowerPoint diagram serving as the anchor point for sharing specific elements of this wellness method, generating interactive discussion between the presenter and audience. Handouts with supplemental reading from some of my educational articles drawing from current western medical literature, yogic literature, and anecdotal experience will also be provided.

Interest to the Community: Attendees will gain knowledge of a basic yogic technique currently being utilized to facilitate the emergence of the individual wellness voice. In yoga therapy, empowering the individual to more clearly hear what it is they know they must do, to obtain that which they seek, is an effective way to facilitate the evolution of yoga-based, individual wellness lifestyles. For attendees, discovering a yogic method supporting

their clients in finding wellness for themselves will contribute to the realization of a western cultural wellness change—a poignant paradigm shift of historic significance and one for which our time is clearly poised to openly embrace.

CIC #4E Yoga as Holistic Worship

Emily Large, PT, CYT, RYT

Living Large Therapeutics, West Palm Beach, FL

Objective: Yoga has the inherent capability to unite body, mind and spirit through the use of asana, pranayama, meditation, ritual, prayer and sound. This presentation describes the use of these tools to create holistic worship within the Christian tradition. The author has found this integrative and reflective approach toward worship to be valuable to people who identify themselves as Christian; both those who attend church and those who do not.

Teaching Methods: A brief didactic PowerPoint presentation followed by a yoga practice utilizing Christian scripture and symbolism. Practice will include asana, pranayama, meditation, ritual and prayer. Time for discussion and questions will conclude the presentation.

Description: Emily Large has offered yoga within the Christian tradition since 2003 in various settings including churches, homes, charitable organizations and yoga studios. All of the offerings have been well received in each setting. The highest attendance was at Trinity United Methodist church in which 20 people attended and 11 people were on a waiting list. Offerings in yoga studios have provided a venue for non-church members to experience holistic worship. Following the seasons, the church calendar, particular prayers, scriptures and hymns creates opportunity to develop a theme-driven personal practice resulting in a holistic Christian worship style that is meaningful to the practitioner.

Interest to the Community: These basic principles and tools outlined in the “objective” section are non-sectarian and can be useful for all people interested in deepening their spiritual experience, regardless of religious affiliation. Yoga therapists seek to integrate the multi-dimensional aspects of each client, and this presentation offers an approach to integrate worship into personal practice.

CIC #4F Subtle Bodies and the Mystery of Yoga Therapy

Hansa Knox Johnson

PranaYoga and Ayurveda Mandala, Denver, CO

Objective: The subtle body system presents a holographic view of wellness from the Spiritual foundation to the tangible organs and related diseases in the human body. The movement to western research on yoga therapy loses the mystery of yoga therapy. The goal is to introduce practitioners to the vast dimension of the Subtle Body system and related therapeutic considerations and return to the mystery of yoga as therapy.

Teaching Methods: A PowerPoint presentation including an overview of the components of the subtle body system followed by a practical experience of application of the tools in yoga cikitsa.

Description: The philosophy of yoga is grounded in Samkhya, Vedanta and Tantra theories of the subtle bodies. The basic premise of all philosophies is that we are Spirit first, then manifest into the physical realm. A healing journey and the special mystery of yoga therapy is the return to wholeness, not just in the physical realm, but through addressing the subtle body realm. This approach adds a mystery to the success of yoga as therapy. Movement towards wellness happens whether it is consciously addressed or left as a background component of yoga cikitsa.

The workshop will discuss the mental component of the subtle body. The subtle body includes and is not limited to the loka, agni, tala, mahabhuta, nadi, lingham, granthi, chakra, pranavayu and dosha. The training in these components and the related yoga tools are the foundation of our yoga cikitsa training. We integrate them into our work, yet also address the outstanding physical issue the client brings to a session. The students in our training acknowledge that the body is the silent communicator of the Spirit and by addressing the physical body, we are also addressing the subtle body. Our students are more prepared for reactions/responses from their clients' unfolding wholeness.

Interest to the Community: The subtle body system is a vital component of yoga cikitsa, offering a unique benefit to yoga therapy. The concepts presented are organized to support a deep integration, added dimension and expanded tool resource for yoga cikitsa.

