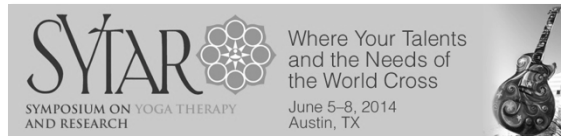




PRESENTED FOR

The Symposium on Yoga Therapy and Research (SYTAR)



June 6, 2014

History of Prime of Life Yoga
Principles of Practice

by Larry Payne Ph.D., E-RYT 500, YTRX

© 2014 All Rights Reserved--Larry Payne PhD



Principles of Practice

- * Focus on Breath
- * Function over Form
- * Dynamic and Static Movement
- * Proprioceptive Neuromuscular Facilitation (PNF)
- * Focus on the Spine and Forgiving
- * Limbs
- * Sequencing
- * Safe, User Friendly, Approach

© 2014 All Rights Reserved--Larry Payne PhD



Larryisms

- * Let the breath surround the movement.
- * Challenge yourself, don't strain yourself.
- * Be in the moment. Mind follows breath.
- * This is a dialogue, not a monologue ... body, breath and mind.
- * Think of your Yoga practice as meditation in motion, a work in instead of a work out.
- * Yoga is not a competition, not even with yourself.
- * Forget about what you used to do.
- * There is no gain with negative pain.
- * Try not to muscle into the postures, relax into them. If you are making a face you are trying too hard. On a 1-10 in intensity, don't go beyond a 7³/₄.
- * You are the chairman of the board; you decide when to come out of the posture.

© 2014 All Rights Reserved--Larry Payne PhD



Larryisms *(continued)*

- * Let the posture fit you instead of trying to fit yourself into the posture.
- * The exhalation phase of your breath is the key to relaxation.
- * Remembering the breath has an accumulative effect like mileage plus.
- * Yoga is not in a hurry; resist the temptation to speed up.
- * Think of lengthening and widening.
- * When comfortable, close your eyes, so you won't compete with anyone else.
- * Concentrate here and you will concentrate better in everything you do.
- * If you hear a pop in this twist, you just saved yourself \$75.
- * The beauty of yoga is that if you don't get the pose right in this lifetime, you can get it in the next lifetime.



Flexion Faults by Condition

- * Herniated, Bulging, Slipped or Protruding Discs
- * Strained or “pulled” low back muscles
- * Sacroiliac Sprain
- * Most Sciaticas

© 2014 All Rights Reserved--Larry Payne PhD



Flexion Fault Programs

DO'S

- * Cobras
- * Back extensions
- * Balancing Cat

DON'TS

- * Standing bends
- * Plow
- * Downward Dog
- * Sitting

© 2014 All Rights Reserved--Larry Payne PhD



Extension Fault

- * Pain upon extension
- * Relief with flexion and double knee to chest position
- * Facet syndromes and Central Spinal Stenosis, Spondylolisthesis and Pregnancy



© 2014 All Rights Reserved--Larry Payne PhD



Extension Faults

DO'S

- * Abdominal exercises (Larry's Yoga abdominal sequences)
- * Rick's abdominal series
- * Yoga single knee and double knee to chest postures (Apanasana)
- * Back lengthening [Standing Forward Bends (e.g. Downward Dog), Child's Pose, Folding Cats, Supine Bent Leg Arm Raises]
- * Tuck pelvis during all exercises if symptomatic

DON'TS

- * Back extensions
- * Jumping

© 2014 All Rights Reserved--Larry Payne PhD