

Accepted Common Interest Community (CIC) Works

Common Interest Community 1: Musculoskeletal and Structural

CIC #1A: Bhavas, Health, and Yoga Therapy

Dr. Mamta Bhatt

Astanga yoga centre, Sukh Sagar community centre, St. Gwann, Malta

Keywords: Bhavas, attitudes, yoga

Objective: To emphasise the relationship between yoga attitudes and their effect on promotion of health. So while working at the physical level working on bhavas at the subtle level is of crucial importance to a therapist. From indigestion and insomnia, all the way through heart disease and cancer, mental attitude affects them all. This is because of the mind's influence over the body...it's far stronger than most people imagine. Strong, negative mental attitudes, such as hate, anger, fear, lust, depression, loneliness have strong negative impacts on our actual physical health. Knowing attitude affects health is a powerful weapon in our health and fitness arsenal. If we change how we think, we can gain far better control over diet, exercise...even prevent disease.

Teaching methodology: An hour class of yoga therapy where meditation is undertaken for 5-7 minutes during which a chant or mantra or a thought for the day contemplated upon; and then practice of Asanas is done with proper breathing rhythm and corresponding bhavas.

Description: Bhava management should be the cornerstone of yoga therapy practice.

In any deviation of health we can get started by inculcation of Dharmabhava to begin with. Which leads to a sort of commitment towards therapy and the feeling that one's first duty is towards oneself and so it is better to participate fully in the program designed by the therapist to help them.

And that it is by conditioning themselves with positive attitude and total faith they can expect the best outcome.

After the Individual sets in in the discipline of dharma, next the therapist can do is to inculcate the attitude of 'Gyana' or the attitude of knowledge. Awareness about one's illness, prognosis, meanings of clinical tests, awareness about the causative factors: physical and mental, emotional which contribute towards the illness.. Eg. only by awareness about oneself an asthmatic learns that there is a direct relation between the negative psychological states and the attacks.

After the bhava of knowledge the bhava of Vairagya or detachment has to be emphasized, it is the total identification with the

body which leads to a lot of suffering, so refuse to feed any more attention to the part which is hurting (after ruling out pathology of course).

Introduction of bhava of aishwarya after the individual has achieved a sort of mastery over one's self and the awareness and knowledge that one can have the power of healing within themselves leads to increased self esteem, self reliance and confidence. Time to taper off/terminate therapy as a therapist's ultimate goal is to make a person self reliant and not to foster dependence.

Interest to the community: It is a common knowledge that you are what your attitude is. Doctors in India are becoming more and more aware of the link between hatred and cancers, jealousy and cardiac ailments. Vengeance and bone tumors...But only the work of yoga therapists and further research in this line can be made possible by more awareness and willingness to venture beyond physical practice.

CIC #1B: Pain Beliefs impact the effectiveness of Yoga.

Neil Pearson, MSc, BScPT, BA-BPHE, CYT, RYT500

Department of Physical Therapy, University of British Columbia, Vancouver, Canada, and life is now, Penticton, Canada.

Keywords: Yoga, chronic pain, science

Objective: This session has three objectives for participants: to explore personal beliefs about pain, to shift paradigms by which we understand pain, and to improve how we provide Yoga as a therapeutic intervention for people in pain.

Teaching methods: The session will begin with an interactive discussion of pain. Powerpoint slides will be used to provide the relevant evidence supporting a paradigm shift, and summarizing current western science of chronic pain. Participants will experience how pain can be altered through multiple limbs of Yoga.

Description: Pain impacts every aspect of our existence, as does Yoga practice. Yoga teachers understand the intimate, interconnected koshas, yet pain is most often viewed from a biomedical and biomechanical perspective. Chronic pain on the other hand is typically viewed from a dualistic view - either 'real' pain arising from the tissues, or it is psychological. These paradigms are contrary to our yogic beliefs, and to current western science.

To best serve the person in pain, we must take the time to understand pain and the lived experience of pain. There is no one paradigm that allows us to truly understand pain experience. As Yoga teachers we should also gain insight into our beliefs about pain, chronic pain and recovery. Then, when a student reports

pain during an asana, even though we may start from the physical, we are able to stay grounded in the knowledge and experience we have gained from Yoga. The student's pain is affected by everything, and when the pain does or does not change from a position modification we will understand that it is not be so simple.

Interest to the community: Understanding pain is not a core component of yoga teacher or yoga therapist training, yet over 20% of our populations report chronic pain, more people are coming to yoga to help them with pain relief, western science is supporting the use of yoga for people with chronic pain, and an increasing number of health care professionals are sending their patients to yoga for pain conditions.

CIC #1C: Moving Beyond Neuropathy with Yoga Therapy

Jill Miller, BS, ERYT

Yoga Tune Up®, Los Angeles, CA

Keywords: Yoga, neuropathy, Charcot Marie Tooth Disease, pain medicine

Objective: Educating other Yoga Therapists about the efficacy of *Yoga Tune Up®* therapeutics with a student afflicted with Charcot Marie Tooth (CMT) disease. Using the story of his 3-year *Yoga Tune Up®* Therapy journey as a case study, his inspiring progress includes overcoming depression, pain medicine (narcotic) addiction, significant weight loss (60 lbs), global functional improvements, and the removal of ankle and foot braces. His progress with *Yoga Tune Up®* will motivate the Yoga Therapy community to think outside the box in order to adapt their teaching to those with CMT and other degenerative peripheral neuropathy diseases.

Teaching methods utilized: A brief PowerPoint on the disease intermingled with my student's story. A sample of floor based *Yoga Tune Up®* exercises will be instructed focusing on the respiratory diaphragm, iliopsoas and their relationship to the healing process. Concludes with a self-massage technique for the lower leg muscles, ankles and feet.

Description: CMT is the most common incurable inherited neuropathy. This disease and others like it are often characterized by muscular degeneration and loss of sensation in the limbs and those afflicted with the disease progressively lose motor control over their affected body parts. Working exclusively with *Yoga Tune Up®*, this student was able to reconnect, rebuild and restore sensation which facilitated a profound increase in motor control and quality of life.

How the work will benefit the interest community: CMT patients are encouraged to maintain what movement, muscle strength and flexibility they do have. Yoga can be a crucial part of this protocol, with special attention to helping students to awaken proprioceptive facility progressively and gradually. Given that 36 out of 100,000 people have this disease, there are large populations that Yoga Therapists can service. The medical and physical therapy community is helped by our contributions with these patients, particularly with their physical pains and mental anxiety associated with neurological degeneration. *Yoga Tune Up®* is recognized by Dr. Avrom Gart, Director, Pain Management

and Rehabilitation Medical Director, Cedars-Sinai Spine Center for it's efficacy with CMT: "I have seen firsthand how pain and neuromuscular dysfunction can be drastically improved with *Yoga Tune Up®*. The method sensitively accommodates each individual's personal needs. This is not a cookie cutter approach, but an incredibly intelligent rehabilitative format."

CIC #1D: Adapted Yoga Therapy Program for People with Kyphosis: Indications and Contraindications in Treatment Procedures

Gill Solberg (Ph.D) Clinical Kinesiologist

Department of Human Movement Studies, Kibbutzim Collage of Education, Tel Aviv, Israel.

Objective: This presentation focuses on a comprehensive integrative approach to treating hyperkyphosis. Its purpose is to expand and enrich the use of Yoga asanas both therapeutically and in regular activity for improving postural patterns in daily functioning. The presentation delves into the anatomy and kinesiology of the musculo-skeletal system, and reviews common possible causes for kyphosis. The material is based on research data underpinned by contemporary professional literature, and details therapeutic applications utilizing adapted Yoga Asanas.

Teaching methods to be utilized: Clinical case-study video, combined with a didactic PowerPoint presentation using original high-level interactive animations focusing on the kinesiology of Yoga.

Description: In the continued search for the etiology of hyperkyphosis, Yoga therapists began to recognize the multifactorial nature of the problem and the difficulty in establishing an accurate definition of "posture norms".

Since this problem depends on a plethora of causal factors, the presentation will set down some of the basic information needed by Yoga therapists. The material is organized in a way that facilitated an easy integration of the theoretical and the practical aspects in therapy.

How the work will benefit the interest Community: Yoga teachers recognize, respect and even like to deal with postural disorders, but too often without the theoretical basis necessary for constructing a responsible, controlled therapeutic regimen. The presentation will contribute important practical tools, with regard to the following questions:

- How to diagnose kyphosis?
- What are the common kinesiological chain reactions in yoga practice?
- What are the main causes for this disorder?
- What are the contraindications in treatment?
- What are the recommended yoga asanas and needed adaptations?
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CIC #1E: Adapting Asana to Facilitate Healthy Connective Tissue

Anita Boser, LMP, CHP, RYT

Issaquah, Washington, USA

Keywords:

asana, fascia, connective tissue, samskara, proprioception

Objectives: Deepening the experience and therapeutic benefit of asana is possible by including variations that address the connective tissue matrix, also known as fascia. This three-dimensional support for the annamaya kosha connects all parts of the body and links to the pranamaya, manomaya and vijñanamaya koshas. Distortions in fascia often diminish proprioception and underlie common conditions such as back pain and carpal tunnel syndrome. By understanding how this matrix works, yoga therapists can modify asana to prevent injury and benefit their students' unique circumstances.

Teaching Methods: Description with visual aids, interactive demonstration and participant movement.

Description: Repetitive movements and injury create snags in connective tissue which inhibit movement and awareness, thus increasing the chance of future injury. These patterns, samskara, are held in the tissues as well as the nervous system. Even a regular asana practice creates its own samskara and locks the body into a holding pattern. Current research is showing that our knowledge about how the body works must be updated to include an understanding of the three-dimensional sheets and tubes that transmit force and information throughout structure. Simple modifications to asana can free fascial sheaths, improve range of motion, and facilitate transformation. We will identify key fascial structures and dysfunctions that are affected by asana then explore variations to provide release. This type of practice nourishes connective tissues, engages places in the body that have been idle and increases proprioception.