CIC #5A "Ageless Yoga" for Older Adults to Improve Balance and the Ability to Transfer from the Floor

N. Glenmore Tatum MS, Gerontology

Glenmore Yoga & Wellness Center, Richmond, VA

Objective: The inability of older adults to transfer from the floor impacts quality of life, self-confidence, and the ability to live independently. This presentation is based on the Ageless Yoga program, designed for a research study, which significantly improved the ability of older adults to balance and transfer from the floor. This presentation serves as a "train the trainer" workshop to instruct other yoga therapists to recreate the program.

Teaching Methods: A didactic presentation reviewing the physiological changes that occur in aging that affect balance and transfer ability followed by a brief yoga practice incorporating the asanas used in the program.

Description: Fifty participants, ranging in age from 58-83, participated in a 13-week Ageless Yoga program. Forty-five individuals completed the program, which included a weekly 90-minute yoga class and a 30-minute home practice 5 days per week following a video designed for the study. Participants showed statistically significant improvement in balance and transfer ability with balance accounting for 32% of transfer ability. Additionally, self-report

measures indicate that participant's feelings of overall well-being increased by 23% and perceptions of their ability to transfer from the floor increased by 81%. Older adults currently participate in Ageless Yoga classes at our yoga center. The number of participants in Ageless classes has doubled in the last two years with a third of all participants referred from physicians.

Interest to the Community: The Ageless Yoga protocol designed for the study could be used effectively in programs for independent older adults living in the community and in retirement and assisted living facilities, resulting in greater independence and quality of life.

CIC #5B Yoga for Injury Related Chronic Low Back Pain

Jaime Hughes, BA, RYT, MPH/MSW Candidate

UNC/Rex Health Care, Raleigh, NC; University of Michigan Schools of Public Health and Social Work

Objective: Workplace-related spinal cord injuries typically lead to a host of physical, functional, and emotional challenges for the patient, particularly the "young old" injured near retirement age. Treatment most often relies only on physical rehabilitation, doing little to acknowledge symptoms of depression, anger, and anxiety related to injury and loss of workplace role and identity. This presentation describes my program, which focused on an integrative pain therapy approach to health and healing and highlighted opportunities to blend traditional group counseling methods with mind-body approaches, including gentle movement, meditation, and breath work.

Teaching methods: A brief PowerPoint presentation reviewing study mechanisms and results followed by group-led meditation exercise.

Description: This was an innovative, multimodal program launched at a medical-based rehabilitation facility that included two separate sessions. Each session ran for a total of 8 weeks and had 4 to 6 students. The program was facilitated by a project leader trained in health education, yoga therapy, and psychotherapy with the goal of promoting positive coping skills so that seniors are best able to self-manage pain and pain-related experiences. Emphasis was also placed on learning and relearning approaches to safe and efficient movement. This was a mixed methods research study combining quantitative and qualitative measures. Positive results were shown in a range of areas including improved mobility, functional status, and postural control, increased stamina and endurance, and more positive outlook on recovery.

Interest to the Community: This program introduces the role and opportunity for the fields of yoga, health psychology, and social work to blend into a cooperative, interdisciplinary approach to rehabilitation; all while being housed within a traditional medical setting. This program does not aim to fix the problem of chronic pain, but to empower senior patients with the hope, confidence, and coping skills to live comfortably with chronic pain. This program illustrates the power and importance of yoga on and off the mat.

CIC #5C Chair Yoga for Fall Prevention in Senior Centers

Patricia Barnes, MS, OT, RYT

Department of Occupational Therapy and Occupational Science, Towson University, Towson, Maryland

Objective: To introduce seated yoga as a fall prevention activity for senior community members.

Teaching Methods to be Utilized: Demonstration of selected chair yoga warm-ups and poses; interactive discussion; brief presentation of fall prevention initiatives and programs, including “Moving With Confidence,” a collaboration between Towson University and the Baltimore County Department of Aging

Results: At the time of this submission, the seniors have completed an eight-week fall prevention discussion group as well as eight out of ten weekly yoga classes. Participants have received home yoga practice sheets and literature on fall prevention. The “Moving with Confidence” discussion group addresses risk factors for falls. One such risk factor is limited physical activity, which the yoga class directly addresses. Together, the discussion group and the yoga class represent a unique approach to fall prevention.

