YOGA & THE DENTIST’S CHAIR

Jennifer Closshey

Yoga Alliance E-RYT 500
Certified Energy Health Practitioner (CEHP)
Vedic Master (Yoga, Ayurveda & Meditation), Chopra University
Kripalu Yoga, 500 Hour Certification
International Association of Yoga Therapists

www.JenniferClosshey.com
FIGHT/FLIGHT

- Heart beats faster, pumping more blood
- Blood pressure rises
- Consume more oxygen & expel more carbon dioxide
- Perspiration increases
- Adrenal glands pumps out adrenaline, noradrenaline, and cortisol
FIGHT/FLIGHT

- Pancreas releases more glucagon and less insulin, raising blood sugar
- Shunt blood from your digestive organs to your muscles
- Release less rejuvenating hormones (DHEA, growth hormone)
- Immune system becomes suppressed
- Platelets become stickier
CHANGES IN PHYSIOLOGY LEAD TO...

*Increase blood pressure, heart stress*
*Coronary heart disease*

*Increase stress hormones*
*Anxiety, insomnia, addictions*

*Increase blood sugar*
*Diabetes, obesity*

*Decrease circulation to digestive tract*
*Digestive disturbances*

*Decrease growth, sex hormones*
*Premature aging*

*Decrease immunity*
*Infections, cancer*

*Increase in sticky platelets*
*Heart attacks, strokes*
SEEDS OF ILLNESS

Regular activation of **Fight/Flight** response in non-life threatening situations can **weaken our health**...
During Times of Mindfulness, the body counterbalances the FIGHT/FLIGHT response, shifting into a state of Restful Awareness...

- Heart rate slows/pumps less blood
- Blood pressure normalizes
- Consume less oxygen and expel less carbon dioxide
- Perspire less
- Adrenal glands produce less adrenaline and cortisol
JUST BREATHE

✓ “4 and 6”
✓ Regain Your Breath
Divinely Appointed

- Uttarabodhi Mudra
- “Gesture of Perfection”
Take 5…

- Communicating with Dental Staff
- Releasing Anxiety
- Releasing Fear
“TOUCHING HEAVEN & EARTH”
“STANDING CAT/COW”