Interest to the Teaching Community: Knowledge of how to adapt asana to improve the condition of connective tissue will give teachers of all lineages and student populations a tool to work with samskara and reduce the risk of injury in yoga practice.

CIC #1F: Pediatric Asana Practice Screen: A Tool to Assess Physical Transformation through Yoga for Special Needs Children.

Chrys Kub, PT, ERYT 500

BalancedBody Yoga Therapy, Charlotte, NC

Keywords: pediatrics, special needs, yoga, disabilities

Objective: As a yoga teacher and a yoga therapist, we frequently provide therapeutic yoga in a group setting. Many times, it is difficult to know the abilities and limitations of our clients' physical bodies prior to beginning our group yoga therapy sessions. This presentation describes an Asana Practice Screening tool for children with physical disabilities caused by hypotonia, hypertonia and progressive disorders. Through this tool, the therapist can quickly assess their client's overall strength and flexibility abilities

and limitations which provides valuable information to utilize in offering modifications and enhancements for the students in the therapeutic yoga class.

Teaching Methods: A brief didactic PowerPoint description followed by a practical demonstration of some of the assessment tools.

Description: In leading therapeutic yoga classes for children with physical disabilities, it is extremely helpful to perform a brief assessment prior to the students entering the class to provide more information to the therapist in order to more effectively help address the student's individual needs. An objective measurement of flexibility and strength prior to entering the yoga series, followed by the same assessment at the completion helps to quantitatively measure the benefits of therapeutic yoga for this population. It provides a valuable tool for the therapist in assuring safety and effectiveness of the yoga practice for each individual student. This also provides a measure of variables which may be useful in future research of the benefits of yoga for this population.

Interest to the Community: This screening can be administered easily by yoga instructors and yoga therapists to provide them with objective information about their student's abilities and limitations prior to an asana practice. Many wellness centers, yoga studios and hospitals offer group therapeutic yoga classes for people with health and mobility issues. As children with physical disabilities reach elementary school age, they frequently no longer receive physical therapy, however would benefit from the holistic approach of yoga to help them live with their disability. This asana screening provides a useful tool for the yoga teacher and yoga therapist to assist them in better serving this population and measuring the objective changes from the yoga practice.

Common Interest Community 2: Physiological

CIC #2A: A Yoga Therapy Approach to Rheumatoid Arthritis: Reducing Stress, Managing Fatigue and Building Strength/Stamina with Pranayama and Breath-Based Asana

Aggie Stewart, MA, RYT, YT in training

Breath of Life Yoga Therapy, North Kingstown, RI

Keywords: Yoga, rheumatoid arthritis, fatigue management, stress reduction, breath-based asana, pranayama, structured writing.

Teaching Methods Utilized: A brief didactic powerpoint presentation.

Description: The fatigue, progressive deterioration of joints, and general weakening brought on by rheumatoid arthritis can disable an individual on every level of her/his being, limiting activity and relationships and altering the shape and course of the person's life. Rooted in the yoga tradition, the practice of yoga therapy offers powerful tools to help someone with RA live well

and remain more fully engaged in life with greater comfort and ease. In this case study project, stress reduction—physical, mental, and emotional—through breath awareness, breath adaptation in asana, pranayama, and lifestyle changes, comprised the common thread in the yoga therapeutic approach I took to helping participants reduce pain and inflammation and improve ROM, stamina, and strength. Structured writing exercises, while not a traditional yoga tool, provided focal points for reflection and supported positive shifts in participants' relationship to their condition, which further reduced stress and increased energy and a sense of well-being.

How the work will benefit the interest community: RA is a complex autoimmune condition that expresses itself uniquely from one person to the next and is challenging to manage. The breath-centric approach I took to working with individuals with RA had a positive, observable impact on their physiology and seems to hold tremendous promise for helping those with RA live more joyful and engaged lives.

CIC #2B: Clinical Strategy When East Meets West: Osteoporosis as a Case Study

Jerry Landau

Well Within Center for Yoga & Health, Madison, WI

Keywords: yoga therapy, therapeutic models, osteoporosis

Objective: To explore how basic science research influences clinical protocol, and clinical outcomes influences basic science research. Through this exploration, to develop a framework for applying the yogic models to determine appropriate treatment goals and actions. Using the near-epidemic of osteoporosis, use this process to expand our perceived treatment options and result in more individualized protocols and possibly more effective outcomes.

Teaching Methods: Didactic PowerPoint presentation

Description: As emphasis on evidence-based therapy increases, there is a tendency to misidentify scientific knowledge with reality rather than as a model of reality. The question arises of whether we should focus on finding scientific evidence to justify yogic models, or focus on outcomes studies of the use of these yogic models. Rather than either/or, these models can be used in a complementary fashion, with the western science helping guide the use of yogic models, and the results of outcome studies helping guide the refinement of the western scientific model of the body.

An iterative process for determining an appropriate therapeutic intervention will be explored through the example of osteoporosis. In previous SYTAR presentations the use of asana to increase muscular strength, flexibility, and balance to reduce the risk of low-impact fractures has been demonstrated. We will take a step back, review evidence of osteoporosis as a multi-factoral systemic condition affecting multiple koshas, and identify many of the lifestyle factors we might consider as yoga therapists, including diet, exercise, and stress management. We will then explore the panchamaya model and ayurveda as guides to creating lifestyle modifications, including integrated yoga practice combining asana, pranayama, chanting, and meditation. We will end with discussion of questions that have already been investigated, and

those that have not even been asked yet, but are ripe for further study.

Interest to the Community: The goals and strategies developed for improved bone health are useful for working one-on-one or in a group setting. The general principles discussed are useful for developing effective treatment protocols for many conditions, and for determining goals for future research studies.

CIC #2C: The Effects of a Traditional Yoga-Meditation Technique on Cardiovascular Disease—A Systematic Review

Robert Schneider, MD, John Salerno, PhD, Sanford Nidich, EdD, Maxwell Rainforth, PhD, Carolyn King, PhD, John Hagelin, PhD.

Center for Natural Medicine and Prevention, Maharishi University of Management Research Institute, Maharishi Vedic City, Iowa

Keywords: Transcendental Meditation, Cardiovascular disease, stress reduction

Objective: Meditation is the pillar of yoga therapy. The objective of this presentation is an updated systematic review of empirical data on the effects of the Transcendental Meditation (TM) program on cardiovascular disease (CVD) risk factors, morbidity and mortality.

Teaching Methods: Powerpoint presentation of key results from the physiological investigation of Transcendental Meditation—Yoga-Meditation technique

Description: Controlled studies, predominantly randomized controlled clinical trials, utilizing the Transcendental Meditation (TM) program have been published on CVD risk factors, morbidity and mortality including: 1) decreases in both systolic and diastolic blood pressure including two recent meta-analyses, 2) reduced use of tobacco and alcohol, 3) lowering of high cholesterol and lipid oxidation, 4) reduction in insulin resistance, 5) decreased psychosocial stress including anxiety (meta-analysis), anger and depression, 6) reduction of myocardial ischemia, 7) prevention of left ventricular hypertrophy, 8) reversal of atherosclerosis, 9) functional improvements in congestive heart failure patients, 10) long term reduction of CVD-related hospitalizations, 11) long-term reduction of CVD and all-cause mortality, and 12) long-term reduced health insurance utilization overall and for CVD, in particular. Further research on the underlying physiological and biochemical mechanisms for cardiovascular improvements have been investigated. These mechanistic studies indicate that many of the CVD-related benefits of regular TM practice may arise from the normalization, restoration and rebalancing of the autonomic nervous system (e.g., reduced sympathetic hyperactivation), and neuroendocrine systems including the hypothalamic pituitary axis (HPA) whose normal functioning has been disrupted due to chronically high levels of accumulated stress.

Interest to the Community: This systematic review of objective physiological research on this Yoga-Meditation practice (Transcendental Meditation) should enhance acceptability in both clinical and institutional settings as well the general community.

CIC #2D: Yoga for MySelf: Yoga Therapy for Multiple Sclerosis Centered upon the Individual, not the Disease

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EquiLibrium Thai Massage & Yoga Therapy, Bloomington, IN

Keywords: yoga therapy, Multiple Sclerosis, MS yoga

Objective: This presentation is an overview of our work with MS (Multiple Sclerosis) clients. It is a straightforward, common-sense approach to yoga therapy which can be most beneficial to those with MS when the larger picture is taken into consideration. Isolating and emphasizing a specific symptom or disability leads to tension, worry, and lack of confidence, whereas increasing broad-spectrum awareness patterns, simple breathing exercises and adaptive poses bring client engagement and self-reliance.

Teaching Methods: A general summary of primary concerns related to yoga and Multiple Sclerosis based upon professional experience and feedback from clients; practical demonstrations with audience participation to highlight MS-related issues in yoga and emphasize the need for open-mindedness; dynamic Q&A session

Description: Multiple Sclerosis is a complex, multifaceted autoimmune and neurological disease. It is currently the leading cause of disability in young adults, and the third leading cause overall of disability in the US. Symptoms are varied, ranging from imperceptible (benign MS) to profound (Devic's syndrome), and may include cognitive impairment, gait disturbances, paralysis, pain, muscular contracture and spasms, abnormal sensations (paresthesias), and severe depression. Clinical assessment and terminology tend to depersonalize our attitudes and outlook when working with special groups; the purpose of an MS yoga therapy session should be to focus upon the human being before us, not solely the disease or condition. *Yoga for MySelf* is not a 'yoga prescription' for MS, but rather an open-minded approach to yoga therapy that gives the client confidence, self-awareness, and a willingness to help themselves.