Interest to the Community: Yoga teachers will broaden their perspectives on the importance of fall prevention among seniors through awareness of the initiatives from the Center for Disease Control and Prevention (CDC) and other national organizations. Physical and occupational therapists interested in integrating yoga therapy into rehabilitation will appreciate yoga’s applicability to this at-risk population. While yoga is offered in numerous senior centers, and fall prevention programs are being developed for seniors in various settings, this is the only program of its kind in the county of its origin.

CIC #5D Seniors Yoga Therapy for Wellness Using Lord Shiva Alignment Found in Buddhist Yoga

Leslie Simms, Yoga Alliance 500/ERYT

Los Altos, CA

Objective: To offer a senior wellness program accessible for those with limited mobility and at the same time challenge the most physically capable.

Teaching Methods: I will summarize the alignment principles of Lord Shiva, deity of yoga, and demonstrate several units of the program.

Description: Buddhist Yoga is a set of gentle energetic body, breath, and mind exercises that students can do; the hardest part is counting to 8. Following the yoga alignment principles presented in “Lessons from Lord Shiva” 2006, <http://home.att.net/~nowyoga/Shiva/>; the system offers specific treatment for an ailing part and wellness for the entire body. These profoundly effective exercises work on many levels; most importantly they activate all 12 major organs by applying gentle tension/release twist movements in the connective tissue.

I have been teaching this course to approximately 150 students (mostly over age 50, 9 are currently over 80) weekly for the past 7 years. The medical community’s response to the healing is wonderful. Doctor asks what the student has been doing. The student tells the doctor about the program. Doctor’s response: “keep doing what you are doing”. Better balance, fewer aches in feet, ankle, knee, hip, shoulder, elbow, wrist, neck, very little lower back pain, better sleep, better digestion, lower blood pressure, and smiling faces.

Interest to the Community: Buddhist Yoga has become my work because of the consistent results. After struggling with ailing students for years, this system showed up offering techniques for physically challenged students in an accessible manner. Four years ago a student came unable to participate in a therapeutic yoga class taught by a teacher I highly respect. Every instruction the student had been offered was too painful no matter what adjustments/props were used. I understood both student and teacher dilemmas. The student tried Buddhist Yoga; after the first class she was smiling, after 4 years she is thriving. The system treated her vata pain disorder with ease. Buddhist Yoga is on DVD showing all the movements with breath regulation and in the book describing medical benefits.

CIC #5E Yoga to Help Seniors Balance

Dona Robinson, BS, RYT 500

Older Adult Shared Information Systems, Indianapolis, Indiana

Objective: Maintaining balance is important to preventing falls among older adults.

In this presentation, a group-based yoga program for improving confidence in balance and ability to balance among seniors will be described. To date, sixty two participants aged 55–85 have participated in the program. Participant evaluations indicate that confidence in ability to balance improved during the series. Ability to balance, as measured by the amount of time the student was able to balance on one foot, also improved by the end of the series.

Teaching Methods: Didactic presentation and audience participation in practices taught in series. Handouts of class sequences will be provided.

Description: This seven-session program was taught in the OASIS facility in a large meeting room. Sessions were one hour in length. Group size ranged from 15 to 25. The program focused on the use of yoga postures to strengthen legs, hips and abdominals and increase ankle/foot flexibility. The role of self-awareness, movement of attention and attitude in promoting balance was explored and simple balance postures (with and without use of props) were practiced. Strategies to regain balance were also presented. For example, we practiced stepping quickly in all four directions and catching the upper body with hands to the forward leg.

Participants were provided with written materials to encourage home practice. 79% of the participants perceived an improvement in their leg strength, abdominal strength and foot flexibility. The physical postures done in class were viewed as more helpful than group discussion or practice at home.

Interest to the Community: Yoga therapists and yoga teachers interested in working with seniors will be able to use these ideas to help seniors in their own community improve their balance. The ideas presented could be used in current classes or used to structure yoga therapy workshops for seniors and others.

CIC #5F Breath Work for Pelvic Floor Function in Elders

Bill Gallagher, Richard Sabel

East West Rehabilitation Institute, New York, NY

Objective: The pelvic floor is made up of muscles that are often elusive and seem beyond conscious control. Yet, the perineum and the pelvic girdle are an integral driving force behind most human functions. By bringing awareness, strength and suppleness to these muscles, elders can address incontinence, alleviate or lessen pain (especially in the pelvis, hips, knees and back), breathe more efficiently, increase sexual fulfillment and facilitate many functional activities like lifting heavy objects, rising from chairs and walking up stairs. Workshop participants will learn a low-tech, non-invasive technique drawn from Yoga & Qigong to guide elders toward improved health and function.

