

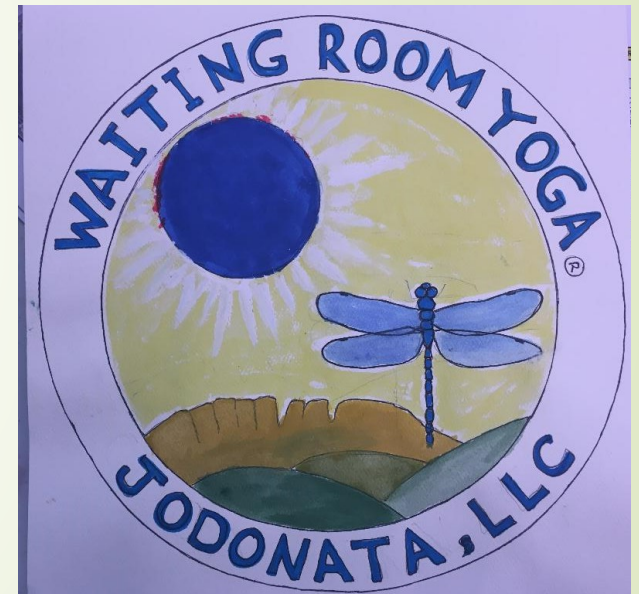
# The Process of Yoga

Mini-seminars for a Mind-Body Connection

Session 1 – June 4, 2020

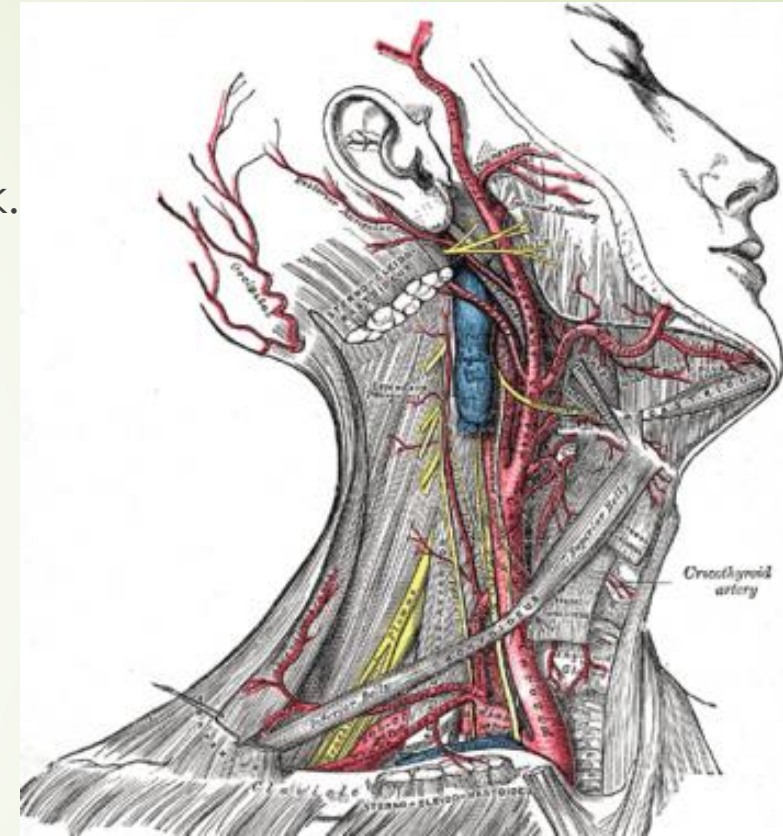
# Process of Yoga Description


- ▶ This is the start of a little segment for the Friday class where we will focus on the systems of the body, anatomy, and movement from a Yoga perspective... maybe a little philosophy but mostly an approach that increases our knowledge of the body, the mind, and our ability to influence them.
- ▶ Short information sessions with focus on a body area or breath or a system
- ▶ Yoga movement that compliments the information
- ▶ Long term informational sessions that are designed to help form a Mind-Body connection



# Neck

- ▶ We will start with the neck as an example...
- ▶ Nearly all the systems of the body are intertwined within the neck.
- ▶ Skeletal – bones – Cervical spine
- ▶ Muscles – as the muscles get weak can lead to pain so we need to work these
- ▶ Connective Tissue – throughout the body ---- Yoga Energy Body
- ▶ Respiratory – the airway runs through the neck
- ▶ Circulatory – blood carries oxygen to the brain
- ▶ Nervous – motor nerves within the spinal column as well as the vagus nerve that runs from the brain to the core organs
- ▶ Lymphatic – A bunch of lymph nodes in the neck as well as scattered locations throughout the body
- ▶ Glandular – the Thyroid (adrenaline precursor and dopamine) can be stimulated by yoga neck moves.... thyroid issues can mimic the conditions of Parkinson's
- ▶ Everything is interconnected... mind-body is the natural state and we need to get back to nature





# Neck Movement – Simple but we are impacting all systems

- Neck Rolls for warmup – pain free range of motion go with what is good for your body
- Twists - stretch and compress – stretching muscles, connective tissues
- Side bends – Lymph nodes do not have a pump – neck movement helps keep lymphatic fluid moving
- Front bend – stretch reverses the natural cervical bend
- Back Bend – the vagus nerve stretch.... breathe deep and slow
  - Ujjayi breath stimulates the vagus!
- Extension
- Isometrics – Muscle tone

# Summary

- We are going to meet shortly every other week for the next 6 months
- Hopefully we can cultivate a better mind-body connection
- Ask questions....
- Additional resources will be placed on-line as we record them.... Expanded information and targeted flows so that that you can tailor additional workouts to your personal needs
- My pleasure to work through this with you all... Namaste and Pace e bene