Interest to the Community: New and experienced yoga therapists may benefit from a more soft-focus perception of their work, rather than viewing their clients as clinical cases to be solved. MS can be daunting to work with if one forgets that the person in front of us essentially has a body like any other... except that it has much more to say!

CIC#2E: Introducing Yoga to Older Adults: Meeting Seniors Where They Are Safely and Effectively

K. Carson,¹ and C. Krucoff²

1 Oregon Health & Sciences University, Portland, Oregon

2 Duke Integrative Medicine, Durham, North Carolina

Keywords: Yoga, seniors, osteoporosis, arthritis, heart disease, joint replacement

Objective: We are on the threshold of one of the greatest sociological shifts in history—an aging population boom. As increasing numbers of older adults begin yoga late in life, yoga instructors

need to be prepared to teach them safely and effectively, since the average senior in America is sedentary, has at least one chronic medical condition and often faces numerous health challenges such as artificial joints, osteoporosis, arthritis and persistent pain.

Teaching Methods to be Utilized: PowerPoint presentation and brief practical demonstrations

Description: Western medical science offers a wealth of knowledge in the arena of aging and disease, but many yoga teachers have limited access to this valuable input. In 2007, we launched the Therapeutic Yoga for Seniors program to fill a critical need to help yoga instructors work safely and effectively with the increasing number of older adults coming to yoga classes. Our goal is to combine the best of modern, evidence-based medicine with the ancient wisdom, experience, and tradition of yogic teachings. In 2010, we highlighted the most important elements in reducing risk and enhancing effectiveness when teaching yoga to older adults in an article co-authored with several Duke colleagues, published in the *Journal of Alternative and Complementary Medicine* entitled, "Teaching Yoga to Seniors, Essential Considerations to Enhance Safety and Reduce Risk in a Uniquely Vulnerable Age Group." Drawing on this experience, we will present an overview of the most common ailments affecting older adults, including osteoporosis, heart disease, arthritis, pulmonary disease, chronic pain and joint replacement. We will offer an introduction to the evidence-based movement precautions and considerations essential for teaching yoga to people with these specific health challenges. In addition, we'll present our approach for *how* to teach older adults, codified in our "Principles of Practice."

How the work will benefit the interest community: Evidenced-based guidelines for safe movement in people with ailments common to older adults (including osteoporosis, arthritis and heart disease) are not commonly part of yoga teacher trainings. Yet understanding these practices is essential to ensuring the safety of our students as well as to enhancing the credibility of our emerging profession within Western medical settings.

CIC #2F: A Preliminary Investigation of Tactile Acuity in Long Term Yoga Practitioners

Mary Flaherty, Ph.D.

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Key Words: Tactile acuity, yoga, two point discrimination

Objective: Yoga has been shown to relieve chronic lower backache. Tactile acuity can reflect the functional organization of the primary sensory cortex. Two point discrimination (TPD) thresholds provide a clinical signature of the receptive fields represented in the primary sensory cortex. TPD is larger in patients with chronic lower back pain, with decreased tactile acuity in the back and smaller in participants of novel training paradigms, such as Tai Chi, with increased tactile acuity in the fingertips. This study investigated the possibility that the reason yoga helps to relieve chronic lower back pain is because it changes the physical signature of the back in the primary sensory cortex. This can be measured

with tactile acuity at the back. The objective of this study was to examine tactile acuity using TPD thresholds in the lower back in long term yoga practitioners and to compare their proprioceptive acuity with a sample who exercise regularly, but did not practice yoga and a sedentary group who did neither exercise nor yoga.

Teaching Methods to be utilized: A brief PowerPoint presentation describing the methodology and results of the study, followed by an interactive discussion.

Description: Twenty long experienced practitioners of yoga, 20 age and gender matched healthy controls who exercise (with weights and aerobic exercise) and 20 age and gender matched sedentary healthy controls participated in this cross sectional study. Tactile acuity at the back was assessed using TPD thresholds. It was hypothesized that TPD would be larger in the exercise and sedentary controls than in the yoga practitioners.

How the work will benefit the interest community: Yoga is an intervention that works for many who suffer from chronic lower back pain. The reason for this may be enhancement of the primary sensory cortex organization, mirrored in superior tactile acuity with long term yoga practice. Tactile acuity in the back relates to voluntary lumbopelvic control (Luomajoki & Moseley, 2009), and is lower in patients with chronic lower back pain. Training in yoga may not only help the recovery process of chronic lower back pain but may, more importantly act as a preventative measure in maintaining normal motor performance. This study may clinically relevant by raising the possibility that yoga may be both a useful preventative and rehabilitation tool for back pain in particular and for movement retraining in general.

Common Interest Community 3: Mental, Emotional, and Spiritual

CIC #3A: Holistic and Creative Aftercare Groups for Women in Early-, Mid-, and Late-Stage Recovery from All Addictions (Alternative to 12-Step)

Alison B. Costa, LMFT, RYT

*RecoverYOURspirit, San Anselmo and San Francisco,
California*

Objective: Recovery from all addictions (e.g alcoholism drug addiction, gambling, sex, co-dependence, eating disorders, abusive relationships) and co-occurring mental health disorders requires self-discipline, self-discovery and a renewed connection to one's mind, body and spirit. This support group - RecoverYOURspirit offers an alternative to 12-step meetings; promoting self-esteem, practice in living mindfully, stress reduction, improved communication and expanded intimacy with others; development of effective personal habits, reduction of body tension and stress to support relapse prevention; development of joyful ritual and a sacred space for everyday living.

Teaching Methods to be Utilized: A brief didactic PowerPoint presentation and handouts. Attendees will participate in a RecoverYOURspirit group process utilizing Yoga therapy, 12-Step and psychotherapy techniques with discussion and feedback.

Description: Drop-in Aftercare support groups provide recovering women the option to attend a holistic treatment as an adjunct to their recovery process (e.g. attending 12-step meetings, psychotherapy.) Hatha yoga, meditation, pranayama, use of mudras, journaling, guided imagery, dance and interactive psychodynamic practices are utilized in each 1 ½ hr. group session. Groups are developed to help foster new ways of living and insight; uniting mind, body and spirit, reducing triggers and dependencies to negative physical, mental and emotional cues; increase mental concentration, minimize negative self-talk; find joy and healthful personal habits and awaken to one's true nature.

Interest to the Community: Over fifty percent of individuals with addictive disorders suffer co-occurring mental health illnesses. Dual diagnosis individuals are at a higher risk for suicide; family or intimate relationship stressors; isolation and social withdrawal; financial problems; employment or scholastic obstacles; other high risk behaviors associated with addiction (e.g. driving accidents, child abuse, domestic violence, medical illnesses, multiple admissions to hospitals, psychiatric care, legal problems.) Yoga therapy in a supportive holistic group setting promotes emotional re-balance, behavior and cognitive modifications, which have proven to strengthen relapse prevention and promote clean and sober living choices.

CIC #3B: Yoga for releasing trauma and chronic tension in the psoas

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Phoenix, Arizona

Keywords: psoas, trauma, ptsd, yoga, stress, chronic tension

Objectives: (a) Participants will be able to discuss how the brain perceives stress and restores equilibrium through tremoring to discharge excess tension. (b) Participants will be able to identify muscles involved in storing and releasing tension from trauma. (c) Participants will learn simple yoga poses to induce the tremoring mechanism and release the psoas.

Teaching methods to be utilized: The neuromuscular patterns that communicate the stress response will be explained in a PowerPoint presentation. (attached). Following the presentation will be a demonstration of yoga poses that release tension in the psoas which help initiate the tremoring response. By tremoring, the mind- body will be restored to balance and relaxation.

Description: Trauma Release Yoga is a gentle effective technique that facilitates the lengthening and relaxation of the psoas muscle to release physical and emotional tension, stress and trauma. Through gentle shaking the nervous systems discharges long held tension or unconscious muscle contraction in to order to restore the body to wholeness. Trauma Release Yoga is based on the work of David Bercei (TRE) and Liz Koch.

Yoga poses that focus on strengthening and stretching the psoas, trigger the shaking response and release emotional tension

held in the psoas. The psoas muscle stores emotional stress from trauma. This trauma may be severe as in PTSD, physical injury or violence; chronic stress from unhealthy relationships and work environments; and societal stress/fears – economic downturns, daily news reporting, etc. When this trauma is not discharged chronic muscular tension, emotional pain and tensions will result. Yoga poses help to release excess tension and restore equilibrium to mind and

How the work will benefit the interest community: This practice is of interest to everyone wanting to feel better, to release stress and to develop a personal wellness practice that does not depend upon drugs, insurance, or expensive therapy. Yoga instructors, therapists, and body workers will have another safe technique to help their clients. This practice combines both mind and body through yoga where other forms of treatment focus on one or the other. The simple yoga poses are appropriate for most levels of fitness and experience.

CIC #3C: Yoga Therapy for Mood Disorders in Fibromyalgia

Janet Hennard, MA, RYT-500, CYT

Bright Path Yoga, Plano, Texas

Objective: Persons with fibromyalgia (FM) often need a specialized yoga approach compared to the general population, for each of pranayama, asanas and meditation. We will discuss and experience practical yoga tools that have been shown to help decrease mood disorders in FM.

Teaching Methods: A brief PowerPoint presentation will introduce FM and recent research on its underlying causes. We will experientially explore pranayama and asana with affirmations as well as at least one meditation technique effective with FM symptoms of anxiety and depression.