Teaching Methods: Practical pranayama instruction and brief didactic PowerPoint presentation

Description: We have presented pranayama for incontinence, pelvic pain, prolapsed organs (uterus, vaginal vault & rectum), post-prostate surgery and wellness individually and in groups at senior centers and yoga schools. The typical class size is 25 participants.

Interest to the Community: This workshop will provide participants with basic knowledge needed to meet the needs of this underserved population.

CIC #5G Chair Yoga & Awareness Through Movement to Facilitate Function and Comfort in Elders

Richard Sabel, Bill Gallagher

East West Rehabilitation Institute, New York, NY

Objective: The pelvis is comprised of four bones, 5 joints and a variety of muscles. Mobility and stability of these joints, and the strength and suppleness of its musculature, is not only vital to the coordination of the spine and legs, but also to bowel and bladder function. Unfortunately, as many of us age we begin to limit our movements. Less mobility can contribute to soft tissue restrictions and more discomfort throughout the body. Maintaining the suppleness of the pelvic bony structure and musculature is crucial to everyday movements such as putting on shoes and socks, reaching for the phone, getting up from a chair and maintaining continence. Workshop participants will learn how to gently mobilize the pelvic bony structure, and maintain the strength and suppleness of the pelvic floor musculature, to promote improved body awareness, health and function.

Teaching Methods: Brief power point presentation followed by experiential lab.

Description: We have presented this material in one-to-one therapeutic sessions, community group settings and for midwives to promote pelvic awareness and clarify the connections between pelvic mobility and healthy day-to-day functioning.

Interest to the Community: Pelvic health is often not openly discussed among health professionals. Yet, a significant number of elders have pelvis related issues such as incontinence, pelvic pain, prolapsed organs, knee pain and back pain. This workshop will provide participants with practical information to address the needs of elders.

CIC #6A The Evolving Studio: Creating a Commercial Yoga Therapy Practice

Kate Hillman RYT-500

kate | yoga, Monrovia, CA

Objective: With more than 1,500 years of time-tested, practical tools for achieving and maintaining health at our disposal, there is little doubt that Yoga, and by extension Yoga therapy, has an invaluable role to play in today's stress-filled world. What *is* in question, however, are the means by which we reach out and make those tools available to others.

Traditional and emerging methods for Yoga therapy outreach include:

- Teaching out of our homes or those of our students
- Working for large yoga studios
- Working in the offices of a medical professional
- Creating a non-profit center

There is one potential model for the Yoga therapist, however, that has been largely overlooked – the small, commercial Yoga therapy studio/private practice, focused entirely on small group classes and private Yoga therapy sessions. This model is an ideal way to bring yoga into communities and forge the meaningful, long-lasting ties that are crucial in helping students integrate Yoga into their daily lives. Moreover, and perhaps most importantly, it is an effective way to realize our *dharma* – benefiting others while bringing joy and supporting us on all levels.

Teaching Methods: A dynamic lecture will provide the philosophy and practical business plan behind this model, including marketing tips, projections, and a brief history of how kate|yoga has evolved in two and a half years.

Description: kate|yoga is a thriving small Yoga therapy studio offering intimate group classes and private sessions in the heart of Old Towne Monrovia in the foothills of Los Angeles. It was conceived, created, and is currently run by Kate Hillman, an experienced Yoga therapist who managed two large, traditional Yoga studios prior to opening kate|yoga. Hillman's model differs from others in size and intent. Kate|yoga has a "boutique" feel, catering to and forming meaningful relationships with individual students. Classes are conducted in an attractive, comfortable setting, which is conducive to healing.

Interest to the Community: kate | yoga embodies a new paradigm for both Yoga studios and Yoga therapists. It also embraces

the *dharma* of practicing Yoga therapy in a way that is aligned with Yoga philosophy and sustainable in modern society.

CIC #6B Facilitating Common Ground Through Common Language for Yoga Therapy and Allopathic Medicine

Debra Campagna

Wellspring Yoga, Higganum, CT

Objective: Yoga, as exercise, has gained significant ground with physicians. There is, however, greater ground yet to be covered in bringing yoga therapy into comprehensive treatment and healing plans with physicians, in acute settings and also in outpatient programs. My objective with this presentation is to offer education for yoga therapists to effectively communicate with Western trained physicians to facilitate the intersection of allopathic and complementary healing in hospital and outpatient settings.

Teaching methods: A PowerPoint presentation and discussion on collaboration with allopathic physicians, essentially focusing on what brings Western doctors to the table to seriously incorporate yoga therapy into healing plans for their patients. What are their expectations and where are their “blind spots?” And what are our talking points as yoga therapists to educate physicians with respect to the strengths and opportunities we offer?

Description: I serve on a CAM panel for patient review at Middlesex Hospital Cancer Center in Ct. and am a trustee liaison for the Institute for Integrated Healing at Kripalu Center. I worked for 17 years as a hospital administrator and 6 years as a licensed EMT. As a certified yoga therapist, I work with hospital inpatients and outpatients, in class settings and one on one. I am working with the University of Ct. School of Medicine to develop a program to train medical students and residents in complementary practices such as yoga and Ayurveda. I teach yoga classes in pain management and for patients with cancer. I am working with oncologists, family practitioners, and the medical director of the Kripalu IHH to develop a training program for yoga therapists and physicians negotiating the language of integrated medicine to bring us all to the table to benefit patients and their healing.

Interest to the Community: Educating yoga therapists and physicians to evolve a common language between allopathic and complementary medicine facilitates a strong professional collaboration on behalf of patients.

CIC #6C Creating a Sustainable Movement: “Yoga Is My Health Insurance”

L. Bailey-Kroll, MFA

Pratique Yoga, Pittsburgh, PA

Objective: “Yoga Is My Health Insurance” strives to improve health and wellness through onsite yoga classes, educational seminars and

a teacher-training program. This presentation describes our “Yoga Is My Health Insurance” program in Pittsburgh, PA. Our work has been to establish a successful dialogue around Yoga with other healthcare professionals as well as have Yoga offered as a treatment option.

Teaching Methods: A brief PowerPoint presentation followed by a video screening of the “Yoga Is My Health Insurance” commercial.

Description: Pratique Yoga has promoted the “Yoga Is My Health Insurance” slogan for three years. At present we have non-profit organizational partners who work with the studio to offer free or reduced-cost classes to their members. We have an ongoing contract with an organization that pays for private sessions for its members. We have been featured in both the local paper and radio. The Steel City Derby Demons use our program as a PR tool to be seen as both safety conscious and progressive in thinking. We are now moving into offering public classes on a donation basis, in order to bring yoga at the studio to a broader demographic.

Interest to the Community: This program serves as an example of a sustainable movement through partnerships with non-profit organizations, a network of like-minded professionals, as well as an active student body.

CIC #6D Relationship Building and Self Promotion Techniques to Build Yoga Therapy Practice

Betsy Murphy, RN, BSN, HN-BC. ERYT-500

Objective: Developing contacts and sustainable practices/classes in a variety of settings can be a strategy for success in yoga therapy. Learn how working with special populations and providing individual services in a variety of settings can lead to a network of sustainable contacts and success.

Teaching Methods: Didactic

Description: Over 6 years as an independent contractor with yoga studios, healing centers, city organizations and large medical facilities has provided a variety of experiences that have led to a moderately successful business in yoga therapy. How the contacts, contracts and financial aspects of each location contribute to a well balanced and successful private practice resource will be discussed and presented as an avenue to develop a successful private practice.

Interest to the Community: This presentation will provide attendees with concepts, strategies and resources to enhance their professional development as yoga therapists.

CIC #6E Call for State and Local Chapters of IAYT

Victor Dubin

Om Room School of Yoga, Santa Cruz, CA

Objective: Create state and local chapters of IAYT to better serve the needs of IAYT members. While IAYT provides national sup-

port for both research and setting standards of practice, the state and local levels are where the research happens and yoga therapy as a profession may find itself legally challenged. State governments are beginning to regulate yoga teaching and therapy. Therefore, state and local chapters will be the most prepared to support local colleagues and handle legal challenges. The national organization IAYT can achieve its own long term goals by encouraging and helping form local chapters.