Description: Fibromyalgia is a disorder characterized by chronic musculoskeletal pain and tenderness, stiffness, fatigue and sleep problems. Mood disorders are also common, with one-third of FM sufferers experiencing anxiety and more than two-thirds having lifetime depression, according to clinical research. With research of the last 20 years indicating that FM symptoms are likely the result of a hyper-aroused nervous system, yoga and meditation are gaining interest as effective complementary and alternative medicine (CAM) tools for helping to calm and balance the nervous system in FM sufferers. We will look at common symptoms of FM and the circumstances that have led many FM sufferers to seek CAM solutions. We will also briefly review the results of my 8-week yoga and meditation workshop with FM participants, which showed significant improvement in several FM symptoms, including anxiety and depression. (These results are part of an article forthcoming in the 2011 *International Journal of Yoga Therapy*.) Participants will learn and experience why certain pranayama techniques are more effective than others in anxiety with FM, how to use affirmations with asanas that help to lift the spirits, and meditation techniques most effective in helping to relieve FM symptoms of anxiety and depression.

Interest to the Community: As the medical community increasingly accepts the validity of FM, yoga therapists may be called upon to provide adjunctive therapy for the emotional as well as physical symptoms of FM.

CIC #3D: Yoga and Ayurveda for Weight Loss: Psychological and Spiritual Mechanisms

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Keywords: yoga, Ayurveda, weight loss, psychological and spiritual health

Objective: Nearly 70% of Americans are overweight or obese, with conventional treatments demonstrating poor long-term efficacy. Yoga is the most broadly employed complementary and alternative modality for weight management in the US, while Ayurveda is a promising whole-system treatment approach. By considering all constituents (e.g. psychological, social, spiritual, and behavioral) contributing to individual symptom profiles, these practices are uniquely situated to address the complex etiology of overweight/obesity. This presentation will review the wave of emerging research on yoga for weight management, with an emphasis on theorized spiritual and psychological mechanisms. To demonstrate applications of clinical research, preliminary research outcomes and program details of a community-based Yoga and Ayurveda-based Weight Loss (YWL) program will be shared. The YWL project was sponsored by the Institute for Extraordinary Living (IEL), an organization devoted to studying the impact of yoga on various domains of mental and physical health.

Teaching methods: Didactic presentation followed by experiential demonstration of yoga techniques employed in YWL intervention.

Description: YWL was a 10-week, twice-weekly program targeting overweight and obese, middle-aged women. Two iterations were performed with an average class size of 17. Program structure was 65% yoga and 35% didactic/experiential instruction on yoga philosophy, Ayurveda, stress management, social support, and more. Program participants reported psychological benefits eclipsing weight loss, with qualitative data yielding rich insight into spiritual changes. General program structure and content will be shared, along with key learnings and quantitative and qualitative research results. The presentation will conclude with a brief experiential exercise of yoga techniques employed during the program.

Interest to community: Given the pressing societal concern of overweight/obesity, yoga and Ayurveda appear highly promising technologies for restoring homeostatic balance and optimizing psychological and spiritual health. The principles underlying YWL represent a paradigm easily employed in any community or therapeutic setting. By providing an overview of existing research, details of YWL program content, anecdotal reports, and applied techniques, this presentation will cover the full spectrum for those interested in conducting this and similar work in their communities.

CIC #3E: Restorative Yoga as an Adjunct Treatment for Eating Disorders

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Saratoga Counseling & Yoga Therapy Center, Saratoga Springs, N.Y.

Keywords: Restorative Yoga, Eating Disorders

Objective: Eating Disorders affect up to 24 million Americans and 70 million individuals worldwide. Currently, the standard treatment involves a combination of therapies including psychotherapy, dialectical behavioral therapy, nutritional services, group and family interventions. However, these interventions are effective in only 50% of cases. Many treatment programs are now recognizing the importance of addressing an integrative approach to treatment and are now exploring and including alternative therapies such as yoga, mindfulness, visualization and spiritual connection. Yoga has proved to be a promising adjunctive treatment. There are no known studies to date specifically involving Restorative Yoga. I would like to propose that due to the comorbid conditions that Eating Disorder patients present with, such as high levels of anxiety, trauma, and ongoing high arousal states, that Restorative Yoga can help to lower their arousal state, increase levels of relaxation, improve quality of life and promote heightened awareness, connection and body satisfaction.

Teaching Methods: A verbal presentation of the structure of the group, asana utilized, as well as delivery method.

Description: This group was developed to serve patients at a Partial Hospitalization Program at Four Winds Hospital in Saratoga Springs. Participants were adults ages 18 and over with a primary Eating Disorder diagnosis according to DSM-IV-TR.

As the instructor of the class, I educate the patients on the benefits of restorative yoga, providing structure and a sense of safety. Patients are informed that they are free to release from a posture at any point should they feel unsafe or uncomfortable.

I begin the practice with participants engaging in a centering and calming 2:1 breath where the exhalation is double the length of their inhalation. They are guided through a centering meditation focusing on noticing what is showing up for them in the moment on the physical, mental and emotional levels. They are then guided to set an intention for their practice (sadhana). Participants are given props used for the set-up of the postures along with extra props such as blankets and eye pillows that are optional and left at their discretion to add to a posture if they wish to create more comfort and aid in decreasing sensory stimulation further (pratyahara). The sequence of postures was developed with the intention of increasing apana, the downward, cooling energy in the body. Postures are arranged in a sequence of closing and opening. Throughout the class a verbal dialogue is used that is meant to increase awareness and self-reflection in the moment. The practice ends with a guided integrative meditation.

Interest to the Community: Eating Disorders are a widespread, chronic illness that cannot be addressed by one discipline alone. Research has shown more and more the importance of an integrative approach to treatment, especially incorporating Hatha Yoga. To date, there has been no research study specifically focused on the

benefits of Restorative Yoga for this population. This program proposes using Restorative Yoga as one method in the treatment mix as a way to ease anxiety levels and support healthy mind/body connection and awareness. The postures are accessible to all and gentle enough even for the severely afflicted. Therefore it can reach a wider group and benefit inpatients as well as the outpatient population.

CIC #3F: Yoga and its Therapeutic Use in Hypertension

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Keywords : Hypertension, Yoga, Manomaya kosha

Objective: The scope of the present study is threefold (i) Cause of Hypertension from medical and yogic viewpoint including psychological and pranic influences, lifestyle, stress and heredity (ii) Managing hypertension effectively and proving yoga as a permanent cure to this silent killer disease (iii) structured yogic technique proposed by Bihar school of Yoga to curb hypertension.

In contradistinction to other studies, this paper gives holistic approach to cure hypertension including Ayurvedic and naturopathic techniques evolved by world renowned yoga exponent Baba Ramdev.

Teaching Methods: With the help of Visual aids and practical exercises on pranayama and asanas, community people can be made to experience.

Description: A study proves that Manomaya kosha and Vigyanmaya kosha are affected by stress causing the psychosomatic disease hypertension. Mind is the basis of hypertension for it controls our personality, lifestyle and habits. Hypertension is the outcome of long term nervous hormonal and pranic imbalance which in turn causes the adrenal glands to secrete excess adrenaline and noradrenaline. Also brain controls the autonomic nervous system which regulates the blood pressure. When it is imbalanced due to higher and more subtle disturbances, we get hypertension through excessive sympathetic stimulation.

So yogic classification involves all three—mental, pranic and physical causes which would be under the scope of this paper.

Interest to the community : Every healing system or pathy must be evaluated for its constructive and creative side so as to eliminate the negative aspects to incorporate useful, practical ideas into a more complete system. We should not be confined to one system or method. There is no 'right' system; whatever works on a particular person can be used to eradicate the disease. Yoga has its main advantage that it is a self healing philosophy. Whereas other systems of healing like allopathy, homeopathy help to reduce blood pressure during acute crisis, there is no healing method outside yoga that can keep the blood pressure down over a long period of time. Only yoga gives us the means to remove the root cause, reorder the pain, rebalance the endocrine system, calm the mind, pacify the emotions and regenerate the pranas.

This information needs to be disseminated in communities and they can be relieved of hypertension, awareness of Yoga therapy in the community will be increased when the members practice and promote.

Common Interest Community 4: Mental, Emotional, and Spiritual

CIC #4A: Contemplative Practices in Higher Education

Mary Lynn Colosimo, PhD

Associate Professor of Psychology, Trinity Christian College,
Palos Heights, Illinois

Keywords: contemplation, mindfulness, meditation, yoga, deep listening

Objective: To be fully present in the process of learning and teaching and to be fully awake to what is present in each moment is the foundation of this proposal. In rediscovering early practices of paying full, deep attention to the world within and to the world outside of ourselves, our students find ways to make learning more meaningful and education more integrated. These contemplative practices are what Thomas Merton called “the highest expressions of man’s intellectual life.”

Teaching Methods: A PowerPoint description followed by a practical demonstration of some practices will be offered.

Description: Contemplative practices allow our college students the opportunity to balance educating the mind with educating the heart. The heart of higher education has something to do with connecting all the meaningful parts of being human to the increasingly important challenge of how we live together in our time on earth. This presentation will consider ways to restore calm and balance into the lives of students. Our students have evaluated our various ways of centering and grounding and have noted that they are important in their lives. The areas of mindfulness, meditation, yoga, deep listening, silence, Lectio Divina, contemplative writing, and building sacred spaces has offered important ways of finding beauty and joy in everyday things, cherishing life, and feeling the interconnectedness of the universe.

Interest to the Community: This program can be easily replicated in communities to serve not only college students, but in awareness of contemplative practices in the greater community.