Teaching Methods: A brief presentation followed by a group brainstorm and presentation of ideas

Description: Because this call is about empowering practitioners at the local level, this will be an interactive experience. After a brief presentation, participants will work in groups to share ideas about what state and local chapters might look like, what roles these chapters will play, and how the national IAYT can be of support. The intention is to have concrete ideas by the end of the presentation that can be posted on the IAYT website for further comment and refinement. Based on this input and these recommendations, IAYT will be encouraged to produce and post a simple guide to assist interested communities in developing state and local chapters.

Interest to the Community: State and local chapters support the national goals of IAYT, encourage connection among colleagues, provide opportunities for professional networking, and give yoga therapy and research more exposure.

CIC #6F How to Run a Successful Yoga Related Business Without Losing Your Soul

Randall Krause, M.A., J.D., Certified Professional Co-Active Coach, RYT500

Director, Himalayan Yoga Meditation Society of Los Angeles (Hym-la), Los Angeles, CA

Objective: The participants will gain an understanding of seven key principles that may serve as foundation stones in the development of their yoga-related business in harmony with basic spiritual principles. In addition, the participants will contemplate how these principles may be integrated into their own practices, and will develop and commit to taking one step in the next week toward realizing this integration.

Teaching Methods to be Utilized: A 20-minute didactic presentation, incorporating lecture, personal stories, and verbal illustration, describing the principles, followed by a period of guided introspection to deepen understanding of the principles, concluding with work in dyads focused on creating and committing to action.

Interest to the Community: Pressures of modern life and business culture demand that we derive income from our yoga-therapy practice, but doing so does not have to come from sacrificing the spiritual values which led us into yoga in the first place. This presentation will highlight seven key principles from the Himalayan Yoga Meditation Tradition to develop a successful business in a way that is not only financially, but also spiritually, sound.

Creating a business that conflicts with one's core values creates unhappiness and unnecessary conflict. In my work as a coach, I have

worked with individuals and companies to help them build their businesses in accord with their core values. The Himalayan Yoga Meditation Tradition, in which I teach and am Director of the Los Angeles affiliated center, teaches principles based on wisdom and on the Tradition for the development of any enterprise. These simple yet profound principles can be applied to the development of a yoga therapy practice or other yoga-related business. This presentation will initiate a process of development within each participant, which can then be continued by the participants themselves over time using the same processes experienced in the presentation.

The seven principles:

1. Enjoy this universe with renunciation.
2. The key question: Does this lead toward or away from liberation?
3. Ahimsa: Amity toward all beings.
4. Baker's dozen: Give extra.
5. The buck *starts* here: Begin with fullness.
6. Aim to provide service.
7. Practice humility.

CIC #6G Creating a Physical Therapy and Yoga Therapy Practice with Low Overhead

Emily Large, PT, CYT, RYT

Living Large Therapeutics, West Palm Beach, FL

Objective: Creating a physical therapy and yoga therapy practice offers the opportunity to cultivate a shift in the perspective of clients, patients, clinicians and physicians regarding the delivery of health care, prevention and wellness. Maintaining low overhead costs as a new practice is critical in order to sustain creativity, vision, freedom, flexibility and continued training. It is the intention of the author to share simple techniques that have proved successful in opening and sustaining a profitable practice since 2006.

Teaching Methods: A didactic PowerPoint presentation and internet application demonstration (if available) followed by discussion and questions.

Description: Living Large Therapeutics (LLT) was created in May 2006. LLT is primarily a cash-based practice, operates out of existing yoga studios and existing physical therapy clinics, and works with people through ongoing group classes, series, workshops and individually in private sessions. LLT thrives off symbiotic partnerships and positive working relationships and has recognized the power of the internet and media coverage in order to market to the public with low cost.

Interest to the Community: As yoga therapy continues to emerge as a profession, finding supportive referral sources and accommodating practice locations continue to evolve as well. This presentation offers a working model for physical therapists and licensed health care professionals interested in bringing yoga therapy into their practice.

CIC #7A Svadhyaya in Yoga Therapy for the Dying: The Yoga is in You

S. Sisson, LICSW

The Samarya Center, Seattle, WA

Objectives: 1) To define Yoga as it applies to the population of the seriously ill and dying. 2) To share experiences and lessons learned over four years in our Bedside Yoga™ program at a skilled nursing facility that focuses on serving those living and dying with AIDS and amyotrophic lateral sclerosis (ALS). 3) To provide a framework and practical ideas for working with the seriously ill and dying.

Teaching Methods: A brief description of our program, followed by interactive discussion of participants' ideas, beliefs and feelings about this population and what Yoga means when working with this population. Also to include an experiential "hands-on" exercise.

Description: Through four years of working with the seriously ill and dying, we have found Yoga to be a powerful tool for healing, in addition to being a component of palliative care. The most important factor in "successful" Yoga therapy with this population is the therapist's own practice of *svādhyāya*. Working with students who are medically fragile or have little ability to do much physically or with their breath will challenge most Yoga therapists unless they are able to let go of definitions, expectations and preconceived ideas about Yoga to delve into its very essence. When someone is dying, there is nothing left to "do." Yoga therapy, at this point, is about cultivating a sense of "union"—a feeling of connection and wholeness. Healing is facilitated by the therapist's clear and loving presence, developed through his or her own Yoga practice, more than by any specific technique that might be utilized.

Interest to the Community: As death is an inevitable part of life, it is likely that any Yoga therapist will eventually have the opportunity to work with someone who is dying. Yoga therapy has a great deal to offer this population when Yoga therapists are clear about what they are offering.

CIC #7B Integrating Yoga into Services for Multicultural Clients with HIV/AIDS

Gregory J. Van Hyfte, MA, RYT 500

VIDA Wellness Center, Project VIDA, Chicago, IL

Objective: Offered from the perspective of a Program Coordinator, Mental Health Counselor, and Yoga Instructor, the work presented here will provide an overview of the practical, programmatic, and psychosocial tasks involved in incorporating therapeutic yoga into a community-based holistic wellness program for low-income multicultural clients (students) living with HIV/AIDS.

Teaching Methods to be Utilized: Case examples will be discussed regarding clients of different cultural backgrounds in terms of working through depression, anxiety, loss, grief, stigma, and other emotional processes. Included in the presentation will be recommendations from publications based on applying Iyengar teachings of yoga for HIV/AIDS, focusing on specific asana and

breathing techniques and their benefits. Additionally, specific guided visualizations that have been used for this population will be offered for workshop participants to experience.

Results: Clients in group and individual sessions reported feeling increased relaxation and ability to cope with medical and psychosocial stressors of living with HIV/AIDS. Additionally, beginners felt empowered in achieving a goal of yoga to "attain what was previously unattainable." This program was expressed to be of particular value as an adjunct to an array of holistic supportive services provided at the community-based setting.

Interest to the Community: This work will provide guidelines for practitioners working with persons living with HIV/AIDS and make recommendations for implementing a therapeutic yoga program with this population. Sharing this work with the interest community could enhance the discussion about programming ideas where counseling, yoga, and medical treatment intersect. Another benefit would be to generate strategies for introducing yoga to beginner lower-income clients in community settings who often have less access to specialized yoga instruction for these complex health conditions.

CIC #7C Yoga Therapy for Cancer

Antonio Sausys

San Anselmo, CA.

Objective: Cancer is a pandemic illness that affects an increasingly high percentage of the world's population. Even though the causes are not completely known, the symptoms and prognosis help classify Cancer as a life-threatening illness. Yoga has been proven to be effective in dealing with some of the physical symptoms of the illness and its treatment, yet the most important reason to include Yoga when dealing with Cancer lies in the integration between Mind Body and Spirit that is in the core of Yoga, for the body can have cancer, not the Spirit, and therefore a deeper identification with this aspect of the Human Being is of great importance. The objective of this presentation is to offer the necessary information to identify some cancer-related issues that can be addressed with Yoga and how to do so.

Teaching Methods: A brief didactic PowerPoint description followed by a practical demonstration of some integrative techniques.

Description: Participants will learn about some physical and psychological issues related to Cancer and how Yoga Therapy can be instrumental in providing help and support. A group of techniques is explained and practiced emphasizing their integrative nature. Information is given regarding how to adapt the practice of Yoga for Cancer patients towards easing physical symptoms, calming the mind and establishing a stronger identification with the Spirit.

Interest to the Community: This Sadhana can be used by Yoga Therapists dealing with individuals going through or having gone through Cancer as well as by those dedicated to end of life issues. In addition, Cancer patients can find inspiration towards empowering personal choices when dealing with Cancer, Cancer treatment and cancer-related surgery.