CIC #4B: Natya Yoga

Aparna Ramaswamy, LCPC, Ph.D.

student (Natya Yoga)

Objective: My objective is to share the *natya* (dance) way of yoga - connecting self and universal Self. As a dancer and psychotherapist, my objective is to re-vision Bharatha Natyam (Classical Indian dance) as Natya Yoga and reclaim its healing experience. In this

presentation, my objective is to share with observing participants the essence of *natya*, which is *rasa*. *Rasa* is the experience of non verbal, emotional dialogue between the dancing self (*Jivatma*) and the cosmic self (*Paramatma*), wherein both Self are experienced. *Ananda* is the joyful / blissful quality of *rasa*.

Teaching methods utilized: Experiential

Description: Bharatha Natyam is an interpretive story telling dance form from Southern India—it is *Natya yoga*, when the focus shifts to awareness of the inner experience of dancing self. I experience dancing as percussive with precise feet movements and stamping; fluid in its body movements; vigorous in arm movements; expressive with sophisticated hand gestures; emotional in the dancer’s experience of the song and communication with facial expressions. Watching a dancer perform a rhythmic dance that is synchronized with the music, the audience has the same multisensory experience as the dancer—their senses are completely engaged with the melody and rhythm and their eyes are mesmerized in following the dancer’s movements. Once engaged, the dancer and audience are immersed in a meditative experience of dancing. The experience of dancing by dancer, audience and their engaged interaction leads to yet another level of *rasa* and this is the purpose of *natya*.

The immersion in *rasa* creates *ananda*, an experience of oneness where the boundaries between self and larger Self merge into the wholeness of dancing experience.

Time permitting this interactive presentation can also include active participation by audience in sampling the meditative experience of *rasa* in *natya*.

Benefit to community: It presents a new perspective on yoga, as inclusive of creative arts, dance, and music. It suggests that experience of self can be through active and dynamic meditative practices, in addition to quiet forms of meditation. It expands practice of yoga.

CIC #4C: One Spirit, Many Ways to Hear the Call: Shema Meditation Through the Chakras

Robin Rothenberg, Certified Yoga Therapist

Essential Yoga Therapy, Fall City, WA

Keywords: Shema, Chakras, Judaism, Yoga

Objective: To share the weaving of the most sacred prayer of Judaism: The Shema, through the chakra system. The combination of chanting and meditating on each of the six words of the Shema while linking them to the chakra centers is an invitation to open to an experience of *bhakti* that honors the Jewish tradition and embodies the essence of the prayer in a deeply energetic way. This process demonstrates the power of linking the teachings of yoga with a client’s own authentic spiritual ‘language’ to manifest a prayerful practice that supports deep healing.

Teaching Methods: Experiential. Guided Mantra and Meditation Practice.

Description: *Shema Yisrael Adonai Eloheynu Adonai Echad* –*Shema* literally means “Listen”. This prayer is a call to listen inward and experience God as the many and God as the One, even within our struggles or moments of doubt. Each of the

six words of the Shema when connected with the chakra centers invokes a deeper understanding of both the prayer and the Oneness of our Being. This practice was inspired while I was teaching yoga in Israel with a study group from my congregation. It ignited within me the realization that my authentic spirituality is communicated bi-lingually. While the Yoga Sutras inspire me to live an integral and conscious life, Hebrew resonates in my very Jewish soul. Feeling called to return to my spiritual roots, I have spent the past two years training in Jewish Spiritual Direction. This program has supported my work as a yoga therapist, giving me more confidence to converse with clients about their own relationship with God, Spirit and Soul and to be able to bridge the perceived gaps between Eastern and Western orientations to faith.

Interest to the Community: The experience of bhakti is personal and unique to each individual and our capacity to heal is greatly influenced by our connection to the Divine. The more authentic we are with our own spiritual practices, the more we can model and support our therapeutic clients in connecting to theirs. This practice is merely an example of one way bring healing to body, mind and soul through yoga while drawing lovingly from ancestral roots.

CIC #4D: The Tantric Kosha model, Chakras and Yoga Therapy Interventions

Maetreyii Nolan PhD, ERYT

Ananda Seva Mission Guru Kula Institute, Santa Rosa, CA.

Keywords: Koshas, layers of mind, chakra, yoga therapy interventions

Objective: To enhance students knowledge of the Koshas, or layers of mind, in the Vedic and particularly in the Tantric model, the function of each layer, the correspondence with chakras in the Tantric system, and the implications for using the Kosha knowledge in therapeutic interventions in yoga therapy. The presentation will detail the function of mind at each layer and yogic interventions one may utilize when working with issues that relate to the specific layer of mind.

Teaching Methods: A lecture followed by questions and answers

Description: This talk will give information on the Koshas and what each one actually does. It will also give information on how a yoga therapist might work with issues related to each kosha and makes therapists aware of the layered nature of the mind and how that impacts human experience. I teach this information twice a year at our Yoga therapy trainings as part of a two day presentation I do on yogic wisdom teachings and their relevance to Yoga therapy. I also teach this particular information once or twice a year at our Yoga Teacher Trainings as part of our philosophy section.

Interest to the Community: I believe it is important for yoga therapists to have a basic grasp of yogic understanding of the mind and how it can be the foundation for our yoga therapy practice. Deeper understanding of the Koshas, their relationship to the chakras and the layered nature of the mind can be vital to good yoga therapy practice. This knowledge needs to be more available to people in yoga therapy.

CIC #4E: Accessing Love, Wisdom, and Bliss Through Divine Feminine Embodiment

Laura Cornell, Ph.D., RYT-500

California Institute of Integral Studies and Private Practice, San Francisco, California

Keywords: Yoga, Love, Wisdom, Bliss, Divine Feminine

Objective: Many women (and men!) long for deep soul nourishment, as well as a place where they can connect with their inner knowing and have this powerfully affirmed. This presentation describes the Women's Wisdom and Yoga Circles I have lead for three years, which offer such a healing space.

Teaching Methods to be Utilized: I will briefly describe the circles, and then guide a movement experience to awaken the qualities of love, wisdom, and bliss.

Description: These circles combine a variety of practices including sangha (community and sharing), sound and mantra, sacred dance, sahaja (spontaneous) movement, asana, visualization, journaling, telling sacred stories, and puja ritual.

Participants report receiving important guidance for their lives. They also report feeling more open-hearted, more connected to self and others, and more able to face difficult life circumstances with grace and compassion. Husbands report their wives returning home happier!

I have used these methods in groups ranging from three to 180 participants, and in mixed-gender as well as women-only contexts.

How the work will benefit the interest community: These methods may be readily adapted and integrated into a variety of settings, including ongoing Hatha Yoga classes, private yoga therapy sessions, and special events. These methods expand curriculum options for "regular" asana classes or Yoga therapy sessions. Teachers and therapists can add one or two elements to create meaningful experiences for their students and clients.

CIC #4F: Expanding Identity as a Way to Transcend it

Stephanie Sisson

The Samarya Center, Seattle, WA

Keywords: Yoga, identity, multi-dimensional, true nature

Objective: to explore an apparently paradoxical strategy for transcending identities and tasting our own true nature

Teaching methods to be utilized: Brief introduction of concepts and ideas, experiential activity and discussion.

Description: When attempting to help individuals experience their own true nature, we often focus on letting go of identities, which can seem very difficult or scary. A strategy of expanding our identity to embrace all of our aspects and potentials, however, can lead us toward our essence in a way that feels safer. In cultivating a more open view of who we are, we associate less with any individual part of our identity. This can be a step toward the realization that our true nature is something beyond all of these aspects. In addition, recognizing the vastness within

oneself can result in a sense of awe and connection with God. In this presentation, we will use a simple activity to experience this process.

How the work will benefit the interest community: Helping clients/students grasp or experience this essential insight in Yoga—that we are unchanging consciousness existing in a changing vehicle and world—can be difficult yet important. This presentation offers an approach that may be more accessible for many people. Rather than trying to let go of identity, we can expand our identity to encompass so much that we can't hold on to it anymore.

Common Interest Community 5: Business/Professional Development

CIC #5A: Stressed by the Business of Yoga Therapy? Transform your Business into a Spiritual Practice via Karma Yoga

Robert Butera, MDiv, PhD

YogaLife Institute and Comprehensive Yoga Therapy

Keywords: Karma Yoga, boundaries, spiritual practice, dharma

Objective: The goal is to help improve Yoga centers and Yoga Therapy practices increase their clients and decrease the yoga instructor/therapist's stress level. The goal will be to reframe the ancient concepts in a manner to hold true to the original intention while existing in the modern world. Introduce Karma Yoga ideas found in the *Bhagavad Gita*, *Karma Yoga* by Vivakananda as well as teachings from The Yoga Institute of Mumbai.

Teaching Methods: PowerPoint presentation, group discussion and reflective thinking to understand limiting beliefs and transform business stress into spiritual development.

Description: Discuss the views of Karma Yoga or Selfless Service in the context of a society that uses money as the exchange. Discuss how to remain ethical by connecting your personal dharma to elements of business. In this process, awareness of personal beliefs about business may be expressed and understood. Then, we will discuss how to transform a stressful aspect of business work into a spiritual perspective.

Interest to the Community: (1) The teachings of Karma Yoga are very valuable in terms of stress management and therefore health. These teachings are demonstrated in a fashion that others may use in their schools. (2) Many yoga practitioners have little to no business training and little to no choice but to be in business. And few yoga practitioners have the resources from Yoga for coping with the stresses of work. (3) The Karma Yoga branch of Yoga found in the *Bhagavad Gita* offers ways to find inspiration for paying the bills, sweeping the floors and marketing the sacred practice of yoga in an ethical manner.

CIC #5B: 5 Steps to Grow Your Yoga Therapy Practice

Jacob Griscom, CAS, Business Coach

Everyday Ayurveda, Nevada City, CA

Keywords: business development, sales, marketing, spiritual practice

Objective: Academic training and research in yoga therapy has continued to grow and develop, but as with many holistic health disciplines, including Ayurveda, business support and training that is specifically focused on the needs and values of yoga therapists is limited. Without this training and support, many yoga therapists struggle to develop sustainable practices and businesses, limiting their potential, their impact for their clients, and the enrichment of their communities. This presentation will adapt the principles of the successful 5 step Grow Your Ayurvedic Business program to the inner mindset and outer strategies that will support yoga therapists to be successful in business.

Teaching Methods: A PowerPoint presentation and engaged group coaching around the business needs and challenges of the yoga therapists in attendance.

Description: We have been teaching the 5 step Grow Your Ayurvedic Business system to Ayurvedic practitioners since September of 2010. Since then, over 200 Ayurvedic practitioners from around the United States, Canada, Europe, and Australia have purchased the Grow Your Ayurvedic Business ebook or participated in our 12 week program and ongoing group coaching, MasterMind groups, and one-on-one coaching programs. The programs and culture that we have built emphasize business planning, concrete high leverage action steps, inner growth and mindset shifts, and mutual support and accountability. The 5 steps include: 1) Know Your Market, 2) Build Your Program, 3) Build Your System, 4) Build Your Marketing, and 5) Grow Your Partnerships.

Interest to the Community: This system is an essential and concrete training in the most important steps for building a successful yoga therapy practice. With it, the vast majority of practitioners can be highly successful business owners and leaders in their communities. Without it, the majority of graduates from yoga therapy programs will continue to struggle or not feel empowered enough to even attempt to create a sustainable practice.

Common Interest Community: Business and Professional Development

CIC #5C: Yoga is my Health Insurance: An Image Campaign and a Progressive Business Model

L. Bailey-Kroll, MFA

Pratique Yoga, Pittsburgh, PA

Keywords: Yoga Therapy, Image Campaign, Business Model, Social Entrepreneurship

Objective: The Yoga Is My Health Insurance image campaign is designed to create a specific identity in the minds of key audiences

when they think of Yoga or Yoga Therapy. It utilizes paid advertising, education, media relations and other communications vehicles to send the same, coordinated message to those key audiences. Yoga Is My Health Insurance delivers a powerful and consistent message about the benefits of Therapeutic Yoga.

Yoga Is My Health Insurance recognizes a social problem as well as an emerging market and uses entrepreneurial principles to organize, create, and manage a program to create a coordinated and consistent message about the benefits of Therapeutic Yoga as well as offer the services that will lead to social change.

Teaching Methods: A 15-minute PowerPoint presentation.

Description: Yoga Is My Health Insurance is an image campaign as well as a progressive business model. The main aim of Yoga Is My Health Insurance is to further public awareness regarding the practice of Yoga Therapy. Yoga Is My Health Insurance is for 'more-than-profit,' using a blended value business model that combine a revenue-generating business with a social-value-generating structure or component. Services offered by YIMHI include on-site classes, lectures, and workshops. All offerings are created from evidence-based research that was proven effective. Yoga Is My Health Insurance communicates themes, which are common to all Yoga Therapy practices. The main educational points that were identified are: What is Yoga, Intro to Yoga Therapy, and a Personal Transformation story to inspire action.

How the work will benefit the interest community: Yoga Is My Health Insurance provides real material benefit to the Yoga Therapy community by bringing the consumer to a point where they understand what Therapeutic Yoga is. *This program can easily be integrated into existing business models as well as serve as a foundation for new ones.*

CIC #5D: A Yoga Therapist's Journey Working with the Cleveland Clinic

Judi Bar, ERYT-500

Lead Yoga Therapist Lifestyle 180 Program, Wellness Institute Cleveland Clinic, Cleveland, Ohio

Keywords: Yoga Therapist, Medical Institution, Compensation, Opportunities.

Objective: Due to the high prevalence of chronic disease and pain in our society, experienced yoga therapists are needed to work in hospitals; and major medical institutions. This presentation will outline the evolution of my journey as a Yoga Therapist within the Cleveland Clinic; and how I have integrated yoga therapy within a medical setting.

Teaching Methods: Didactic presentation with PowerPoint on working with the Cleveland Clinic as Yoga Therapist.

Description: This presentation will give examples of the integration necessary to work within a major medical institution and insights into the many avenues to pursue if you wish to teach classes/one on one sessions at a major medical institution. Personal observations, anecdotes, challenges, joys and accomplishments that I have experienced working at the Cleveland Clinic will be added. Contractor status, PRN, full-time pay status and job descriptions will be discussed.

Additional information will be given to the creation of the yoga program I designed for the Lifestyle 180 program, writing the teachers manual and teaching others to teach these classes. I will also describe my role and how I am utilized within the clinic. I will share the credentials and experience of the yoga therapists that I hire, and the characteristics of someone who might be suited to work within a clinical setting. I believe only experienced yoga therapists should work in the fast and changing environment of a medical setting.

Interest to the Community: Due to the high cost of health care and the escalation of chronic disease, more medical institutions will be looking to bring yoga and yoga therapy to their employees and patients. There is a growing need in the medical setting to blend the expertise of a yoga therapist with the care that medical institutions provide. The field of yoga therapy provides a natural progression to develop one's work in the medical setting. The Cleveland Clinic is committed to being proactive in wellness. As a result of my work I am being considered for a full time position.

Interested yoga therapists will gain a better understanding where to begin their journey within a medical institution and how to be compensated appropriately.

CIC #5E: Previewing Business Models for Yoga Integration in Curriculum and Industry

S. Szydlowski, P. Amato

Inner Harmony Yoga School, Scranton, PA; University of Scranton, Scranton, PA

Keywords: Yoga, Business Development, Operating Strategies
Objective: This presentation describes business models and strategies used to integrate yoga, meditation, guided imagery, and body scan into curriculum and industry. The various models described have been implemented to achieve financially viable yoga and meditation initiatives while meeting the needs of the consumer. The presentation will demonstrate effective processes, strategies, and lessons learned. The presenters will also discuss next steps and yoga product mix initiatives.

Teaching Methods: A brief didactic session using Powerpoint with questions and answers.

Description: The business models described in this presentation include, but not limited to, grants from the U.S. Department of Education, private consultative contracts, implementation strategies, and other revenue and business development related activities. Inner Harmony has designed various delivery methods for programs that inspires children, teachers, and parents to cultivate a sense of inner peace, confidence, and security that is not dependent on people, places, or situations.

Interest to the Community: The various business models and strategies can be replicated to achieve financially viable ventures. Knowing the limited operating budgets and cuts schools and businesses are faced with, the Inner Harmony Approach has designed various models for integration into the schools that can meet both the demands of the consumer as well as achieve a profit margin.

CIC #5F: Collective Conscious Communications: Integrating Intentions with Stories (Creativity) and Discipline to Affect Positive Change

Satjeet Kaur (Tammy Lee), RYT, PR Professional
Ayurdata Communications, Pemaquid Point, Maine

Keywords: business development, public relations, marketing, spiritual practice

Objective: Growing your business and growing your image go hand-in-hand, but how do you get from where you are to where you want to be? Marketing and business communications can seem like a daunting task, especially to individual practitioners who don't have the same resources as larger organizations with dedicated marketing teams. However, there are many things that we can do individually and collectively to attract the attention of the media and prospective clients. Using language to which yoga practitioners can relate, this session will 'unwind' the creative and strategic process of communications in the business of yoga.

Teaching Methods: A powerpoint presentation and engaged group coaching around the business needs and challenges of the yoga therapists in attendance.

Description: Ayurdata brings experience from the corporate world to the field of yoga therapy and the philosophy of yoga to the practice of business. Whether you are an individual practitioner, a researcher, or part of a larger program, the current healthcare crisis presents a major opportunity for yoga therapy to gain recognition and respect as a profession; it is up to us to meet the challenge. By learning and sharing with each other at events like SYTAR, by providing feedback to the Educational Standards Committee, and by getting involved in research, we are already making great strides as a profession. However, most of the time we find ourselves 'preaching to the choir.' The majority of consumers, hospitals and medical schools are still unaware of the benefits that yoga therapy has to offer. Here we will discuss new opportunities to collaborate and disseminate information that is both relevant to your individual business as well as to the millions of people who could benefit from yoga therapy for healing.

Interest to the Community: This session will inspire yoga therapists to communicate in ways that not only help their individual businesses, but also in ways that help our peers. By leveraging our resources, coordinating our efforts, forming partnerships, and applying conscious marketing communications, we have the potential to grow our profession and affect positive change in the larger field of healthcare.

Common Interest Community 6: Social Action

CIC #6A: Teaching Yoga to Incarcerated Individuals

Amy Rose Stabley, RYT 500
GOGI Yoga, Santa Monica, CA

Objective: To promote Yoga as a viable tool in the rehabilitation of incarcerated individuals.

Teaching Methods to be Utilized: A brief introduction to GOGI YOGA which includes 12 positive tools presented in the GOGI YOGA course manual, case studies, handouts, and a short demonstration.

Description: Being in prison or jail is all about perspective. Most people walk around locked up, controlled by their thoughts, memories, addictions, and fears. Then there are some, who are physically locked up, and find inner freedom as the women who participated in the activities of GOGI YOGA did. GOGI YOGA (getting out by going in) is part of a non-profit organization dedicated to the education and empowerment of incarcerated individuals. I had the privilege of teaching incarcerated women from 2008-2010 at Century Regional Detention Facility in Lynwood, CA. GOGI YOGA was so well received by the women that a few of them came together, eager to move beyond what they'd already learned. I worked with this group of women, and designed a course for them to become certified to teach GOGI YOGA within the setting of incarceration. These women became GOGI YOGA instructors and had the opportunity to go to different modules and teach Yoga to other inmates. For the GOGI YOGA Instructors, it was a source of great joy and satisfaction to bring Yoga to other women at CRDF. They enjoyed the feeling of being able to give back and be of service even before their release. This is but one of the many ways in which GOGI YOGA is nourishing to the soul as well as the body.

Interest to the Community: GOGI YOGA enhances the rehabilitation process by giving tools to incarcerated individuals that they can use as they re-enter society.

CIC #6B: Yoga and Trauma Recovery/ Stabilization in Japan—A Response to the Tohoku Earthquake, Tsunami, and On-going Nuclear Disaster

J. Stockton, MA, RYT
Garuda Healing, Berkeley, CA

Keywords: Yoga, trauma recovery, disaster relief, Japan, mental health

Objective: To work with the Japan Yoga Therapy Society (based in Tokyo) - training yoga teachers to understand basic stages of trauma recovery, and to articulate culturally appropriate modifications yoga teaching for the current situation in Japan. This will lead to both

short-term and long-term goals of the project: in the immediate short-term, we will then offer free yoga workshops (May 20-25) to the Japanese public. The long-term goals will include a follow-up study (2012); growing the concept of free public workshops outside of the cities, and into the less-served countryside; and connecting with a larger circle of healers in Japan, including especially the acupuncture community and the meditation community.

Teaching Methods to be Utilized: Overview of the scale and scope of the Tohoku disaster and evaluation of the needs in Japan followed by a brief survey of how yoga is impacting the field of trauma studies (Bessel van der Kolk and Peter Levine). We will conclude with yoga practical demonstration of the key innovations that we articulate in Japan.

Description: I have lived and worked in Tokyo for over 4 years, and over the past 10 years have taught small classes in Japanese (with assistance), both in private settings and in a small clinic for mental health. I have also been trained in the mental health field by working for over 3 years with the Trauma Program of the Center for Special Problems, SF City Dept of Public Health. Under terms like “mindfulness,” “self-soothing skills,” and “breath awareness” – basic yoga concepts have made their way into the mental health field via leaders like Bessel van der Kolk, Peter Levine, and Jon Kabat-Zinn.

This timely project draws those threads together into a response to the 2011 Tohoku disaster. The first stage will be simply to engage the public in yoga-work that is aimed at trauma stabilization, via free public workshops scheduled from May 20-25, in Tokyo. The long-term goals will include a follow-up study (2012); growing the concept of free public workshops outside of the cities, and into the less-served countryside; and connecting with a larger circle of healers in Japan, including especially the acupuncture community and the meditation community.

How the work will benefit the interested community: This program is part of a growing understanding of disaster relief. We plan to build on the work of the Foundation for Human Enrichment (Thailand, 2006) and Dr. Laurie Leitch (New Orleans, 2006). Potentially, it could evolve into an annual conference around this set of issues.

CIC #6C: An Example of Social Action Projects: 305 Spiritual Gangsters

Terri Cooper¹, RYT, Michelle Schlesinger¹, BA, RYT, CJDT, Angelica Govaert¹, BA, RYT, Ashwin Mehta, MD, MPH²

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Keywords: yoga, youth, at-risk, yoga service, mental health, violence prevention

Objective: Yoga is mainly available to adults in affluent communities & is rarely accessible to at-risk youth due to opportunities, cost, or transportation. The disadvantaged youth are from communities exposed to chronic stress, pervasive violence, & unstable living situations. These youth have complex health needs including mental and physical health. Yoga improves physical

health & mental health in youth. Yoga provides these positive health effects by reducing stress through leveling of cortisol levels (stress hormone) and teaching communication, coping, & anger management skills. 305 Spiritual Gangsters is a South Florida based non-profit organization that serves youth at-risk through the practice of yoga. The program offers yoga at locations including the juvenile justice system, schools, youth centers and other non-profit organizations. This organization also has a vocational training program, the Urban Guru Scholarship, which 5 at-risk youth receive yoga teacher training and job placements in their local community.

Teaching Methods to be Utilized: A brief didactic PowerPoint presentation of 305 Spiritual Gangsters followed by examples of exercises used in the teacher training.

Description: 305 Spiritual Gangsters is a non-profit organization that teaches non-violence techniques to at-risk youth through yoga. We currently have active programs in 5 to 8 locations. The organization also funds a vocational training program. Furthermore, this organization gives youth opportunities to invest resources in their local communities. Our organization has helped over 250 youth from many communities. We have been featured in Southern Living & Poder Hispanic Magazines. Our program was chosen as a project partner with international yoga service organization, Off the Mat & Into the World.

How the work will benefit the interest community: This cost effective program can be easily replicated in communities across the US to help at-risk youth. The program provides substantial positive health benefits to participating youth. The vocational training program supports the youth economically & provides healthy living. Additionally, the organization gives yoga teachers & researchers the ability to increase awareness about yoga service. In conclusion, this presentation serves as a learning opportunity about the dynamic innovative programming directed towards at-risk, low-income youth.

CIC #6D: Survive and Thrive Skills for Teens and Teachers

Holiday Johnson, CYI

Standing on Your Own II Feet™ teens yoga

Keywords: Yoga, teens, teachers, survive, thrive

Objective: Yoga practices have been used in the classroom and in everyday life to assist in focusing, concentration, health and fitness. This program has been used successfully for two decades assisting teens and teachers to survive and thrive within the stresses of the classroom, when school funds are being cut, while facing obesity in young and old, and during the challenges of their lives. I will share the benefits of yoga practices done easily by all and applied to the classroom.

Teaching Methods: The participants will be practicing yoga survival and thrive skills to be used by teens and teachers; thereby, learning to use practical, easy access applications for teens' and the participants' own needs. Through experiencing, the workshop attendees will know specific practices useful for all body types and points of view. Powerpoint and handouts will be given for taking these skills back to work.

Description: I have taught Standing on Your Own II Feet™ teens yoga for 19 years to teens and to teachers. I offer free monthly workshops and discounted classes. Classes are offered at schools, for field trips, assemblies, physical ed. programs, before, during and after school, and at yoga centers to from 4 to 100 students and faculty. They are also offered for staff development continuing education hours plus special needs programs serving teens. The program is regularly featured in newspapers, Yoga Journal, Portland monthly magazine, and Mindfulness Bell. My facebook and website often receive responses.

Interest to the community: Students and teachers surviving and thriving leads to success and retention for both. The benefits for the community are numerous when teens experience self determination, sense of self, peace and joy.

CIC #6E: The Benefits of Yoga for Teens (and Adolescents)

Brandon M. Eggleston PhD RYT,
Kathleen Rankhorn MS RYT

University of Southern Indiana, Evansville, Indiana

Objective: Making yoga a part of school curriculum during the school day is a great way to introduce yoga to middle and high school students at a young age. Many teens have already learned basic yoga poses through stretching and exercise techniques in physical education classes, or after school programs, but have not had the opportunity to expand their knowledge of these asana practices and learn to combine these poses (asana) with the breath (pranayama).

Teaching Methods: Interactive demonstration of yoga program for teens, and strategies for working with school administrators

Description: This yoga program was developed specifically to help teens improve their flexibility, mood, and improve their ability to manage anxiety, stress, and improve their quality of life. When developing a yoga program for teens in school settings it is important to find ways to attract students to yoga. A yoga program does not necessarily need to exist in an afterschool or outside of school program; and it also does not necessarily need to be a part of any required physical education course. Instead yoga can be offered as part of an auxiliary/ancillary period or “free period” (study hall). Results from a recent study evaluating the effectiveness of teens enrolled in this yoga program showed that students who practiced yoga showed significant improvements ($p < .05$), over the course of one academic year, in positive mood, life satisfaction, and perceived health factors compared to teens who did not practice yoga. In addition to demonstrating poses that are taught in this yoga program for teens, additional information will be given on how to work with school administrators in developing a yoga program for teens (students).

Interest to the Community: This program can be easily replicated to a variety of schools and settings. Many schools can start making yoga a part of their school offerings during their “free periods” or ancillary (study hall) periods. This program will provide an additional opportunity for students who suffer from stress and anxiety opportunity to engage in a mind-body physical activity. These students may not be interested in traditional sports and physical education classes/activities, but feel more comfortable with an alternative activity such as yoga.

Common Interest Community 7: Yoga for Military and Veteran Populations

CIC#7A: Credentialing Yoga and Meditation Teachers for the Military

R. Carnes, K. Soltes

Warriors at Ease, Silver Spring, MD

Keywords: Yoga, military, credentialing

Objective: Hundreds of thousands of U.S. servicemembers are returning from the current wars with combat-related injuries and conditions. As the military, the VA, and local Veterans community support organizations face the enormous challenge of caring for warriors and families, there is a growing openness to, and utilization of, evidence-based yoga practices as an effective adjunct to traditional treatments. This presentation will describe the unique requirements of yoga and meditation instructors in military settings, as seen by pioneers in this field. We will also propose credentialing standards for instructors who teach yoga in military settings.

Teaching Methods Utilized: A brief didactic PowerPoint presentation including numerous anecdotes from the presenters' experience teaching active duty servicemembers and veterans.

Description: We have each taught yoga and iRest® yoga nidra at Walter Reed Army Medical Center (active duty servicemembers with acute PTSD and multiple physical complaints) and the Washington DC VA (primarily older veterans with chronic PTSD), respectively, for over four years. Together, along with five other highly experienced faculty members, we have developed a certification program, *Teaching Yoga and Meditation in Military Settings*, which prepares certified yoga and meditation teachers to bring their expertise effectively and safely into the military community. To date, over 100 teachers have taken this training. Our long term plan is to create widely recognized credentialing requirements for yoga and meditation teachers who want to work with military personnel. These guidelines can assist military healthcare personnel who are responsible for hiring professionals in identifying qualified individuals to provide yoga and yoga therapy in military treatment settings.

How the Work will Benefit the Interest Community: Many yoga professionals experience a deep calling to serve the military community and yet feel at a loss as to how to make a difference. In order for the healing power of yoga to reach beyond yoga studios into the US military, yoga teachers and therapists must understand both the cultural differences, as well as the unique post-deployment physical and psychological injuries and conditions veterans face. We need to identify core competencies that will insure that yoga and yoga therapy will be perceived as relevant and salient to military policy makers, and be prepared to offer safe and effective yoga to servicemembers and their families. This presentation will further the understanding of the requirements of this new field.

CIC #7B: Yoga with Service Men and Women with PTSD: Experiences from a Research Intervention

J. Johnston, LMHC

*Department of Counseling and Applied Psychology,
Northeastern University, Boston, MA*

Keywords: yoga, PTSD, posttraumatic stress disorder, military

Objective: Research has demonstrated yoga to be effective for a variety of medical and psychological concerns. This presentation describes the experience of creating and implementing a yoga-based research intervention with a military population. It describes the current yoga research intervention being conducted at a Boston-area Veteran's Administration (VA) and a yoga studio. Research and intervention considerations when working with this population will be discussed.

Teaching Method: A didactic PowerPoint presentation

Description: This ten week yoga intervention was created to determine the feasibility and potential efficacy of yoga as an intervention for PTSD, specifically with people who are active duty military personnel or veterans of the military. This Department of Defense (DoD) funded clinical trial provided to staff of the Brigham and Women's Hospital has been implemented at Boston-area yoga studio and also at the VA in Jamaica Plain, Massachusetts. The DoD originally funded the study as a single-armed intervention and later provided additional support to add an additional arm to the study, which is a wait-list control group. The steps taken to create the intervention, some preliminary findings, and understanding gained from implementing the single-armed intervention will be discussed. Research and intervention considerations, such as recruitment and retention concerns as well as intervention delivery with this group of people will be discussed.

Interest to the Community: PTSD has a debilitating and often long-term impact on the lives of service men and women, their families, and their communities. Yoga is an empowering, low-cost, holistic practice which may not only reduce painful PTSD symptoms but may also increase well-being for men and women who suffer from this illness. This presentation is geared towards sharing information with yoga teachers and clinicians and increasing our understanding of and dialogue about helpful yogic practices with this population.

CIC #7C: Yoga and Meditation in Conflict Zones: Healing on the Intrapersonal and International Level

M. Sprengel, MS

*Military Medical Research Program–Samueli Institute,
Alexandria, VA*

Keywords: Yoga, Meditation, Conflict and Peace

Objective: The year 2011 has seen many conflicts erupt around the world including uprisings in the Middle East and the continuation of the wars in Iraq and Afghanistan. Conflict is a natural part of life, so constructive means for handling intrapersonal, in-

terpersonal, and even international conflict are essential to healing the psychological, spiritual and physical wounds of conflict as well as preventing the escalation of future disputes. In conflict zones around the world, yoga researchers and practitioners have studied and implemented yoga and meditation programs. During this presentation the impact that yoga and meditation practitioners have had in conflict ridden areas, such as Palestine, Iraq, India and Pakistan (including Jim Gordon's work with The Center for Mind Body Medicine), as well as the potential these programs could have on many other conflicts around the world will be discussed. Additionally, the theory behind the effectiveness of these programs will be presented.

Teaching Methods: The theory behind, and research conducted regarding, the effectiveness of implementing yoga and meditation programs in conflict zones will be presented. This will be followed by examples of existing programs and recommendations for methods to implement programs like these in your own communities and abroad.

Description: Individual transformation through the use of yoga and meditation has the ability to impact the larger communities of which individuals are a part. Not only has this been documented in descriptive, qualitative accounts of individual and group implementation of yoga and meditation (i.e. The Maharishi Effect), but also by neuroscientists who have used MRIs and EEGs to document the chemical and physical changes yoga and meditation have on the brain.

Interest to the Community: The theory, research and practical applications presented will help yoga therapists, teachers and activists to develop, implement and tailor yoga and meditative practices to assist them in constructively addressing intrapersonal, interpersonal, and international conflict.

CIC #7D: Yoga for Amputees: A Primer to Reach Veteran Amputees

Marsha T Danzig, M.ed, RYT 500

Color Me Yoga for Children, Wenham, MA

Keywords: Yoga, amputees, veterans

Objective: Traumatic limb loss through combat related injury can leave veterans feeling hopeless, helpless, and angry. The practice of union/yoga which is finally being recognized as a viable regimen for the military, is immensely beneficial to help veterans regain their integrated selves. Science is affirming the interconnectedness of all things through quantum physics and other study of cells and the body as energy. Not only has the veteran lost a limb/limbs, the limb/limbs has lost a body. I will be sharing from my own experience as a below knee amputee and long time yoga professional, as well as presenting some specific yoga techniques I teach as part of the Yogawarriors protocol, to help veteran amputees in their recovery.

Teaching methods: A creative visualization technique followed by presentation of a pose as if the participants were bilateral amputees.

Description: Yoga for Amputees is a part of the Yoga Warriors training protocol. Since its inception in February 2011, we have

taught the program twice with great success. Both military and yoga teachers have actively used the material with their work with amputee veterans. A third training has been added for fall. In addition, the presenter is a below knee amputee who has been teaching and training yoga since 1999.

Interest to the community: There are over 2.5 million amputees in the US alone, with 56,000 new cases each month. Since 2002, there have been at least 1,000 amputations to veterans in the Iraqi war. Yoga for amputees is a highly specialized program which teaches yoga to both upper and lower extremity amputations for those who wear prosthetics and those who do not.

CIC #7E: Using “the Y word” to Build Mental and Spiritual Fitness in our Military: Evidence-informed Strategies to Heal and Prevent the Invisible Wounds of War

M. Fritts and M. Bingham

Samueli Institute, Alexandria, VA

Keywords: military, veteran, resilience

Objective: Presenters will give an overview of Total Force Fitness, a holistic model that includes psychological and spiritual fitness and that will soon become official military doctrine. The presenters helped to develop this model in response to a mandate by Admiral Mullen (Chairman of the Joint Chiefs of Staff) for a 21st century definition of fitness that balances performance and readiness with health and well-being. Presenters will also summarize their recent review of published research on yoga for stress management and resilience enhancement in military service members and veterans.

Teaching Methods: PowerPoint slides will be followed by group discussion of strategies to prevent stigma and increase uptake, such as using language familiar to Service members and having classes co-taught by fellow Service members.

Description: Challenges and stressors from a decade of war and multiple deployments have created unprecedented demands for our military service members, who have experienced not only physical wounds of war, but also psychological, emotional, spiritual and moral injuries. All too often, acute stress and combat injury lead to a host of inter-related illnesses and dysfunction that includes PTSD, depression, anxiety, chronic pain, drug and alcohol abuse, and/or problems with sleep, appetite and energy. The current standard of care for these “Invisible Wounds of War” centers on drugs and therapy, and is not maximally effective. As suicide rates continue to rise at an alarming rate, DoD leadership is becoming more and more interested in evidence-based strategies, like yoga, that can work adjunctively with conventional treatments and also increase resilience.

Interest to the Community: This presentation will provide yoga therapists with the latest research and practical tools needed to help heal communities and individuals impacted by trauma. Training in mind-body skills can equip our military service members and veterans with stronger mental and spiritual armor, empower them to choose how to frame and interpret traumatic experiences, and leverage potent inner resources like belief and intention to create meaning around, and ultimately heal, the effects of trauma.

CIC #7F: Yoga with Homeless Veterans: Humor and Respect as Tools to Cultivate Participation

William S. Hufschmidt, BS

Owner, Jai Shanti Yoga, Atlanta, Georgia

Keywords: Yoga, Veterans, Homeless, Addiction, Recovery, Trauma, Teaching Protocol

Objective: This session will explore how we developed weekly yoga classes for Homeless Veterans in Downtown Atlanta. It will also describe how we structure our class and teaching style to cultivate ‘buy-in’ and participation with our students, some of whom are required to be in our 90-minute yoga class as part of their Addiction Recovery Program. This presentation will look at techniques that have been successful for us, as well as how we navigated the circumstances and personalities that invited us to rethink our class structure.

Teaching Methods: A 20-minute didactic PowerPoint conversation with accompanying interactive demonstrations of teaching methodologies that we incorporate into our program.

Description: Homeless Veterans are one of the most underserved and forgotten populations in our society. These ‘heroes’ present with a wide variety of life and bodily traumas, including PTSD, which can prevent them from fully participating in the larger society. Since June, 2010, my teaching partner, Stacie Smith and I have offered weekly yoga classes for Homeless Veterans in Downtown Atlanta. Class size fluctuates between 10 & 24 students, ages 20-76, representing the conflicts in Korea, Vietnam, Kosovo, Gulf War, Iraq and Afghanistan. Some of the students are missing limbs or have rods and screws in their bodies, many have PTSD diagnosis, and most have inflexible bodies and short attention spans. Most of the students that we see have commented to us that the time they spend in our class is the highlight of their week, and that the yoga practice has supported their efforts to stay sober. For Stacie and I, developing this program has been the most rewarding aspect of our teaching career, and our hope is that more yoga teachers will give back to our veterans as they have so bravely fought for us.

Interest to the Community: Our veterans do their duty so that we can enjoy the freedoms that we have. We do not have to agree with the wars and conflicts they experience, but as a society, we have an obligation to be in service to them when they return home. Yoga is one tool that can be beneficial to helping them regain a sense of normalcy and feel that they are once again part of the human, and American, family.